

Deciding About: Hip Replacement Surgery

Hip pain can keep you from doing things you enjoy.

And that can be so frustrating.

If you've been hurting for a long time, you may be at the point where you are deciding whether or not to have surgery.

Not having surgery means other treatment, such as medicines and exercise.

But no matter what you choose, there's a lot to think about when making this kind of decision.

This video explains the benefits and risks of having surgery or not having surgery.

This information can help you make the decision that's right for you.

And it may even help you feel more confident about your choice.

Okay, let's start with surgery.

People usually choose hip replacement surgery when other treatments no longer help enough.

Most people who have the surgery are glad they did because they usually have much less pain and are able to get back to doing what they enjoy.

But it's important to remember that any surgery has risks, including bleeding, problems from anesthesia, and—in rare cases—serious joint infection.

These risks can increase with age.

Another thing to think about is time with a new hip.

Depending on the person and their activity levels, artificial hips can last 15 years or more.

So that means later you might need to make a decision about having another surgery.

Now your other choice is to not have surgery— and to try different ways to relieve your hip pain.

Many things can help, like doing exercises that your doctor recommends, using a cane, or losing weight if you need to.

You can also ask your doctor about medicines or shots to reduce pain in your hip.

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Now remember, pain medicine can cause side effects, such as an upset stomach, skin rashes, and stomach bleeding.

And keep in mind that medicines and other treatments might not work well as you hoped.

So it's your decision: Manage your pain with surgery or without surgery.

Two questions to consider: Is your pain bad enough that you're willing to accept the risks of surgery?

Or would you feel more comfortable trying to manage your pain without surgery?

This is your choice— and one you get to make when you're ready.

Your thoughts and feelings are important in making your decision.

And they're important to your doctor.

By working with your doctor, you can decide which choice will be best for you.