



NEWPORT

ORTHOPEDIC INSTITUTE



## **Anterior Approach to Total Hip Arthroplasty**

Office (949) 722-7038 | Fax (949) 630-4994  
[NewportOrtho.com](http://NewportOrtho.com)

## About Hip Arthritis

The hip is a ball and socket joint. The ball (femoral head) is covered with a layer of smooth cartilage. The socket (acetabulum) is also covered with a layer of smooth cartilage. In addition there is a piece of cartilage that surrounds the periphery of the socket (labrum) and acts to help maintain a seal on the hip joint. The end result is smooth cartilage that glides on smooth cartilage for a normal and healthy joint function.

### **Arthritis is the destruction of the normal cartilage.**

The most common form is known as Osteoarthritis where the cartilage gradually thins and eventually the joint becomes bone-on-bone. There are many other reasons for destruction of cartilage such as inflammatory disease (e.g. rheumatoid arthritis), previous fracture or dislocation (post traumatic arthritis) or loss of blood supply (osteonecrosis) to name a few.

The end result in all these conditions is the same: destruction of the joint surfaces leading to pain, inflammation and difficulty with performing normal activities, including walking, sitting and sleeping.



## About Anterior Total Hip Arthroplasty

Anterior total hip replacement is a newer technique of performing total hip replacements. In Contrast to the traditional posterior approach, where the incision is along the side of the hip and the surgery is done through the buttock muscle (gluteus maximus); the anterior approach is done through an incision on the front of the hip and surgery is done between the muscles.



***Studies have demonstrated an advantage in pain relief and improved function, specifically in the first 2 weeks following surgery.***

Anterior hip replacement surgery utilizes special instrumentation and operating room table to help facilitate the procedure.

## Recovery Following Surgery

Depending on the patient's age and preoperative activity level will determine how long patients stay in the hospital which can be one or two night following surgery. For healthy motivated individuals, the *enhanced Recovery Program* allows patients to **go home the same day** of their procedure.

## Is the Anterior Approach right for me?

Multiple factors determine whether you are eligible to safely undergo an Anterior hip replacement procedure including your overall health, age, weight (Body Mass Index) , the severity of arthritis, previous operations on the hip. You and your surgeon will discuss these factors to determine your eligibility.

## Meet Dr. Nassif, Orthopedic Surgeon



Dr. Nassif is a fellowship trained total joint replacement surgeon. He specializes in primary and revision of total hip and knee replacements. Dr. Nassif also focuses on the use of less invasive surgical approaches and new surgical and implant technology. To learn more about Dr. Nassif, visit: [Bit.ly/Nassif](http://Bit.ly/Nassif).

*Please contact Newport Orthopedic Institute if you have any questions or would like to learn more about the anterior approach to total hip arthroplasty.*

**(949) 722-7038**



**NEWPORT**  
ORTHOPEDIC INSTITUTE

22 Corporate Plaza Drive Newport Beach, California 92660