Outpatient Total Hip Replacement

HOW LONG WILL THE SURGERY TAKE?
Your surgery will take 1 – 1 ½ hours on average. However, you should plan to be at the Stamford ASC for most of the day from 6 am – 4 pm.

HOW IS PAIN MANAGED?
Multiple treatments will be used to control your pain. Anesthesia for the procedure may include a spinal anesthetic and/or a nerve block. The surgical site will also be treated with a long acting local anesthetic that can help reduce pain during the first one to two days postoperatively. In addition, you will be provided with oral medications that work together to control pain. The combination of these treatments will allow you to return home the day of the surgery with adequately controlled pain and the ability to ambulate effectively around your home.

WILL I HAVE HELP AT HOME?
Prior to surgery, your in-home health services will be arranged. In addition, we will ensure your appointed caregiver is fully informed about his or her essential role in your recovery during the first several days post-op.

The ONS Outpatient Total Hip Replacement Program eliminates hospital stays and supports your recovery in the comfort of your own home.

With personalized patient education and a comprehensive continuum of care, this program is designed to ensure you have the information, care and support you need every step of the way.

Whether your favorite activity is spending time with family, enjoying a round of golf, riding a bicycle or walking for pleasure, ONS joint replacement surgeons will help you reclaim the joy of pain-free movement.
An outpatient hip replacement is an advanced alternative to traditional inpatient surgery performed to replace the damaged portions of your joint. The procedure is one of the most effective ways to eliminate chronic hip pain and limited motion and allows for complete home recovery starting the very first day.

However, outpatient hip replacement surgery is not the appropriate choice for all patients.

**Ideal candidates for this procedure:**

- Are in good health.
- Have an overall good level of fitness.
- Maintain a healthy diet.
- Have a friend or family member caregiver who can provide essential support during the first several days after surgery.
- Are committed to pre-and post-surgical conditioning.
- Are willing to be an active partner with the surgeon, physical therapist and clinical team.

If you and your physician have agreed that an outpatient hip replacement is the right option for you, the ONS Outpatient Joint Replacement Program will provide you with:

- Individual assistance to organize your pre- and post-op medical appointments and in-home health services, as permitted by your insurance plan.
- Personalized Outpatient Hip Replacement education.
- A dedicated phone number to call if you have questions or concerns.
- A pre-op home care, safety and physical evaluation.
- A personalized at-home physical therapy program.

**POTENTIAL RISKS**

While the risks are very low, there are potential complications associated with any surgery. Be sure to speak with your doctor about any questions or concerns.

Call for an appointment today.

203 869 1145 or 800 999 9ONS

Learn more at ONSMD.COM