

## Improving outcomes with advanced techniques

At Dameron Hospital, we are committed to using leading-edge techniques that offer you the best possible outcome. Our orthopedic surgeons are proud to offer you the anterior approach to hip replacement, to get you back on your feet faster so you can participate in the activities you love.

With the anterior approach, your surgeon operates through an incision in the front of your hip without cutting any muscles or tendons. This surgical approach results in less pain, quicker recovery and shorter hospital stays.



## About the Dameron Hospital Joint Replacement Program

We provide comprehensive, multidisciplinary care from a team of orthopedic surgeons, physician assistants, nurses, physical and occupational therapists, social workers, care coordinators and discharge planners. We combine state-of-the-art technology with a collaborative approach to help you recover and return to function quickly.

Our hospital has achieved national recognition in hip replacements including the Blue Distinction Center for Knee and Hip Replacements by Blue Shield and a Top Performer for Quality Metrics by The Joint Commission for offering the highest quality of care to our patients.

**DAMERON  
HOSPITAL**

Managed by:

**AdventistHealth**

### **Dameron Hospital**

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Stockton, CA 95203

[DameronHospital.org](http://DameronHospital.org)

## Anterior Hip Replacement Surgery



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## What happens during an anterior hip replacement?

In a total hip replacement, your surgeon removes the damaged portions of your hip joint and replaces them with durable implants. Some surgeons use a posterior surgical approach, meaning they operate through an incision at the back of your hip. With an anterior approach, surgeons operate through an incision at the front of your hip.

Going through the front of your hip allows your surgeon to work between your muscles instead of cutting through them. This means you experience less pain and recover more quickly. You will be able to return to performing your usual daily activities, such as walking without support and climbing stairs, much faster.



## Benefits of the anterior approach

Research shows that patients who have an anterior hip replacement spend less time in the hospital and recovery facilities. Anterior hip replacements also offer the following additional benefits:

- Quicker recovery
- Faster return to usual activities
- Increased joint stability and movement
- Less postsurgical precautions
- Lower dislocation risk
- Less pain
- Reduced need for pain medication
- Shorter hospital stays

## Questions to ask your surgeon

Different surgical techniques have different pros and cons. Before your hip replacement surgery, you may ask your care team:

- Am I a candidate for an anterior hip replacement?
- What are the pros and cons of the anterior and posterior approaches?
- Do I have any nonsurgical treatment options?
- How do I know if I am ready for hip replacement?
- How long will the procedure take?
- How quickly can I return to my usual activities?
- What type of anesthesia do you use?
- When will I be able to return home?

