

# Hip Fracture Repair Surgery

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## KEY POINTS

- Hip fracture repair surgery is a procedure done to repair a broken hip joint.
  - Ask your provider how long it will take to recover and how to take care of yourself at home.
  - Make sure you know what symptoms or problems you should watch for and what to do if you have them.
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## What is hip fracture repair surgery?

Hip fracture repair surgery is a procedure done to repair a broken hip joint.

Your hip is a ball-and-socket joint where the top of your thighbone meets the cup-shaped socket of your hipbone. The fracture is at the upper end of your thighbone.

## When is it used?

Hip fracture repair surgery is usually done within 24 to 48 hours after you have broken your hip. In rare cases, a broken hip may be left to heal without surgery. This can increase the risk that it will not heal properly or that you will have a blood clot.

Hip joint replacement may be done instead of hip fracture repair depending on:

- If your bones are weak from osteoporosis or arthritis
- The type of fracture you have
- Your age

Ask your healthcare provider about your choices for treatment and the risks.

## How do I prepare for this procedure?

Surgery to fix a broken hip is often an emergency procedure after an accident or injury, and there may be no time to prepare.

Ask any questions you have before the procedure. You should understand what your healthcare provider is going to do. You have the right to make decisions about your healthcare and to give permission for any tests or procedures.

## What happens during the procedure?

You will be given a regional or general anesthetic to keep you from feeling pain. A regional anesthetic numbs the lower part of your body. If you have regional anesthesia, you will also be given medicine to help you relax. The medicine can make you drowsy or you may fall asleep before the procedure. General anesthesia relaxes

your muscles and puts you into a deep sleep. You may get antibiotic medicine during and after surgery.

Your healthcare provider will make a cut along the side of your hip. Screws or rods will be attached to hold bones in the correct position. Depending on where the fracture is in the joint, your provider may also attach a side plate to keep bones from moving out of place. Your provider will then close the cut in the side of your hip with stitches or staples.

## **What happens after the procedure?**

After surgery, your hip will be covered with a padded dressing. You may also need medicine to help prevent blood clots. For a few days you may have a catheter, which is a small tube used to drain urine from your bladder. You will be given medicines to help control pain and prevent infection.

You may stay in the hospital for a few days, depending on how fast your hip heals. You will usually start physical therapy right away by learning how to move from your bed to a chair. By the second day, you'll start walking using your crutches or a walker. Your physical therapist will teach you exercises to strengthen your thigh and hip muscles.

If you and your healthcare provider think you might need extra help with recovery, you may first go to a rehabilitation (rehab) center before returning to your home.

Going to a rehab center depends on:

- Your general fitness and health
- Your ability to do the exercises taught in physical therapy
- Whether you have help at home

After you go home from the hospital, you will use a walker or crutches for a few weeks. Use walking aids until your healthcare provider tells you that you don't need them. It is important that you do not put too much weight on the repaired hip too soon.

Constipation is common after hip repair surgery. It is often caused by narcotic pain medicines as well as inactivity. You may be given a stool softener and a laxative after surgery to avoid this. When you are home again, eat a high-fiber diet and drink plenty of liquids as advised by your provider.

Ask your healthcare provider:

- How long it will take to recover
- If there are activities you should avoid and when you can return to normal activities
- How to take care of yourself at home
- What symptoms or problems you should watch for and what to do if you have them

Make sure you know when you should come back for a checkup.

## What are the risks of this procedure?

Every procedure or treatment has risks. Some possible risks of this procedure include:

- You may have problems with anesthesia.
- You may have an infection, bleeding, or blood clots.
- Other parts of your body may be injured during the procedure.

Ask your healthcare provider how these risks apply to you. Be sure to discuss any other questions or concerns that you may have.

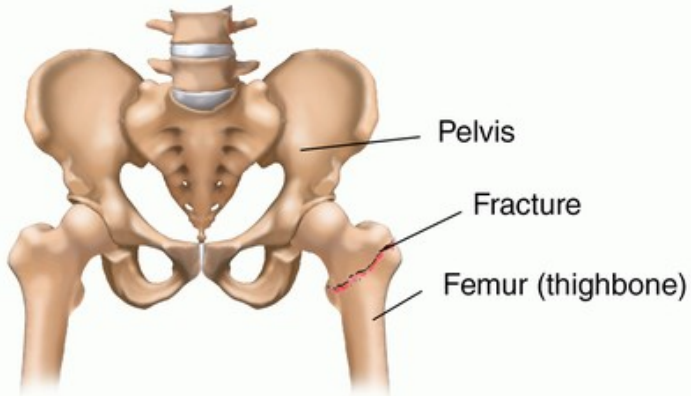
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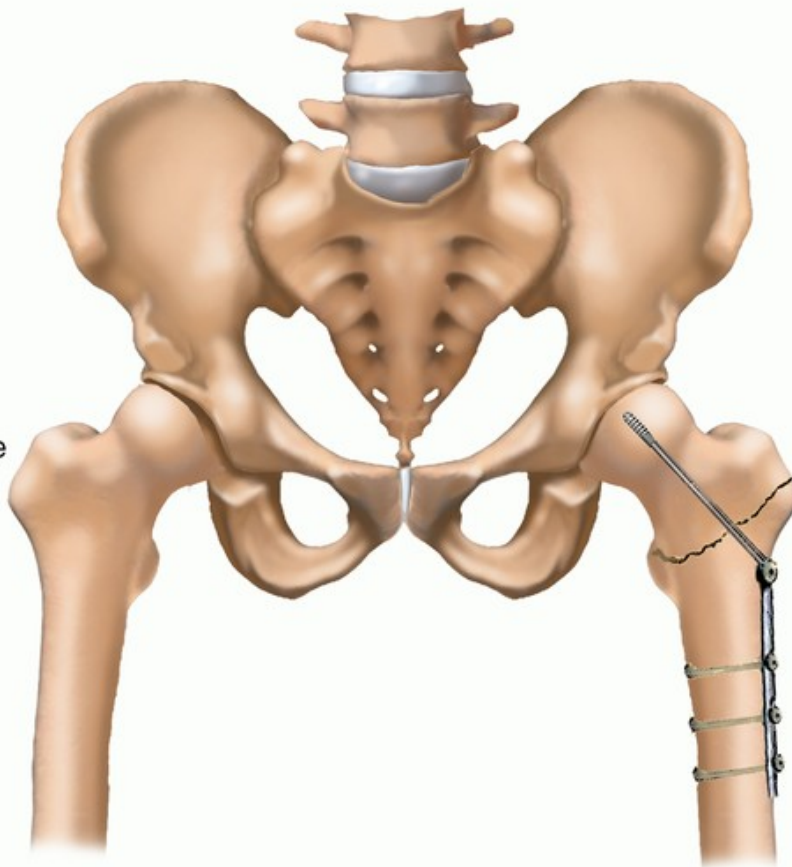
Published by Change Healthcare.

Produced in Cork, Ireland.

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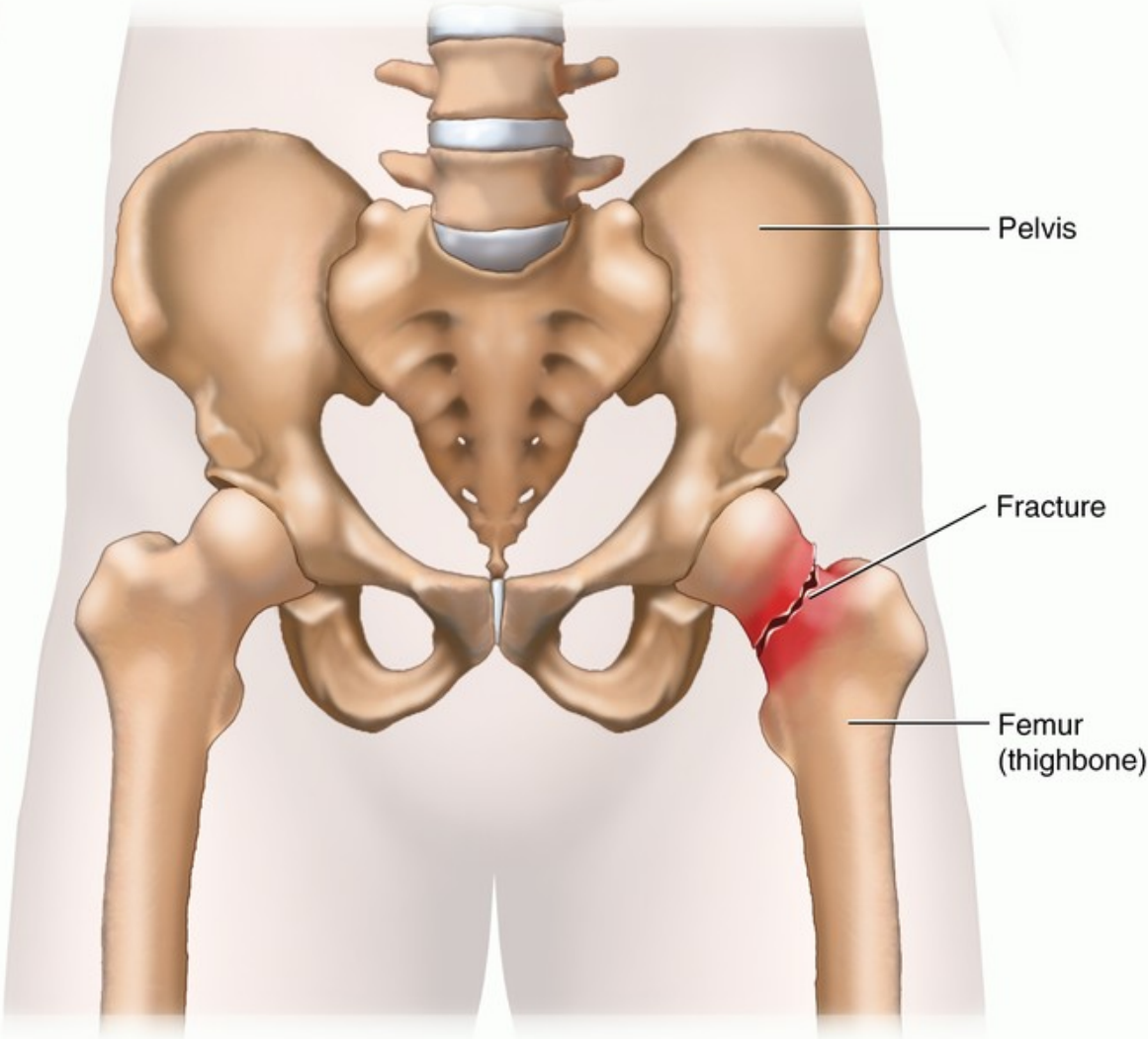


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