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Patient brochure



Life with an artificial hip joint



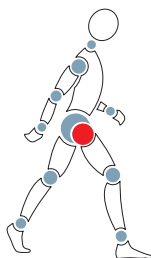
Medical technology that moves!

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Dear patient

Mobility is an important asset in our time. But what if it already hurts in the morning when you get up? Every year, approximately 240,000 artificial hip joints are implanted in Germany. This makes the insertion of a hip endoprosthesis one of the most frequently performed operations.

This brochure is intended to give you an insight into the anatomy and the various clinical pictures of the hip. Furthermore, it is intended to be a reference book for your time before and after hospitalization.

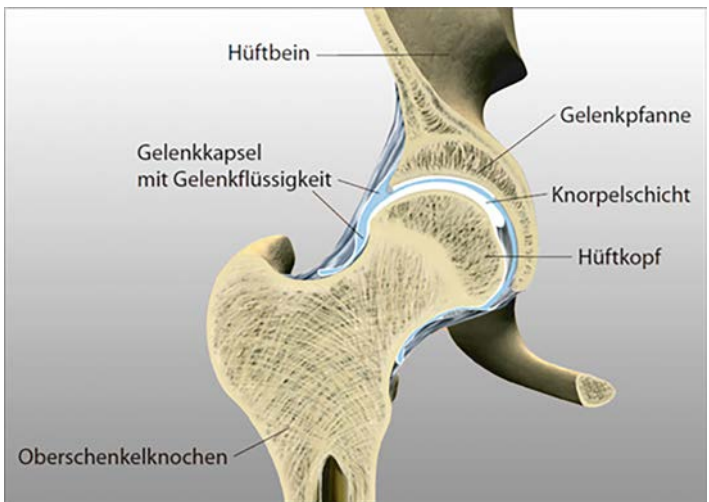
Please note, however, that this patient information does not replace the advice and discussion with your physician. He is familiar with your individual case and is responsible for diagnosis and treatment.

We wish you a speedy recovery, a pain-free everyday life and a restoration of your usual quality of life.

Thank you for your trust.

Your team from
Stemcup Medical Products AG

1. The anatomy of the hip



Joints are connections between bones.

The hip joint is a ball and socket joint and the second largest joint in the human body.

During normal walking, the joint bears not only its own weight, but often several times its own body weight, depending on the gait.

2. Reasons for hip replacement



Osteoarthritis

Osteoarthritis refers to the wear and tear of the cartilage layer. The reasons for this can be age-related wear and tear, but also degenerative wear and tear caused by previous diseases or trauma. The final consequence is painful bone-on-bone contact between the acetabulum and the femoral head.



Femoral head necrosis

Degeneration of the femoral head due to lack of blood supply or previous trauma.

Hip dysplasia

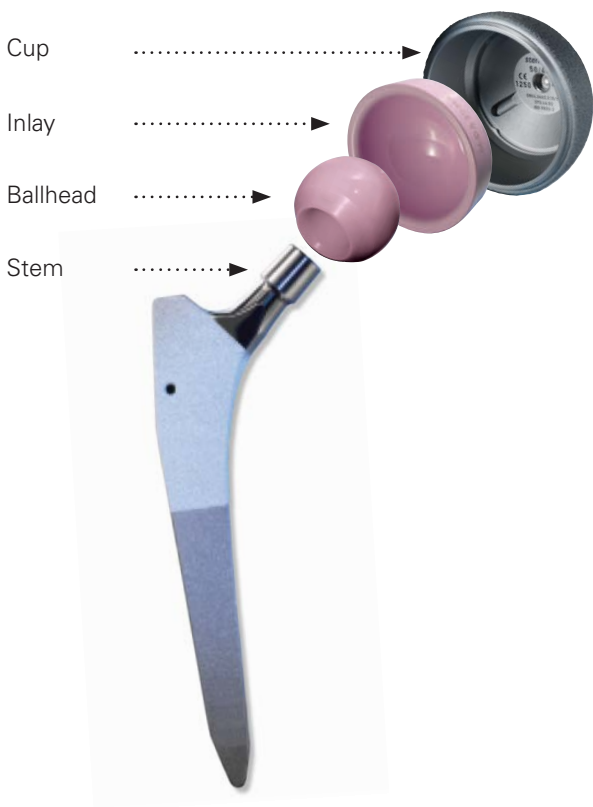
Due to a congenital joint malposition, the cartilage layer is unilateral wear of the cartilage layer.

Femoral neck fracture

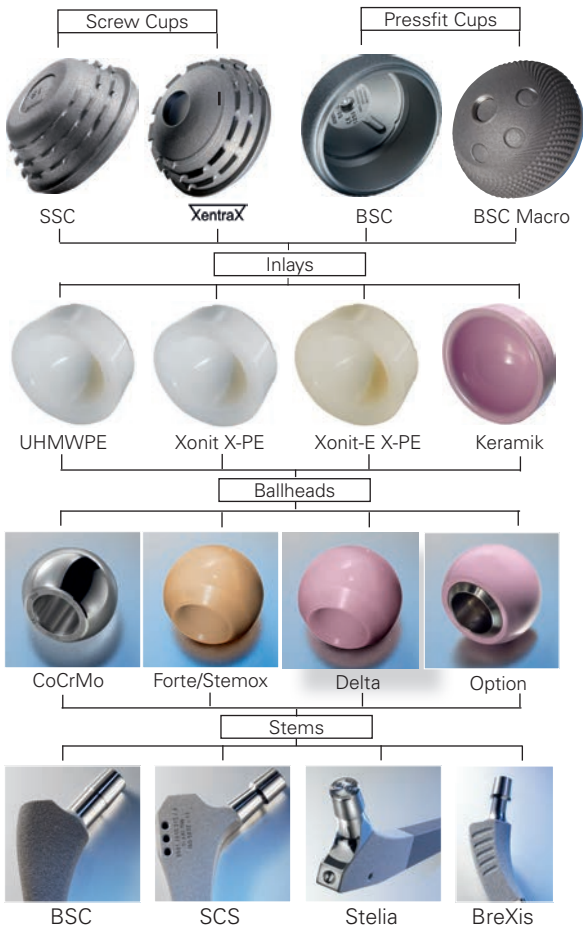
As a result of an accident or a fall. With increasing age, the bone loses strength, so that fractures can occur more frequently.

3. The implant

The free composability of all implant components (cup-inlay-ballhead-stem) allows the physician to select a combination individually for his patient.



4. Implant components



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5. Before the operation

To avoid any delays, please check the following points with your attending physician:



Allergies

Note here not only metal allergies but also reactions to medications or synthetic substances (e.g. latex).

Other diseases

So that the hospital team can adjust to concomitant medical conditions.

Anesthesia and autologous blood donation

The anesthesiologist in charge will decide which form of anesthesia (general/partial anesthesia) is most suitable for you, taking into account any concomitant diseases.

6. In the hospital

The following list includes utensils you should have with you during your hospital stay:

For you personally:

- Toiletries
- Pajamas
- Bathrobe
- Clothing for sports and leisure
- Necessary medicines
- Books, magazines
- Addresses of relatives and friends
- Some cash

For the clinic:

- X-rays
- Examination reports
- Referrals
- Health insurance card
- Allergy passport

As a rule, you will be admitted to the clinic one day before the operation. The attending physician and/or the ward nurses will inform you about the further procedure and will be helpful to you.

The anesthesiologist will discuss the anesthesia with you and inform you whether and why further medication must be taken for the operation.

On the day of surgery, the ward team will take you in bed to the surgery department and the anesthesia team will prepare you for surgery.

The surgery will take approximately 45 - 120 min. After the operation, you will be cared for in the recovery room until you can be returned to your ward.

7. After the operation



Already in the first days after the operation, specially trained staff will help you to learn how to walk, sit and climb stairs properly with your „new hip“.

You will receive your endoprosthesis passport, which will identify you as an implant wearer when traveling (person scanner) as well as when visiting your doctor.

Your endoprosthesis passport contains your operation data and information about the implants you have had inserted. Carry the passport with you or keep it in a safe place.

After discharge from the hospital to a rehabilitation facility specializing in joint replacement, you will be prepared for all the demands and habits of your daily life under professional care.

Regular examinations by your doctor will help to control the integration of your implant as well as the joint functionality.

Your behavior after the operation can also contribute to the long-term success of your joint replacement. The following recommendations can help you, especially during the first 6 months after the operation make life easier for you with your artificial joint:

7. After the operation

Please avoid:

- jerky movements
- heavy lifting
- standing for long periods
- crossing your legs
- sitting in deep seating furniture

Recommendations:

- good footwear
- dressing aids
- Seat cushion

Sexual contact is also not significantly restricted with an artificial hip joint. However, you should make sure that all movements can be performed without pain and refrain from hip movements of more than 90°. The weight of your partner should also not act directly on the operated joint.

8. Personal notes

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Stemcup - central



and close to you!

We are there when you need us:

Switzerland Headquarters
Stemcup Medical Products AG
Aargauerstrasse 180
CH- 8048 Zürich
Tel. +41 (0)43 311 85 00
Fax. +41 (0)43 311 85 09
info@stemcup.ch
www.stemcup.ch

Germany
Stemcup Medical Products GmbH
Wallbrunnstrasse 24
D-79539 Lörrach
Tel. +49 (0) 7621 162 00 49
Fax. +49 (0) 7621 161 97 78
info@stemcup.de
www.stemcup.de

Austria
Stemcup Medical Products Austria GmbH
Schwindgasse 20/1/4
A-1040 Wien
Tel. +43 (0) 1 890 40 53
Fax. +43 (0) 1 890 40 54
info@stemcup.at
www.stemcup.at

