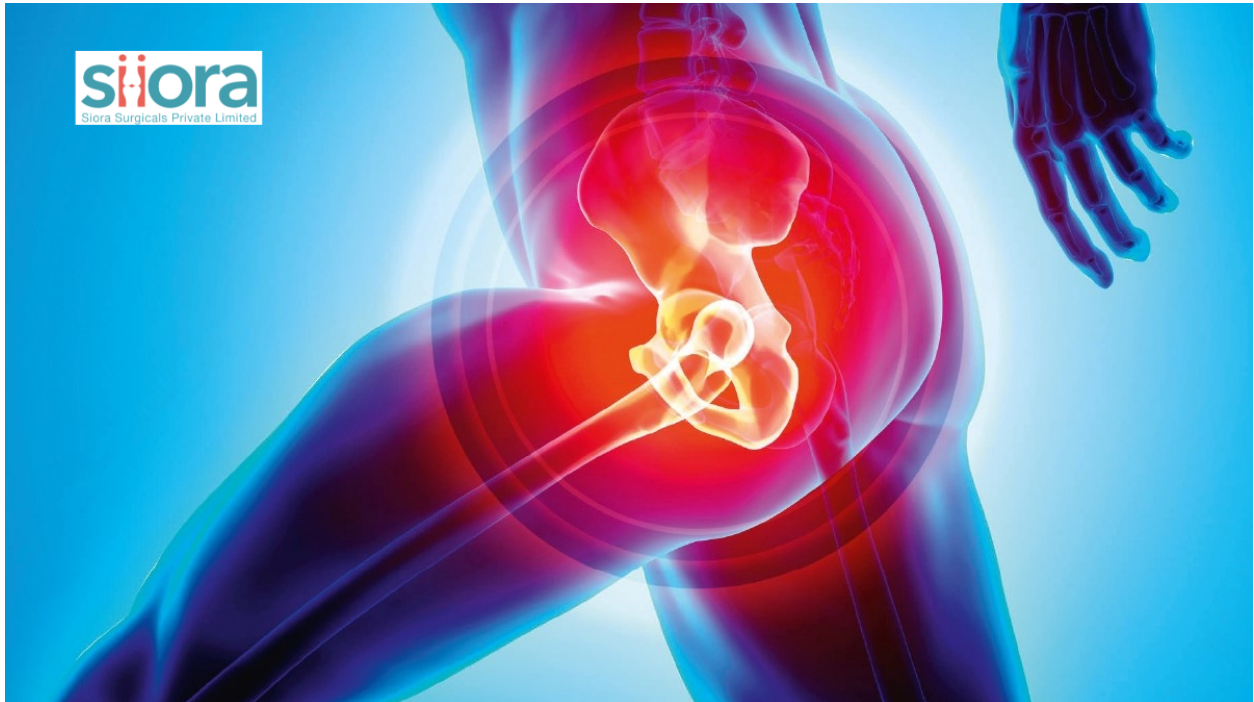


Tips to Make Your Hip Replacement Last Longer



Hip replacement is a surgical technique in which the damaged hip joint or a part of it is removed and replaced with artificial [orthopedic implants](#) known as hip prostheses.

Hip replacement surgery is recommended when the hip joint is damaged either because of age-related orthopedic conditions like arthritis or a traumatic injury like an automobile accident. During the procedure, either the entire joint is replaced or only a part of it is. This is decided by the surgeon based on the severity of the condition and the age of the patient. The implant placed generally lasts for years but, its life also varies on several lifestyle factors.

In this post, we will talk about some tips that'll make your hip replacement last longer.

Factors That'll Increase the Life of Your Hip Replacement

Healthy Weight is the Key

The amount of weight your body carries has a role to play in ensuring the life of the hip implant. The theory behind this is simple, the more the body weight, the faster the implant will wear. Thus, if you want to make your hip implant last longer, it is important to maintain a healthy weight. For that, follow a nutritional diet and focus on low-impact exercises. Avoid foods with high sugar and fat content. Always remember, in obese, the implant will wear out faster than in healthy individuals.

Avoid a Sedentary Lifestyle

The doctors may suggest rest after hip replacement surgery but that doesn't mean adopting a sedentary lifestyle. No to minimal activity after the surgery is not good as that might make you obese or result in weaker bones. In both cases, the chances of early implant damage become high.

Here, it is important to stay active by doing mild and low-impact activities but avoiding high-impact ones. Make it a routine to exercise daily.

Maintain Bone Health

Before and after the surgery, it is important to consult an orthopedic specialist. This is because the doctor will decide whether the surgery is feasible or not after checking the bone health. Similarly, it is also vital to check bone health after the surgery as one needs to work on it to increase the life of the hip implant. In general, the person must focus on having a calcium-rich diet to maintain healthy bones and ensure better recovery after the surgery.

Avoid Falls

Falling after hip replacement surgery can make the condition worse as this increases the risk of implant damage. Though anyone can fall, the risk is high among the elderly. So, if you wish to increase the life of hip replacement, avoid falls or any injuries that could harm the implant.

Preventative Antibiotics

This is important if you are having surgery after a hip replacement. In such cases, the most important thing you need to do is avoid infection. For that, take the prescribed antibiotics.

To know more about various orthopedic topics like osteoporosis and explore medical devices and implants, register for the [medical device conference 2022](#) in Dubai.

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