

Hip replacement

Our hips are stable joints that bear a lot of weight. However, we all overdo it sometimes and, over time, they can become prone to arthritis. Usually it won't stop us from doing the things we love, but if your hip pain is affecting your mobility and everyday life, it's time to seek help from a specialist.

Helping you get back to doing what you love

In arthritis, hip pain comes from the bones rubbing together because the lining between them, that usually allows smooth movement, has been damaged. Whatever the cause, we work with a dedicated team of specialists to help you get back to doing the things you love, and who will support you every step of the way.

The first step is to have an initial consultation with a specialist who will discuss your options for hip replacement surgery or other available treatments. Your Consultant will ask you about your lifestyle and medical history to determine possible causes of your pain, they will examine the affected joint and you may be referred for a scan.

Prices & payment

We offer a guide price from:

Hip replacement
from £10,930

The above are guide prices only.

Our [terms and conditions can be found here](#).

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Hip replacement surgery FAQs

What is a total hip replacement?

A hip replacement is a common operation that replaces a damaged hip joint with an artificial one.

Your hip joint is a ball and socket joint; the ball-shape at the top of your leg bone fits into the socket of your pelvis and is surrounded by cartilage tissue that helps to allow smooth movement of the leg, preventing the two bones from rubbing together. In the surgery the damaged bone is removed and both the socket and the ball are replaced.

Where will my surgery take place?

Regardless of where you had your initial consultation or tests, all surgical procedures take place at KIMS Hospital in Maidstone. Most outpatient appointments, including follow up appointments with your Consultant and Physical Therapy, can take place at either KIMS Hospital or Sevenoaks Medical Centre.

What does the operation involve?

The operation is usually carried out under spinal anaesthetic with sedation, so you will not be aware of any pain. During surgery, the parts of your bones that are rubbing together will be removed and replaced with a prosthesis made from artificial materials such as metal, ceramic or polyethylene (a type of plastic).

Your Consultant will take you through all these details during your initial consultation and our Joint School video is designed to help answer any questions you might have about surgery, your prosthesis and recovery, ahead of your operation.

What is Joint School?

Our Joint School is a group class held in our Physical Therapy department. It is designed to help answer any questions you may have ahead of your procedure and to provide a supportive environment to help you achieve the best outcome post-surgery. Following your initial consultation and once you've agreed to surgery, you will be invited to join the Joint School where you will learn about:

- Your hip joint
- Benefits of having a total hip replacement
- What to bring into hospital
- Preparing your home for your return
- What equipment you might need to assist independence during recovery
- Step-by-step information about: pain control, rehabilitation in hospital, discharge criteria
- How to get in/out of a car
- Returning to normal
- Outpatient physiotherapy
- Any additional advice

How long will I stay in hospital?

You will usually be in hospital around two days, depending on the progress you make following your procedure. Your Consultant will discuss this with you prior to your procedure and you will learn about rehabilitation in hospital and discharge criteria in our Joint School video.

How long does it take to recover after hip surgery and will I be in pain?

Recovery time will vary for each individual, depending on the progress made with your exercises, from as little as six weeks to up to six months for some. During your stay, you will receive pain relief to help ease discomfort after the surgery.

Our Joint School video will give you more information about pain control, and your Consultant will also be able to discuss this with you during your consultation.

What is the best preparation for aiding recovery?

It's important that you allow yourself enough time to heal properly and complete your physiotherapy programme following surgery, but it's always best to be well informed about your procedure ahead of your admission. It is important to stay as active as possible before surgery to keep your muscles strong. It is strongly recommended you don't smoke to reduce the risks of surgery.

Make sure you ask your Consultant any questions you may have, and attend our Joint School to learn about every aspect of your treatment, as this will really support your recovery.

When can I drive again?

This will vary from patient to patient and it may be between four to six weeks after your procedure before you can drive. However, your Consultant or GP will be able to advise you at your review appointment.

When can I go back to work?

Generally, it may be around six to twelve weeks after your procedure before you can return to work, but this will vary for everyone. However, your Consultant or GP will be able to advise you on this at your review appointment.

What is the best way to look after my new hip?

An essential part of your recovery journey will be to continue the exercises you are given by your Physiotherapist, to help prevent stiffness and better the outcome of your replacement for ongoing progress. Your Consultant will also be able to give you advice on looking after your new



hip, and our Joint School video will be the perfect source of information for learning about aftercare.