

# HIP REPLACEMENT & JOINT REPLACEMENT ARE PROVEN LIFE CHANGING SURGERIES

*"Joint replacement surgeries can bring you back to normalcy, when done by precision" - Dr Santosh Kumar*

**W**hile hip replacement is one of the most successful surgeries in medical science and is regarded as a life changing surgery, the technology of hip replacement has been continuously evolving. Hip replacement is needed for end-stage arthritis of the hip joint in our setup we mostly do it for, or arthritis called ankylosing spondylitis avascular necrosis and for fracture of neck of femur. The beauty of hip replacement is a person who has been incapacitated because of pain or unable to walk starts walking from the very next day of surgery. Recently last week we had four patients of hip arthritis in which we simultaneously replaced both the hips in the same sitting. This is called bilateral simultaneous hip replacement. In all the four cases patients were pain free on the very next day of surgery and they were very happy with single stage surgery. The hip implants that we have been using is non-cemented hip implants which are coated by calcium hydroxyapatite. This calcium hydroxyapatite coating leads to bone ingrowth and leads to prolong life of implants to enable the person for greater range of movement and to sit cross legged and to do all normal activities. We are using large head hip replacements. The present concept is also to use dual mobility hip replacement. In dual mobility hip replacement, the head size of the implant is enormously enlarged which enables a person to sit cross legged also after a well done hip replacement. A physiologically fit person can do running, jogging and play non-contact sports, cycling, swimming and trekking.

Hip replacement done in trained hands is the most successful surgery in orthopaedics and one of the most successful surgeries in the medical science. The average lifespan of this river hip implants will be 40 to 50 years and it should be done whenever it is needed. In all these cases in which we did both hip replacements in the same sitting, with adequate medical care, the patients were enormously benefited in cost, with both the surgeries on both sides that is taking place in the same sitting.

While there has been recent development in the

Joint Replacement Surgeon Dr Santosh Kumar with world's latest Navigation System Orthopedic



technology, quality of implants, navigators etc but the single most important factor in any joint replacement and any other surgery is the expertise of the surgeon. Our team of Dr Santosh Kumar hip and knee Foundation has vast experience of more than 10,000 joint replacement surgeries. We in Kolkata strive to offer the world class surgeries at most affordable rates.

## Correct time to undertake a Joint replacement surgery

A joint replacement surgery is a procedure performed to change the articulating surface of a joint (where the two bones femur & tibia meet) to relieve a patient from a considerable pain that they undergo due to Arthritis. This is a well proven method that stands the test of time and a patient is expected to return to their normal pain free happy life again. However, the timing when a patient should undertake a joint replacement surgery is very critical. Specifically, in India, where there is general reluctance amongst the common people to undertake a major surgery due to fear and lack of awareness, delaying a joint replacement surgery may have multiple outcomes. For instance, a patient may not

get back their full mobility even after a successful joint replacement, if the procedure is undertaken later than when it was required. Also, it should be considered that the patient will have to suffer immensely before the surgery due to severe pain & lack of mobility. The effects may not be only limited to orthopaedics as with the lack of movement gaining weight becomes a major concern and so does cardiovascular diseases. The greatest of all might be the depression that can creep in due to the change in lifestyle and the inability to perform basic activities. Similarly, however a procedure performed earlier than required will put a patient at risk of a revision surgery to the later part of their life.

Thus, to summarise it can be said that the timing to perform a joint replacement surgery is very significant and the correct determination of this can result in an outcome that will last a lifetime.

It is regular for many patients from other states and other countries to come to Kolkata for joint replacement.



Dr Santosh Kumar

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**Dr Santosh Kumar's Article appeared in a popular newspaper**



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CENTRE OF EXCELLANCE FOR JOINT REPLACEMENTS & SURGERIES

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