

Patients are also shown how to safely climb and descend stairs, how to get into and out of a seated position, and how to care for their hips once they return home. It is a good idea to enlist the help of friends or family to help at home after surgery.

Recovery

Recovery after minimally invasive ASI hip replacement can be substantially reduced as compared to recovery from traditional total hip replacement. However, every person's recovery time will vary. Most people should be able to drive after two weeks, garden after three to four weeks, and golf after six to eight weeks. Your surgeon will tell you when you can return to these activities and will also tell you the activities to avoid.

Most patients are not typically allowed to participate in high-impact activities or contact sports. These types of activities place extreme pressure on the joints, which could lead to complications. Ask your surgeon which activities to avoid after surgery.

Complications

While uncommon, complications can occur during and after surgery. Some complications include, but are not limited to, infection, blood clots, implant breakage, malalignment, dislocation, and premature wear, any of which can require additional surgery. Although implant surgery is extremely successful in most cases, some patients still experience pain and stiffness. No implant will last forever, and factors such as the patient's post-surgery activities and weight can affect longevity. Be sure to discuss these and other risks with your surgeon.

There are many things that surgeons may do to minimize the potential for complications. Surgeons may recommend preoperative testing to ensure proper health before surgery. Some patients may also need to have their dental work up to date and may be shown how to prepare their homes to avoid falls.

Summary

We realize that the decision to have surgery is sometimes difficult. We hope this brochure has helped you understand some of the basics of minimally invasive ASI hip replacement surgery so that you can make the best decision for yourself.

This brochure is not intended to replace the experience and counsel of your orthopedic surgeon. If you have any further questions, please speak with your orthopedic surgeon.

To learn more about Zimmer Biomet joint replacements, obtain helpful information for patients and caregivers, or for assistance in finding a surgeon familiar with our products and surgical techniques, **call toll-free: 800-447-5633 or visit zimmerbiomet.com.**

Important Note: This brochure is intended to provide an overview of hip replacement surgery and should be reviewed with your doctor. It does not include all of the information needed to determine eligibility for hip replacement or for the proper use and care of hip replacements. Please consult your surgeon for more information. Information may also be obtained by calling the toll free number or visiting the Web site. The toll free number also can be used to obtain complete product contraindications, warnings, precautions, and possible adverse effects. Individual results may vary. Your results will depend on your personal circumstances. How long a hip replacement will last varies from patient to patient. It depends on many factors, such as the patient's physical condition, activity level, and body weight and the surgical technique. Replacement joints are not as strong or durable as a natural, healthy joint, and there is no guarantee that a prosthetic joint will last the rest of a patient's life. All hip replacements may need to be replaced at some point.

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My Hip Hurts

Your Guide to Anterior Supine Intermuscular (ASI) Hip Replacement Surgery



Your Guide to Understanding Osteoarthritis and the Zimmer Biomet ASI Technique

Minimally invasive hip replacement involves more than just a shorter incision. Modern minimally invasive techniques also focus on the way surgeons gain access to the hip joint. The goal is to minimize muscle and tendon disruption, making surgery less traumatic for patients, allowing for shorter hospital stays and quicker recoveries.

This brochure will help you understand basic hip anatomy, arthritis, traditional hip replacement, and Anterior Supine Intermuscular (ASI) hip replacement. This brochure is for educational purposes only and is not intended to replace the expert guidance of your orthopedic surgeon. Any questions or concerns you may have should be directed to your orthopedic surgeon.

wears away, the joint becomes increasingly painful and difficult to move. Unfortunately, cartilage does not have the ability to repair or replace itself like other tissues in the body. If conservative treatment options fail to provide relief, your surgeon may recommend total hip replacement.

Traditional Total Hip Replacement

Traditional total hip replacement (THR) uses an incision located on the side, or toward the back, of the hip. The incision requires surgeons to cut through muscles and tendons, which need time to heal. During the healing process, patients are typically prescribed extensive physical therapy to regain strength and stability in the joint.

Anterior Supine Intermuscular (ASI) Hip Replacement

Unlike traditional minimally invasive hip replacement techniques, the ASI technique uses an incision at the front of the hip instead of the side or back of the hip. This modified incision placement allows surgeons to directly approach the hip joint by going between the muscles that surround the hip joint. Traditional approaches would require cutting the muscles and/or tendons that surround the hip.

The ASI minimally invasive hip replacement procedure is designed to reduce the trauma to the tissues surrounding the hip joint. By preserving the muscles and tendons, surgeons may enable their patients to walk the day of surgery, to experience less postoperative pain, and to return to daily activities more quickly.

How is the Zimmer Biomet ASI Technique Unique?

Zimmer Biomet worked with leading surgeons to develop unique instrumentation to make the ASI approach reproducible for other surgeons. Similar techniques require a special, costly operating fracture table. The ASI technique can be performed on either this special fracture table or on a traditional operating room table.

Hundreds of thousands of people undergo total hip replacement every year in the United States. Many patients are not candidates for other minimally invasive hip surgery techniques due to obesity or other considerations. The ASI technique has the advantage of potentially offering a minimally invasive option for patients who would not otherwise be considered for other minimally invasive approaches.

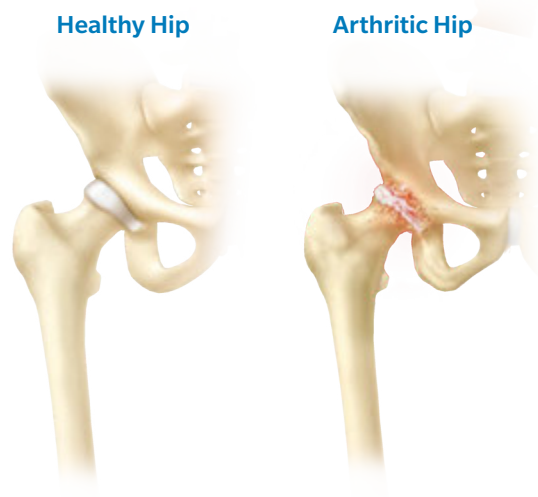
Bone Conserving Implants

In addition to the minimally invasive ASI technique, Zimmer Biomet also offers bone-conserving implant options. The Taperloc Microplasty Stem features reduced stem lengths, making its bone conserving, tissue-sparing design an excellent option for use with the ASI technique. The Taperloc Microplasty stem also provides an alternative to hip resurfacing.

After Surgery

Patients are generally hospitalized for two to three days after surgery. During this time, they receive pain medication and begin physical therapy. Physical therapy promotes blood flow to help the hip regain motion and to facilitate a rapid recovery. Patients should be able to perform these exercises on their own at home. It is important to continue with exercises as the surgeon has instructed after the return home.

Most patients are out of bed and walking with crutches or a walker within 24 hours of surgery.



The Hip

The hip is a ball-and-socket joint that allows the leg to move in a variety of positions. The femoral head (ball) rides in the acetabulum (socket). The joint is lined with a lubricating tissue called cartilage, which cushions the joint as it moves and bears weight.

Osteoarthritis, the most common form of arthritis, is a wear-and-tear condition that destroys joint cartilage. It typically develops after years of constant motion and pressure in the joints. As the cartilage

Traditional Incision



ASI Incision

