

Grupo CHRISTUS MUGUERZA®

Information about:

Hip Replacement

For International Patients

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****This document provides general information about the procedure of interest; details may change depending on each individual patient's case. This document is purely informational with no definitive indications or clinical recommendations for an individual patient.*

Hip Replacement

Hip replacement, also hip arthroplasty, is a surgical procedure in which the hip joint is replaced by a prosthetic implant. Such joint replacement surgery generally is conducted to relieve arthritis pain or fix severe physical joint damage.

Surgical Indications

- Patients with hip joint damage that causes pain and interferes with daily activities.
- Damage of the articular cartilage of the hip
- Progression of premature degenerative changes in patients, osteoarthritis, osteonecrosis (avascular necrosis).

Suggested studies and indications for case examination

Laboratory Results:

None

Radiological Results:

- Anterior Posterior (both hip joints) and Lateral plain radiographs of Hip*
- Abnormalities in Magnetic Resonance Imaging (MRI)*

These studies should not be more than 6 months old

Patients over 40 yr:

- Chest x-ray
- EKG

These studies no more than 2 months old

History and Physical Medical Records

- Medical History completed by patient (Medical Questionnaire)
- With actual medication (complete type and dose)

Which characteristics discard the patient or makes it high risk patient (cases where additional or special care or procedures will be needed):

Patient discarded by having:

- Risk of joint sepsis from local skin condition
- Poor skin coverage around hip
- Paralysis of the quadriceps muscles
- Severe disease of the blood vessels of leg and foot (peripheral vascular disease)
- Urinary infection
- Nerve disease, neuropathy affecting the hip
- Severe limiting mental dysfunction

High risk patient by having:

- Cardiovascular or respiratory disease

Instructions before procedure:

- Do not take any aspirin or products containing non-steroidal anti-inflammatory ingredients at least 2 weeks before surgery
- Avoid eating or drinking for at least 8 hours before surgery

Sample Schedule

Length of Procedure: 2 hours, 5 nights at hospital

Day 1	AM	Departure
	12PM	Arrival to Monterrey
	4PM	Consultation with orthopedic surgeon at his office
	6PM	Pre op studies at Christus Muguerza
	7PM	Studies are left at orthopedic surgeon's office; confirmation of procedure by phone or in person; hotel stay
Day 2	9AM	Procedure takes place; hospital stay
Day 3	AM/PM	Hospital stay
Day 4	AM/PM	Hospital stay
Day 5	AM/PM	Hospital stay
Day 6	AM/PM	Hospital stay
Day 7	AM	Discharge; Hotel stay
Day 8	AM/PM	Consultation with orthopedic surgeon / Hotel stay / physical therapy (if required)
Day 9	AM/PM	Hotel stay / physical therapy (if required)
Day 10	AM/PM	Hotel stay / physical therapy (if required)
Day 11	AM/PM	Hotel stay / physical therapy (if required)
Day 12	AM/PM	Hotel stay / physical therapy (if required)
Day 13	AM/PM	Hotel stay / physical therapy (if required)
Day 14	AM/PM	Hotel stay / physical therapy (if required)
Day 15	AM/PM	Hotel stay / physical therapy (if required)
Day 16	AM/PM	Hotel stay / physical therapy (if required)
Day 17	9AM	Consultation with orthopedic surgeon
	11AM	Patient may depart if cleared by the doctor

Standard Discharge Instructions

- Keep the angle of the hip less than 90 degrees while seated in the wheelchair
- Avoid crossing your leg beyond the midline (either in bed or seated)
- When lying on your non-operative side, a large pillow should always be between your legs, and the bottom (non-operated site) leg should be bent at the hip and knee.
- The top (operated site) may also be slightly bent at the hip and knee.
- Keep your feet approximately six inches apart.
- Use an elevated chair or lean back slightly when sitting and standing to keep the hip from bending greater than 90 degrees. If an elevated chair is not available, place a couple of pillows on a standard firm chair.
- Use an elevated toilet seat
- Avoid bending over at the waist
- Do not lean forward
- The rest are listed in the general discharge instructions provided by the surgeon

Follow-up Protocol from Remote Provider:

- The patient will be able to call the remote provider to answer any questions.
- Make sure the local orthopedic surgeon writes a confirmation email to the remote provider about the patient's progress.

How do I get started?

1. Choose package and preferred travel date(s). Please contact us if you need any additional information.
2. Fill out the **Medical Questionnaire** and the **Contact Information** form attached to this document.
3. You can send them to us by:
 - Email internationalpatients@christusmuguerza.com.mx
 - Fax: +52 81 8399 3484 to Medical Travel Department
 - Mail to the following address:

CHRISTUS MUGUERZA® MEDICAL TRAVEL
Carretera Nacional 6501, col. La Estanzuela
Monterrey, NL, México CP. 64988
4. Please let us know:
 - a) if you have any prior medical tests or studies
 - b) the date(s) you would prefer to have your procedure done
5. One of our CSRs (Customer Service Representatives) will inform you about travel arrangements and visas, and answer any additional doubts you may have.
6. Make payment and confirm
7. Your assigned CSR will schedule appointments and coordinate with you to make all travel arrangements

Contact Information



Toll Free: 1 866 55 860 70

Direct Phone: + 52 818 174 3519

Fax: +52 81 8399 3484

Email: internationalpatients@christusmuguerza.com.mx

Website: www.christusmuguerza.com.mx

Address: Carretera Nacional 6501, Col. La Estanzuela
Monterrey N.L. México 64988