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## A New Surgical Approach for Total Hip Replacement

### DAA (Direct Anterior Approach) – Boon to Patient for Quick Recovery

With advancement in each segment of medicine now, there is great news for patient planning to undergo hip replacement.

Total Hip Replacement surgery is one of the most advanced successful procedures in patients dealing with severe hip pain and to improve a patient's quality of life. The goal of the surgery is to relieve pain and restore the normal functioning of the joint with improvement in hip flexibility and movement.

The timing of surgery is a quality of life decision and there is no age limit to replacing the hip joint provided general health of patient is satisfactory. There are various approaches that surgeons use to replace the arthritic hip.

Over the past few years, there have been great advances in the treatment options, implants minimally invasive surgical techniques and pain management. The latest technique in hip joint replacement such as Direct Anterior Hip Replacement has resulted in a dramatic improvement in outcome

Direct Anterior Approach Hip Replacement is a minimally invasive hip surgery to replace the hip joint without cutting through any muscles or tendons. Traditional hip replacement involves cutting major muscles to access the hip joint. Normally, after a traditional hip replacement, surgeon would give instructions on hip precautions to allow the cut muscles to heal, hence recovery takes long time.

#### Advantages of direct anterior approach hip replacements include:

- \* Smaller incision
- \* Minimal soft-tissue trauma
- \* Less postoperative pain
- \* Minimal blood loss
- \* Shorter operative time
- \* Quicker recovery
- \* Early mobilization
- \* Short hospital stay
- \* Less postoperative restrictions
- \* Less scarring
- \* Quicker return to normal activities
- \* Reduced risk of dislocation
- \* More accurate restoration of natural anatomy
- \* More accurate leg length
- \* One of the most exciting

advantages of direct anterior approach total hip replacement surgery is the decreased risk of hip dislocations. as the hip is more stable and all the natural stability is preserved.

Recovery from the anterior approach also has advantages. Patients usually go home the next day, and some even go home the day of surgery as they can start walking and climbing same or next day of surgery. With the more traditional lateral and posterior approaches, hospital stays can be up to one to two weeks. Most patients can expect to be back to their normal activities in about 6 weeks.

At Dr L H Hiranandani Hospital we have very special instruments to perform this DAA – Direct Anterior Approach for Total Hip Replacement. There are certain group of patient were this approach would be difficult to use like obese patient, completely stiff hip, severe osteoporotic patient with hip ball fracture and multiple times operated hips in the past.

