

## 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 home 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.

Biomet is a manufacturer of orthopedic implants and does not practice medicine. Only an orthopedic surgeon can determine what treatment is appropriate. Individual results of total joint replacement may vary. The life of any implant will depend on your weight, age, activity level, and other factors. There are potential risks to joint replacement surgery including loosening, wear, fracture, or infection, any of which can require additional surgery. For more information on risks, warnings, and possible adverse effects, talk to your surgeon and see the Patient Risk Information section found within Biomet.com. Always ask your doctor if you have any questions regarding your particular condition or treatment options.

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my hip hurts



Your guide to  
**Anterior Supine  
Intermuscular (ASI) Hip  
replacement surgery**

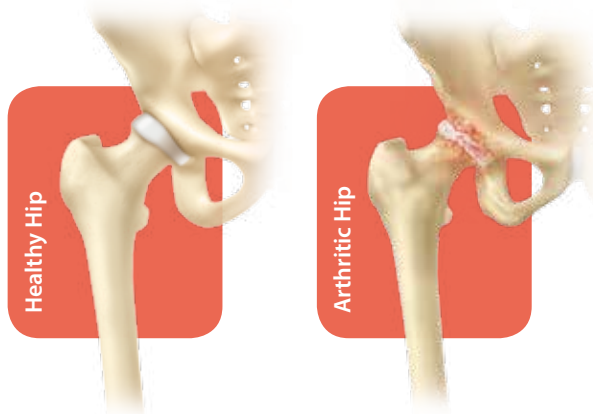


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## Your guide to understanding **Osteoarthritis** and the Biomet ASI Technique

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.



### **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 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.

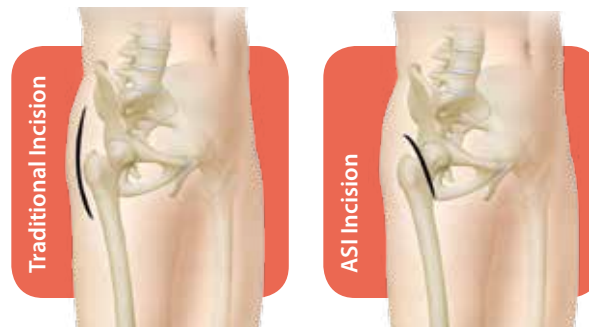
### **Traditional Total Hip Replacement**

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 Biomet ASI Technique Unique?**

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, 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. 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 hip once they return home. It is a good idea to enlist the help of friends or family to help at home after surgery.