



# ANTERIOR HIP REPLACEMENT

Getting patients back to all the right moves faster

Anthony S. Unger, M.D., on the orthopaedic unit with Dinah Tibayan, R.N. and Carolyn Craig, P.T.

The anterior approach to total hip replacement uses the most minimal incision to enter from the front of the hip rather than from the back or side, allowing surgeons to move muscles and ligaments aside rather than cutting through them.

“Since there is less damage and trauma, patients have faster recoveries with less pain and fewer restrictions,” explains Anthony S. Unger, M.D., who helped pioneer the technique. “There is also less risk of dislocating the new prosthesis since the muscles supporting the hip joint remain strong.”

## Putting recovery on the fast track

“Patients usually leave the hospital within one to two days, and most can walk without assistance within two to three weeks,” Dr. Unger reports. “You can drive two weeks after anterior hip replacement, rather than six weeks after the standard approach, and you can go back to work in 10 to 14 days as opposed to four to six weeks. I use this technique for 99 percent of my patients because the dislocation rate is so low and they recover faster. In the hands of experienced surgeons who specialize in it, it has wonderful advantages.”

“Patients can recover faster, experience less pain and return to an active life sooner.”

Anthony S. Unger, M.D., Medical Director for the Sibley Institute of Bone and Joint Health

## A nationally recognized program

Sibley is ranked in the top 10 percent of hospitals in the country for hip and knee replacement by *U.S. News & World Report*. “Over the last two decades, Sibley has built a very high-level joint replacement program,” notes Dr. Unger. “Performing more surgeries means more experience and higher quality. Our patient care is first class, on par with many of the nation’s largest centers in terms of nursing care, operating rooms, anesthesiology and surgical excellence.”