

the guide for adults with hip dysplasia

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A list of questions to ask your surgeon

- Can you explain why my hips hurt?
- If I have dysplasia, how severe is it?
- Is it unilateral (one side only), or bilateral (both sides)?
- If it is bilateral, is one hip worse than the other?
- How can I manage my hip pain short-term and long-term?
- Are there non-medical things I can do in my life to help keep my hips healthy—what kind of exercise is good for me, is there anything I should not do?
- Do I have any labral tears?
- If so, please explain what that means and how they should be treated.
- Would you repair a labral tear / impingement?
- Do I have osteoarthritis? If so, how severe is it?
- Will my hip dysplasia be a problem if I get pregnant?
- What treatment do you recommend for my hips?
- If surgery is not recommended:
 - Will I need surgery in the future?
 - How many years in the future?
 - How often should I come in to be checked?
- If surgery is recommended, please explain these types of surgery to me:
 - Pelvic osteotomy (PAO)
 - Total hip replacement (THR), and the different types of prostheses available
 - Hip resurfacing
- How will the surgery that you recommend improve my hips?
- If I don't have a PAO now, will a THR or resurfacing work for me later on?
- If I have a PAO, do you remove the screws, and if so, when?
- How do you carry out this procedure?
- Am I a candidate for a resurfacing?
- If recommending a THR, which sort of prosthesis would you recommend and why?
- What approach do you use for a THR — posterior or anterior?
- What are the pros and cons for each approach?
- If I need both hips done, how long apart should have the surgeries?
- Can leg length differences be corrected, will there be a difference post-op?
- What are the best case and worst case results of the surgery?
- What goes “good outcome” mean to you?
- Can you give me rough recovery time frames for activities such as weight-bearing, getting pregnant, lifting children, driving, working, etc?
- Can you supply an exercise plan to take to my physiotherapist?
- Will my health insurance cover this treatment?