



**LINK**®

Patient flyer  
Hip

*I'm mobile once again - pain-free.*

With my artificial hip joint.

## Dear Patient,

Together with you, your surgeon is currently planning surgery during which you will receive an artificial hip joint manufactured by LINK.

While your surgeon is familiar with the procedure, the details for the materials and the healing process, you undoubtedly have some questions.

This brochure aims to explain the next steps to you and provide you with some helpful and interesting information.

## What many people don't know.

Artificial hip replacements have decades of history in medical technology.

The materials, shape, design and functions are the result of many years of development work, always in close cooperation with doctors and engineers.

More information is also available at:

[www.link-ortho.com](http://www.link-ortho.com)



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*With my new hip joint,  
I'm finally back on the  
move!*

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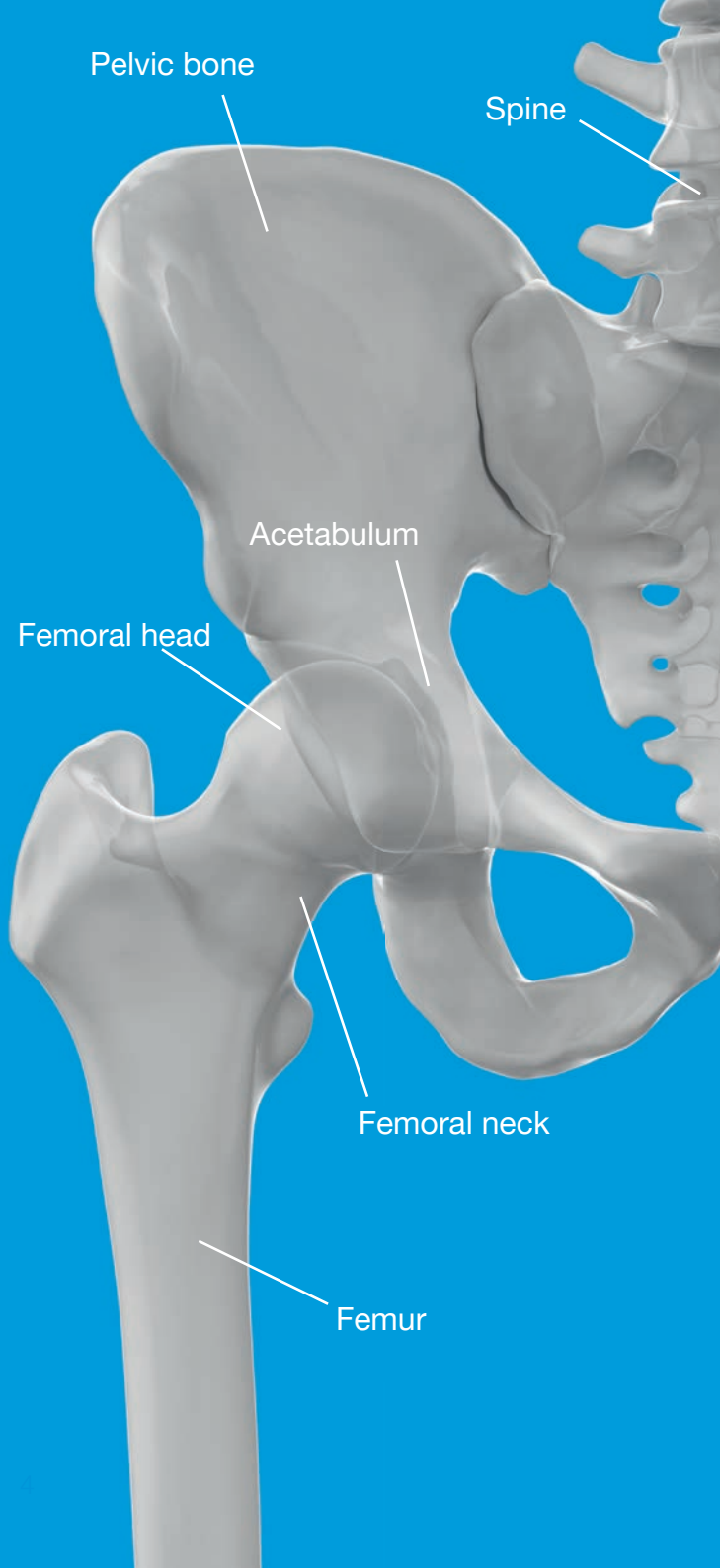
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## What characterizes an artificial hip joint?

Numerous factors play an important role in taking the decision for a particular hip joint.

In addition to the individual size and shape, it is important to the surgeon how sparing the prosthesis can be implanted. This has a direct influence on the recovery period and functionality.

In your case, the decision was made for a total hip endoprosthesis from LINK because your doctor feels this is appropriate for your individual situation.

## People are the focus

For more than 50 years, LINK has developed and produced endoprostheses that are used worldwide.

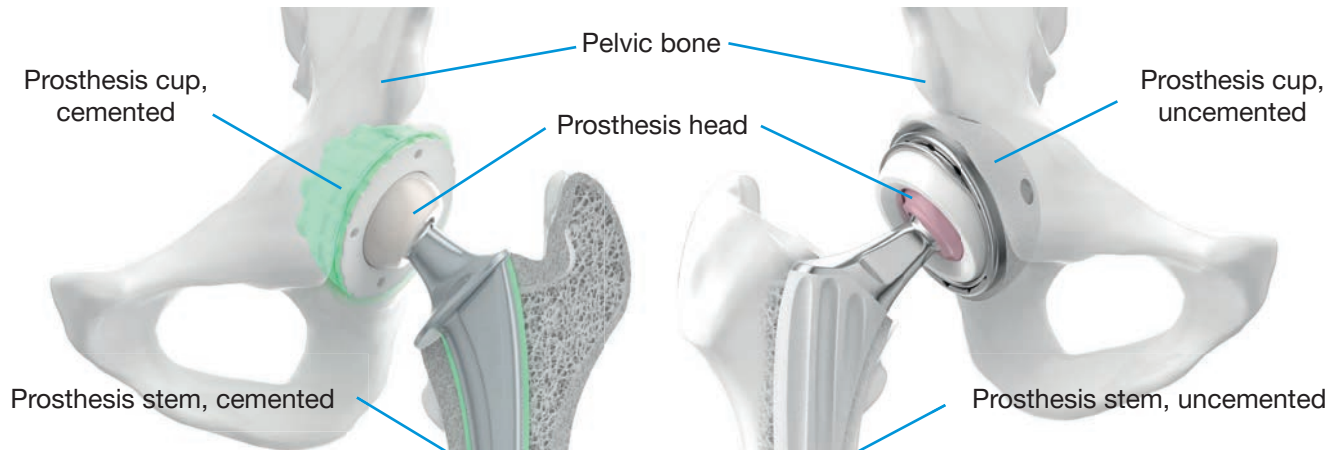
As a Hamburg based company, LINK sets standards in endoprosthetics and has a comprehensive product portfolio. Because of the extensive range, LINK offers the optimal solution for each individual case and requirement. This facilitates that people who rely on a joint replacement can once again go through life pain-free and as normally as possible.

## What types of artificial hip joints does LINK offer?

Hip prostheses can be secured in the bone in various ways, depending on the bone substance. Your doctor determines which system is suitable for your individual situation. LINK offers corresponding products for cemented as well as for uncemented fixation.

## What are the distinguishing features of the two variants?

A hip joint fundamentally comprises a prosthesis stem, a prosthesis head, and a prosthesis cup.



### Cemented implantation

The hip joint is anchored in the bone using bone cement (shown in green).

The joint can fully bear weight after a short period of time.

This method has proven successful for decades.

### Uncemented implantation

The hip joint is anchored in the bone primarily through a form fit, secondarily through bone ingrowth.

The implantation technique is particularly bone-sparing.

Especially suitable for biologically young, active patients.

## What materials is an artificial hip joint made of?

The material of your total hip endoprosthesis is intended to be well tolerated by the body.

### The materials

- **Plastics**

Wear-resistant medical grade polyethylene, which is well tolerated by the body.



- **Ceramics**

Wear-resistant and well tolerated by the body

- **Metals**

Long-term stability  
Biocompatible  
Well tolerated by the body



More information  
on implants



## The surgery

### How do I prepare for the surgery?

You too can help contribute to a successful treatment. Therefore, prior to the surgery, follow your doctor's specific instructions and tell him/her about:

- Medications you are taking, including over-the-counter preparations
- Other diseases, such as allergies

Undertake muscle building, gait training, and if necessary, weight loss before the surgery and arrive healthy to the day of your surgery.

### What happens after the surgery?

Your doctor will tell you which movements you are allowed to make and what you should avoid.

A few days after the surgery, you will start rehabilitation at a clinic or an outpatient centre.

This will strengthen your hip muscles and thus stabilise your artificial joint.

### Everyday tips



Go to all of the follow-up examinations and contact your doctor if you have any discomfort or symptoms.



Suitable types of sports are light bodyweight training exercises, hiking on flat terrain, and cycling on a bicycle with a low step-through (easy to get on and off).



Avoid heavy physical work.



Swimming is also normally possible with a hip replacement – ideally using a crawl stroke.



Avoid high-impact sports or sports with a high risk of injury.

**If you have questions or concerns, contact your attending doctor.**  
**LINK wishes you all the best in your recovery.**

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*I can enjoy everyday  
life carefree  
once again.*

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#### Important information

The information in this flyer was carefully researched and issued in collaboration with doctors, physiotherapists and patients. The details it contains are of a general nature and cannot be applied equally to all patients.

**Waldemar Link GmbH & Co. KG** · Barkhausenweg 10 · 22339 Hamburg, Germany  
Phone +49 40 53995-0 · [info@link-ortho.com](mailto:info@link-ortho.com) · [www.link-ortho.com](http://www.link-ortho.com)

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