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## Same sitting bilateral hip replacement advantages and disadvantages in Asian populations

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**Introduction & Aim:** A population especially in Indian subcontinent, the habit of squatting for the various social and day to day activities makes it more pertinent to operate bilateral AVN hips at same sitting, as this not only helps economically in using the same surgical kit and antibiotics and drapes etc., reducing the cost of surgery and also helps in post-operative management. Patient becomes mobile with both the hips; painless and active. Simultaneous bilateral hip replacement reveals superior outcome and fewer complications than two-stage procedures. Total joint replacements represent a considerable part of day-to-day orthopedic routine and a substantial proportion of patients undergoing unilateral total hip arthroplasty require a contralateral treatment after the first operation. This report compares complications and functional outcome of simultaneous versus early and delayed two-stage bilateral THA over a five-year follow-up period.

**Material & Method:** The study is a post hoc analysis of prospectively collected data from the Department of Orthopedics from a single surgeon. Total number of cases was 21, all were between the age group of 36-68 (avg. 52), operated by the posterior approach, implant used was same in all (stryker).

**Results:** Total duration of surgery being 2.5 hours, post-operative period was non-significant all responded well, only there was one CPN, which was given brace support.

**Conclusion:** Simultaneous bilateral total hip arthroplasty in India subjects seems very useful and helps economically also, as this saves lot of money, time of surgeon and operation theatres time. It should be broadly recommended.

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