

Acetabular Reconstruction

At Midlands Orthopaedic Clinic, we understand how important a healthy hip joint is to your overall mobility and quality of life. If you have suffered significant damage to your hip socket (acetabulum) due to injury, arthritis, or previous surgery, acetabular reconstruction could be the right treatment to help you regain strength, stability, and comfort.

What Is Acetabular Reconstruction?

Acetabular reconstruction is a surgical procedure designed to rebuild and restore the hip socket. Damage to the acetabulum can lead to pain, instability, and difficulty walking or standing. During acetabular reconstruction, your surgeon repairs the damaged socket using specialised implants, bone grafts, or a combination of both. This helps restore the structure, function, and stability of your hip joint.

This procedure is often needed after complex fractures, failed previous hip replacements, or severe arthritis that has worn away the bone. Our surgeons use the latest techniques and materials to ensure a strong, long-lasting repair tailored to your individual needs.

How Can Acetabular Reconstruction Help You?

Choosing acetabular reconstruction can offer many important benefits:

- **Improved stability:** Strengthening and rebuilding the hip socket helps you walk more easily and confidently
- **Pain relief:** Repairing the damaged acetabulum can significantly reduce or eliminate chronic hip pain
- **Enhanced mobility:** A stable, functional hip joint allows you to move more freely and comfortably
- **Better implant survival:** In cases of revision surgery, reconstructing the socket can extend the life of your hip replacement

What Happens During The Procedure?

Acetabular reconstruction is a complex procedure that requires careful planning and expert surgical skill. Here is what you can expect:

- **Preparation:** You will receive general or spinal anaesthesia to keep you comfortable during surgery
- **Assessment of damage:** Your surgeon will carefully assess the extent of bone loss and damage
- **Rebuilding the socket:** Techniques may include using a bone graft (from your body or a donor) to rebuild the bone, placing a new implant, or using a special reinforcement device like a cage or

augment

- **Securing the new structure:** Once rebuilt, the new socket is securely fixed in place to allow proper healing and restore strength
- **Closing and recovery:** The surgical site is carefully closed, and you will be moved to recovery where your progress will be closely monitored

Recovery And Rehabilitation

After acetabular reconstruction, recovery and rehabilitation are essential parts of your journey back to mobility:

- **Hospital stay:** You will usually stay in hospital for a few days while the team monitors your initial recovery
- **Physiotherapy:** A personalised physiotherapy plan will help you gradually strengthen your hip and regain flexibility
- **Follow-up care:** Regular check-ups ensure your hip is healing properly and that you are progressing well with your rehabilitation

Full recovery times can vary depending on the complexity of the surgery and your individual health, but most patients are able to return to many of their normal activities within a few months.

Materials And Techniques Used

During acetabular reconstruction, we use the highest quality materials to ensure the best possible outcome. These include:

- **Bone grafts:** Either from your own body or from a donor, bone grafts help rebuild areas where bone is missing
- **Metal augments and cages:** Specially designed metal devices are sometimes used to support the new socket and promote stability
- **Advanced implants:** Modern, highly durable implants are used to replace or reinforce the acetabulum and restore joint function

Our surgeons use minimally invasive techniques whenever possible to reduce pain, lower the risk of complications, and speed up your recovery.

Why Choose Midlands Orthopaedic Clinic?

At Midlands Orthopaedic Clinic, your care is our priority. We offer:

- **Experienced specialists:** Our orthopaedic surgeons are experts in complex hip reconstruction surgery
- **Advanced techniques:** We use the latest surgical methods and materials for the best possible outcomes
- **Personalised support:** From your initial consultation through to your recovery, we provide care that is tailored to your individual needs

Get In Touch

If you are struggling with hip pain or instability, contact Midlands Orthopaedic Clinic today to find out how acetabular reconstruction could help you get back to the activities you love.