



# Questions to Ask Your Doctor

Hip dysplasia can affect adolescents and young adults, especially those who are active in sports or experiencing hip pain. Finding the right doctor and asking the right questions are important steps in getting the best treatment. This guide will help you and your family ask the questions you need to make the right decisions for your hip health.

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## Finding the Right Doctor

Choosing the right doctor is key to getting the best care for hip dysplasia. Here are some tips to help:

- **Ask for recommendations:** Your primary care doctor can help, or ask other specialists or coaches if they know of any good hip doctors.
  - **Check online reviews:** But remember, some people only leave reviews when they're unhappy. Many happy patients don't leave reviews.
  - **Trust your instincts:** It's important that you feel comfortable with your doctor. They should answer your questions in a way that makes sense to you and not make you feel rushed.
  - **Don't overthink the search:** Unless your case is very rare, it's more important to find a doctor you trust than the "top doctor."
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## Questions to Ask Your Doctor

### Questions About the Doctor

- How often do you treat teenagers or young adults with hip dysplasia?



- Do the other specialists who will help with my care, like the nurses or anesthesiologists, have experience with hip dysplasia?
  - What kind of training and experience do you have with this surgery?
  - Do you have any written materials, videos, or websites that can help me understand my condition?
  - How can I contact you if I have questions or problems?
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## Tips for Asking Your Doctor Questions

- **Ask for information, not just confirmation:** It's good to ask questions that help you understand what's happening, rather than trying to get the doctor to agree with you.
  - **Avoid repeating questions:** If you don't understand an answer, ask for clarification, but don't repeat questions to try and get a different response.
  - **Make observations, not criticisms:** If something concerns you, frame it as an observation rather than a criticism. For example, "Doctor, I noticed we had to wait a while at our last appointment, is there a reason for that?"
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## Questions About Diagnosis and Treatment

- How reliable are the tests to diagnose hip dysplasia?
  - How serious is my condition, and are there different levels of severity?
  - What will happen if we don't treat it? What will the treatment involve, and how long will it take?
  - What are my treatment options, and how effective is each one?
  - What happens if the treatment doesn't work?
  - What risks or complications should I be aware of?
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## Questions About Surgery

If surgery is recommended, here are some important questions to ask:

- What type of surgery are you recommending, and what will it do to help my hip?
  - How long will the surgery take? How long will I be in the hospital?
  - What will I need to help me at home after surgery?
  - How long will it take to recover and see the final results of the surgery?
  - Will I need another surgery in the future?
  - Are there any alternatives to this surgery?
  - What are the risks involved?
  - What happens if I decide not to have surgery?
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## Getting a Second Opinion

It's always okay to get a second opinion, especially if you're unsure or want more information about your options. Here are some tips for getting another opinion:

- **Do your own research:** Instead of asking your doctor to refer you to someone else, try finding another specialist on your own or ask your parents to help.
  - **Bring your records:** Make sure to bring any X-rays or records from your first appointment to the second doctor.
  - **Talk to your original doctor:** After getting a second opinion, it can be helpful to go back to your first doctor and discuss the new information.
  - **Understand differences in opinions:** Sometimes doctors have different views, and that's okay. The second doctor might also seem more knowledgeable because they already know you're considering surgery, so be open to both perspectives.
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## Conclusion: Working With Your Doctor



Remember, open communication with your doctor is important for successful treatment. Don't be afraid to ask questions and share your concerns. Hip dysplasia treatment is a journey, and having a trusted doctor who listens and answers your questions will help you feel more confident every step of the way.

If you want more information or need a second opinion, contact us at [HipPreservation.org](http://HipPreservation.org). We're here to help you make the best choices for your hip health.