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**Same sitting bilateral hip replacement advances 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 today 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 helps in post-operative management. Patient becomes mobile with both the hip painless and active. Simultaneous bilateral hip replacement reveals superior outcome and fewer complications than two-stage procedures: A prospective study including 1819 patients and 5801 follow-ups from a total joint replacement registry, Melloh Markus 2010-10-01. 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 is from the Department of Orthopedics from a single surgeon. Total number of cases was 21 and all were between the age group of 36-68 (avg. 52), operated by the posterior approach, implant used was same in all (stryker).

**Result:** Total duration of surgery being 2.5 hours, post-operative period was non-significant and 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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