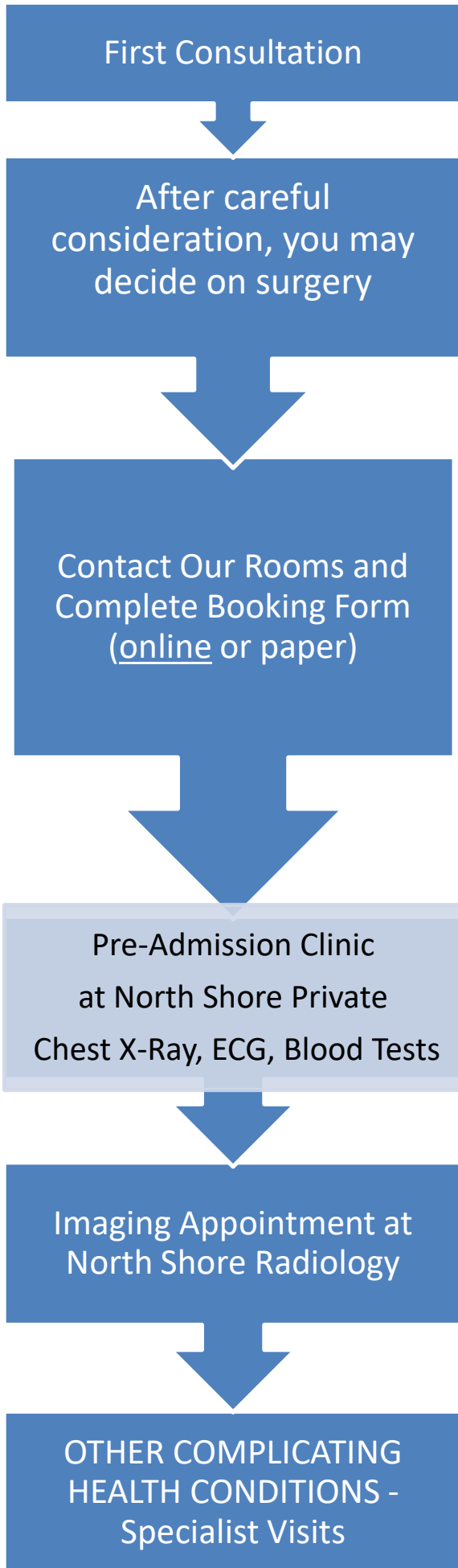
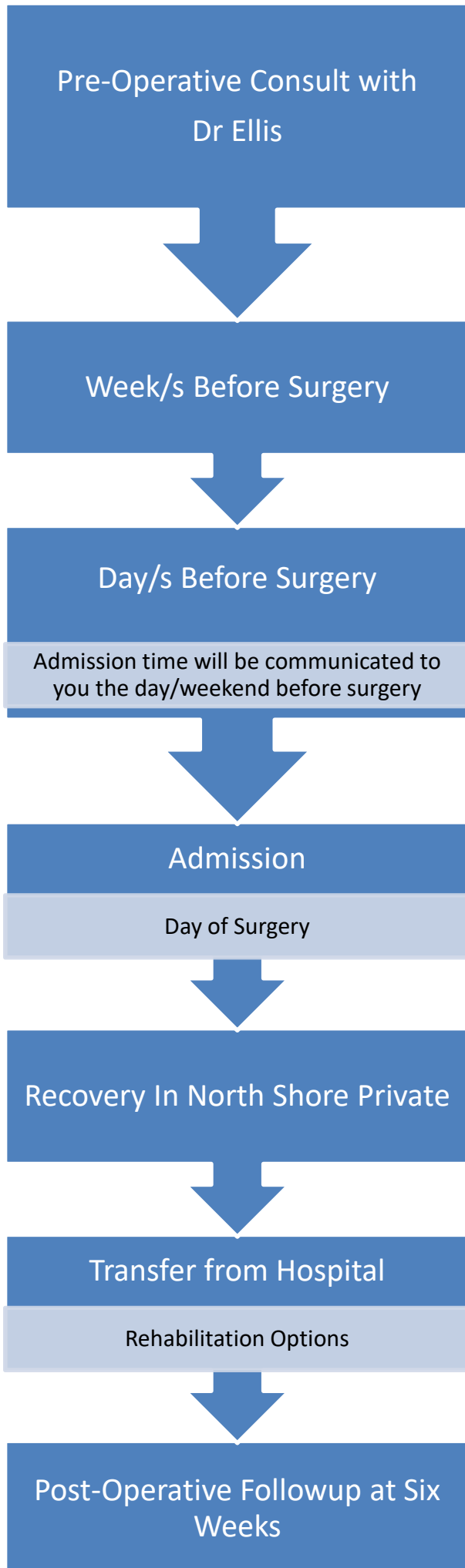


PATHWAY OF CARE

TOTAL HIP REPLACEMENT



- You and Dr Ellis have discussed total hip replacement and decided surgery may be appropriate. You have been supplied with information sheets on surgery, anaesthesia and North Shore Private Hospital.
- Please take the time to read ALL the information sheets and brochures in this file. Think over your appointment with Dr Ellis, and consider the time off work/off caring for relatives that you will require.
- **Please note that you will be an INPATIENT for 5 to 7days, at rehab for 10 to 12 days (total hospital stay ≤ three weeks), and will not be able to drive for the first six weeks post-op.**
- Call our rooms and discuss a date of surgery. Dr Ellis has a busy surgery list and may be booked for some months ahead, but we will do our best to accommodate your needs.
- Over the phone, Sally will discuss booking your surgery and appropriate Pre-Operative Appointments.
 - These will include RADIOLOGY and PRE-ADMISSION CLINIC appts. at North Shore Private Hospital
 - If you have a **known cardiac condition or other complicating health issues**, Dr Ellis may advise you to visit your specialist to obtain clearance for surgery
- The Pre-Admission Clinic is located on the First Floor of North Shore Private Hospital. Please find enclosed a flyer with a map of the location and required items to bring.
- **This pre-operative assessment is required** to optimise your care in hospital and make sure that your operation goes as smoothly and safely as possible. Usually this happens two weeks prior to surgery.
- **Dr Ellis uses a hip implant (prosthesis) that is aligned to your body according to your specific biomechanics.**
- In order to design the optimised position of your implant specific to you, you must attend a Pre-Operative CT/Xray scan at North Shore Radiology (Ground Floor of North Shore Private Hospital).
- This appointment will be BULK BILLED.
- Please be aware of **any other specialist appointments** that are required prior to surgery. Dr Ellis may ask you to visit an **Orthogeriatrician** from North Shore Private if you have a complicated medical history that requires managed care during your inpatient stay.
- **If you have a cardiologist or are on blood thinners**, clearance for surgery and a management plan for your medications are required.



- Dr Ellis will answer any questions that have arisen in your reading of information sheets and your concerns about your upcoming surgery.
- Once all has been discussed and you feel that you fully understand the risks and benefits of surgery, you will be asked to sign a document acknowledging your informed consent of your upcoming procedure.
- **You will be advised of any medications to wean in the weeks prior to surgery**
- **Please take care of your skin** in the weeks before surgery – cat scratches, gardening wounds from thorns/branches and other breaks in your skin on the limb that is due to be operated on may cause your surgery to be delayed due to the risk of infection.
- Ensure that you are prepared for your inpatient stay with a packed bag. Please do not bring any valuables to hospital. Comfortable slippers/shoes with an enclosed heel are a must, as slip-on shoes are a trip hazard.
- If you have any printed x-ray films, please bring with you to hospital, as Dr Ellis will need these to perform your operation.
- If you feel suddenly ill or unable to attend your operation, please let us know so that we can manage your care appropriately.
- Most patients are admitted on the date of surgery
- You will be asked to fast for SIX hours
- Dr Ellis' anaesthetist will visit you before your surgery to discuss your anaesthetic and post-operative pain management. Dr Ellis will also speak with you about any last minute concerns.
- Your operation will take approximately **TWO HOURS**
- Once out of recovery, you will be transferred to the Orthopaedic Ward where you will stay for **FIVE TO SEVEN DAYS**
- **Physiotherapy** will start early in your recovery to get you back on your feet as quickly as possible.
- Most patients transferred directly to rehab via patient transfer vehicle.
- Options include rehab at home with Patient Partner Program or inpatient rehab through Hunters Hill, Arcadia, Manly Waters, Lady Davidson, Metro Rehab etc.
- **PLEASE RING DR ELLIS OR THE ROOMS** if you are concerned in any way regarding your post-op progress, especially if you are worried about infection.
- As we ring to confirm this appointment, arrangements have will be made for a new x-ray of your operated limb at six weeks.
- Usually, you will not be permitted to drive prior to this appointment. Please remember to wear your TED stockings until this date (6 weeks).