



Get moving again quickly and comfortably with Adena's same-day joint replacement

Many people put off surgeries like total hip and knee replacement because they're worried about lengthy recuperation times, hospital stays, and high levels of pain.

But the experts with Adena Orthopedic and Spine Institute assure patients that they can be in and out of surgery and back on their feet faster than ever with today's techniques.

"Twenty to 30 years ago, joint replacement surgery required patients to recover in the hospital as doctors worked to manage their care after the procedure," says orthopedic surgeon Neel Patel, MD.

"Today, the patient can be in and out within 24 hours so they can recover in their own beds at home. Our goal is immediate mobility, and we work to get patients walking on that same day."

Dr. Patel says the key to getting a patient back on their feet so quickly is by setting out a roadmap to

recovery before the surgery is even performed.

"We manage all of a patient's underlying medical concerns beforehand, so if they have cardiac or pulmonary issues we can plan for it and manage their medications," he says. "This dramatically reduces complication risks and paves the way for a smooth recovery."

Dr. Patel says Adena's "phenomenal" health care professionals aim to empower the patient to take an active role in their care.

"I don't tell patients when to have surgery, they make that decision for themselves when they feel they need to improve their quality of life," he says. "We set expectations early so they can make informed decisions. This gives patients control over their care so they want to do what's necessary to get better as soon as possible."

Expectations also include educating patients about what kind of pain they can expect after surgery so they can manage it effectively. He explains that knee replacement is usually the more challenging recovery, and

gives patients the tools they'll need to manage those first two weeks after surgery.

"Patients can decide to manage their pain with medications from Tylenol to something stronger if they feel they need it," Dr. Patel says. "We help them design a medication schedule so they stay as comfortable as possible for that two-week period after surgery."

After those first two weeks, Dr. Patel says patients notice a vastly improved quality of life, and can be completely off of walkers or canes after three to four weeks.

In fact, the positive results are often so impactful, "patients say they should have done it earlier," Dr. Patel says.

For more information call 740-779-4598.



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