



Patient Information Leaflet

Knee Replacement



Nuffield Hospitals

If you would like to know more please call

01473 279145

www.easternsurgery.co.uk



**working in
partnership with**



Nuffield Hospitals



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your choice

You have been given this leaflet by your GP or physiotherapist following an assessment which shows that you MAY need a knee replacement operation. PLEASE READ THE FOLLOWING CAREFULLY. IT TELLS YOU ABOUT A VERY IMPORTANT CHANGE IN NHS CARE.

Owing to the changes in the way that elective surgery is organised nationally, you have now got a number of choices of where you can have your operation - all of them are free to you under NHS care.

One of the locations you can choose is the Nuffield Hospital, Ipswich which is working in partnership with the surgeons and anaesthetists of a company called Eastern Surgery Ltd.

Eastern Surgery enjoys a unique working relationship with Nuffield Hospitals in East Anglia - and provides a high quality service to NHS patients. This leaflet gives you information

about Eastern Surgery and will help you to decide where to have your operation.

Eastern Surgery is an independent provider of surgical care including specialist orthopaedic operations by local surgeons and anaesthetists. Eastern Surgery works alongside Independent Hospitals in East Anglia to provide high quality, individualised healthcare in relaxed environments.

Eastern Surgery has provided operations for the NHS in Essex and Suffolk since February 2004. We believe that we offer the finest care to the NHS by using highly experienced local consultant surgeons and anaesthetists, caring for patients in the best possible surroundings offered by the Nuffield private medical group.

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what happens next?

- 1.** Your GP will send your details to the local Referral or Booking Management Centre at the Primary Care Trust.
- 2.** You should contact the Referral or Booking Management Centre to discuss where you would like your operation to be undertaken.
- 3.** The Referral or Booking Management Centre will ask you to decide where you would like to have your knee replacement surgery. They will be able to answer non-clinical questions about the centres available to you.
- 4.** You may be asked by the Referral or Booking Management Centre to attend your local hospital for an x-ray before you see the consultant specialist.
- 5.** If you choose to have your operation with Eastern Surgery at the Nuffield Hospital, your details will be forwarded to the team at Eastern Surgery.
- 6.** The team at Eastern Surgery will contact you either by telephone or by letter a few days following your conversation with the Referral or Booking Management Centre. They will arrange a date for an appointment to see a consultant orthopaedic surgeon prior to the operation. Following your attendance at this appointment you will be given a date for the procedure and a date for a pre-assessment appointment where a nurse will assess your fitness for surgery.
- 7.** If you have any questions at this time please do not hesitate to ask one of the team at Eastern Surgery who will be happy to help.
- 8.** You will receive confirmation of all appointments in writing, together with an information leaflet explaining what will happen at the appointment and during the operation. It is important that you read this information or ask a carer or friend to help you do so. It will contain information relating to questions that you will be asked by the consultant at your first appointment.

About Knee replacement surgery

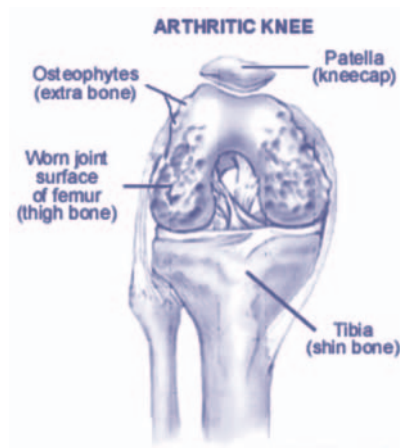
Why are knee replacements performed?

The main reason is to relieve the pain that is caused by arthritis. The commonest form of arthritis is osteoarthritis, which is due to gradual wear and tear of the joint over the years. Arthritis can also be due to inflammatory diseases such as rheumatoid arthritis or gout.

When the joint surfaces become worn they no longer glide smoothly against each other.

This can cause pain, swelling and a grinding or clicking feeling, usually made worse by activity.

This can limit your ability to take part in recreational activities, exercise and even simple things such as going to the shops.



What is a knee replacement?

A knee replacement is an artificial joint that replaces an arthritic knee joint.

The worn joint surfaces are removed and replaced by a metal and plastic replacement.

The replacement can be fixed to the bone with bone cement or it can have a surface that allows the bone to grow into the replacement.

A KNEE REPLACEMENT



What are the alternatives to a knee replacement?

- Non-operative treatment: such as taking pain killers, using a walking stick, losing weight, modifying your activities and taking regular gentle exercise.
- Arthroscopy: keyhole surgery to clean out the knee joint, which is usually performed as day case surgery and can give temporary benefit for some patients.
- Osteotomy: an operation to re-align the knee, which is an option for some younger patients.

What are the benefits of having a knee replacement?

1. Less pain. The main aim is to relieve the pain of arthritis.
2. Improved mobility. You should be able to walk more easily and so become more active.

A knee replacement is a very successful operation – about 95% of patients (19 out of 20) are pleased with their new knee.

At your appointment with the consultant orthopaedic surgeon, you will be assessed to find out the best form of treatment for your knee problem. The consultant will then give you further information about what knee replacement surgery will involve.

If you and the consultant agree to go ahead with a knee replacement operation, you will be given an operation date and also a date for your pre-assessment appointment. During your pre-assessment a nurse will check your general health and fitness for the operation. This includes performing blood tests and other diagnostic tests.

our team



Mr Richard Baxandall



Mr Mark Bowditch

Orthopaedic Surgeons

All our orthopaedic operations are undertaken by established consultant orthopaedic surgeons and anaesthetists, with a wide range of experience and expertise.

If you have had previous orthopaedic conditions or surgery you may have been cared for by one of the Eastern Surgery team in an NHS Hospital. You may wish to be treated by the same surgeon again, we can arrange that for you at the Nuffield Hospital.

Mr Richard Baxandall

Trained in Cambridge and St Thomas's Hospital, London and qualified in 1989. He continued his orthopaedic training in London and was appointed as a consultant in Ipswich in 2000. He specialises in lower limb joint replacement surgery and arthroscopy. He has a specific interest in hip replacement in the younger patient utilising resurfacing techniques and ceramic articulations.

Mr Mark Bowditch

Qualified from Manchester in 1989, he trained in orthopaedics in Sheffield, Cambridge and East Anglia with a specialist fellowship in knee and sports surgery in Adelaide, Australia. Mr Bowditch has been a consultant in Ipswich since 2000 undertaking lower limb surgery with a specialist interest in knee, ankle & sports related surgery. Mr Bowditch has extensive skills in arthroscopy (keyhole surgery), ligament reconstruction and joint replacements.

Mr Ivan Hudson

Trained in orthopaedic surgery at Charing Cross and the Royal National Orthopaedic



Mr Ivan Hudson



Mr Chris Martin



Mr Steven Pryke



Mr Chris Servant

Hospital in London, he was appointed as a consultant in Ipswich in 1992. He has extensive experience of hip and knee surgery of all types. Mr Hudson has specialist expertise in orthopaedic treatment for children, and runs a dedicated children's orthopaedic service in Ipswich.

Mr Chris Martin

Trained in Manchester undertaking a fellowship in lower limb arthroplasty at Wrightington Hospital for joint diseases in Lancashire prior to qualifying in 1993. Mr Martin gained further experience in the care of the orthopaedic patient in Manchester and Lancashire prior to coming to Ipswich in early 2005. Mr Martin has particular interest in joint replacements, arthroscopy and hip resurfacing.

Mr Steven Pryke

Trained at Guy's Hospital, London and Addenbrookes Hospital, Cambridge and undertook a specialist lower limb arthroplasty fellowship in Canberra, Australia. Mr Pryke has been a consultant orthopaedic surgeon in Ipswich since December 2004. Mr Pryke's

areas of specialist interest are in primary and revision hip and knee replacement surgery.

Mr Chris Servant

Has been a consultant orthopaedic surgeon based in Ipswich since February 2004. He qualified from St Bartholomew's Hospital Medical School, London and trained in orthopaedics in Bath and Swindon, gaining further experience in Southampton and Bristol. Mr Servant also worked in Australia at the North Sydney Orthopaedic & Sports Medicine Centre, where he gained specialist experience in knee and shoulder surgery. His particular interests include hip and knee replacement surgery, arthroscopic surgery (keyhole surgery) and ligament reconstruction.

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the advantages

Choosing to have your operation performed by Eastern Surgery at the Nuffield Hospital has considerable advantages for you:

The Nuffield Hospital:

- offers clean, modern accommodation.
- all patients are cared for in single rooms with en-suite bathrooms. Many of the rooms have scenic views over looking landscaped gardens.
- free car parking for patients and visitors.
- MRSA rates are very low. The MRSA rate for 2004 - 2005 was 0.59%, no patients acquired MRSA whilst being cared for at the Nuffield Hospital, Ipswich during the same time period. If you would like to know more about our MRSA rates please contact us.
- every patient is thoroughly pre-assessed prior to surgery by an experienced member of the nursing team. This means that the

patient is fully prepared for the procedure and ensures that every phase of the patients journey including discharge from hospital progresses as smoothly as possible.

Eastern Surgery Ltd:

- local waiting times for surgery vary, the national waiting time for a routine knee replacement is 37 weeks. Eastern Surgery will offer you an operation date within 20 weeks of receiving your referral.
- All patients are operated on by Consultant Surgeons and Consultant Anaesthetists.
- you may have previously had an operation by one of our surgeons and may wish to be cared for by the same surgeon again. Eastern Surgery can offer you a choice of surgeon.

We would like to emphasise that although the operations are carried out in independent medical facilities, patients remain under NHS care, and there is no cost or bill to you.

about us

We hope that you will choose Eastern Surgery and Nuffield Hospitals for your knee replacement operation.

If you would like to know more about the way Eastern Surgery works, or to find out more about the surgeons and staff, please call **01473 279145**

A member of the team will answer any questions you have. You can then make your choice between the different options for your surgery with full knowledge of the benefits Eastern Surgery offers you.



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