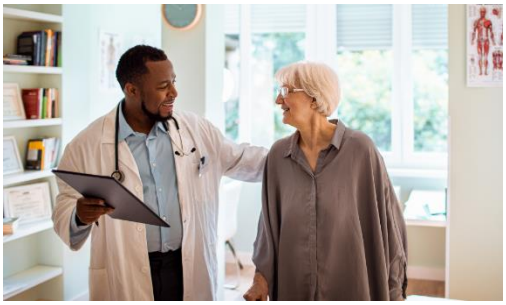
HENRY FORD HEALTH®

Joint Replacement Program Overview

Henry Ford Center for Joint Replacement

This booklet will give you an idea of what you can expect if you choose Henry Ford for your joint replacement surgery. Once you schedule surgery, you will get more information and instructions to attend an education class to get you ready.



At the Henry Ford Center for Joint Replacement, we understand your quality of life suffers when it hurts to move. The goal is to get you back to your pain free active life. This can be done with conservative treatment like medicine or physical therapy, or a more comprehensive treatment like joint replacement surgery.

Henry Ford Joint Replacement specialties include total hip and knee replacement, revision joint replacement, partial knee replacement, hip resurfacing, and arthroscopic knee surgery.

Henry Ford's team of surgeons, specialty trained nurses, and physical therapists are here to support your recovery. The team offers:

- **Personalized treatment plans**. The team of surgeons will use the latest research and technology, along with your goals to make a treatment plan that is right for you.
- **Holistic program.** The approach to healing begins with pre-surgery classes, specially trained physical therapists and nurses who get you back on your feet the day of surgery and continues with home care or outpatient physical therapy.
- **Same day surgery option.** For patients who want to get back to their lives more quickly we offer same day surgery at 6 convenient locations.
- **Rapid recovery program.** Patients report less pain and quicker recovery when they start physical therapy early and do it more often.

To learn more about joint replacement surgery or to find a doctor, visit the link below or scan the QR code.

Henry Ford Center for Joint Replacement
henryford.com/jointreplacement

To scan the QR code:
1. Open the camera on your smartphone.
2. Place the QR directly in the center of the camera and the link should appear on the screen.
3. Click the link to go to the webpage.

Joint Replacement Surgery

Arthritis can cause serious damage to your hip and knee joints over time. Joint replacement is the best option for many to relieve the pain and wear and tear of arthritis. At the Henry Ford's Center for Joint Replacement, we offer many surgical options to treat joint problems.

- The Henry Ford joint replacement surgeons can decide if a patient can have surgery and which type is best. It could be a partial or total knee or hip replacement, using methods like robotic assisted surgery.
- The most common reason to have a hip or knee joint replaced is to relieve severe arthritis pain, like osteoarthritis, rheumatoid arthritis, and post-injury.
- Your doctor or surgeon will look at your overall health, do a full exam of your hip or knee, and test for strength, stability, and range of motion before you decide if joint replacement is right for you.
- Joint replacement can be done at any age when medicine, injections, and other therapies do not relieve joint pain and swelling. At Henry Ford, more than half of our patients are under 65.
- You may be able to have joint replacement if you:
  - Often have pain, swelling, or stiffness.
  - Need to stop daily activities or wake up due to pain.
  - Take pain relievers regularly.
  - Need a cane or walker to get around.
  - Sometimes limp when you walk.
  - Have visible joint damage on X-rays.

Robotic-Assisted Surgery

Your surgeon **may** choose to perform a robotic-assisted hip or knee replacement. Your specially trained surgeon still performs the entire surgery from start to finish but with the help of a robotic tool or arm. The surgeon knows the anatomy of your joint and can tailor the joint replacement to you.

How does it work?

Your surgeon starts planning your joint replacement before you get to the operating room.

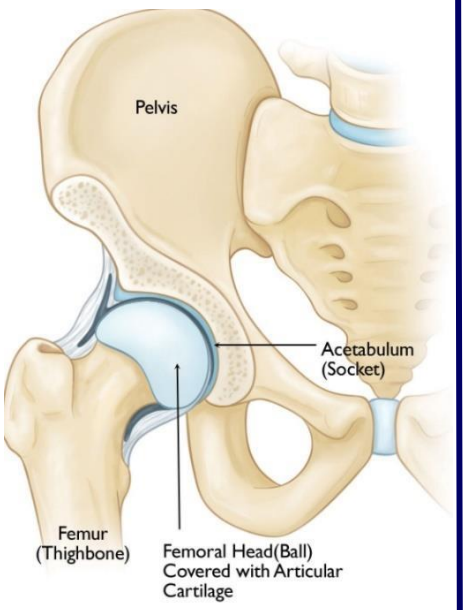
- Your surgeon will get a specialized x-ray or CT scan before surgery to create a 3D (3 dimensional) model of your joint.
- Your surgeon will use the model and the robotic arm to help plan how the new joint pieces will fit with your joint's anatomy.
- During surgery your surgeon will use the robotic arm to help remove any damage around the bones. This helps place your implant accurately.

Anatomy of the Hip and Knee

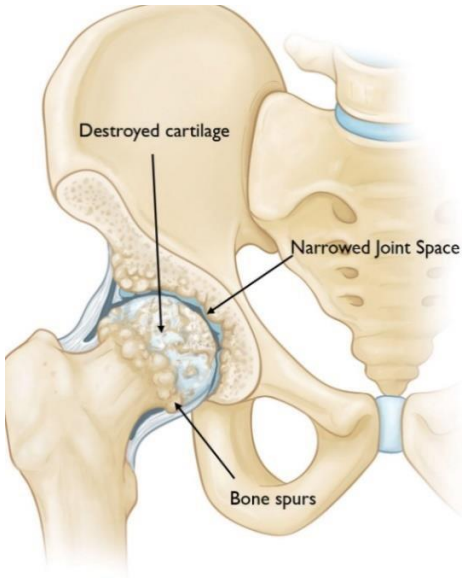
Below are pictures of a healthy joint, problem joint, and a new prosthesis (new implant parts) for the knee and hip. Notice the smooth surfaces for the healthy joints and prosthesis, and the irregular or rough surfaces for the problem joints.

Hip

Healthy Hip



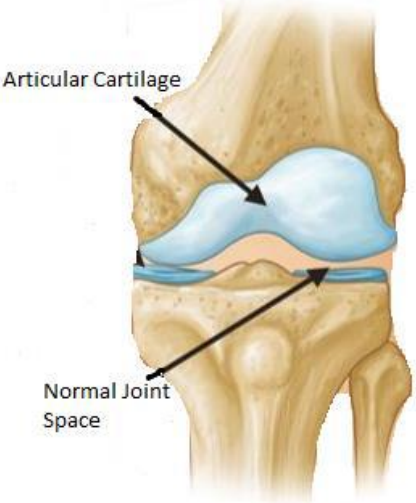
Problem Hip



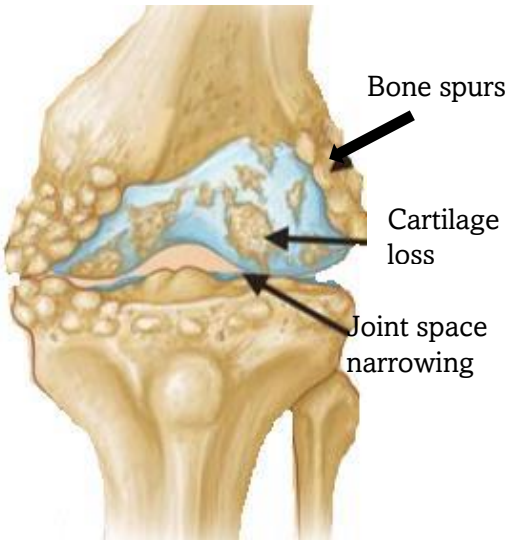
New Hip Prosthesis

Knee

Healthy Knee



Problem Knee



New Knee Prosthesis

How to Prepare for Surgery

The more you plan before surgery, the easier it will be after to focus on healing. The following tips can help.

Choose a Support Person
Usually a family member or close friend who can be with you and help you during this process. Your support person should be able to handle some physical tasks like be able to help you move around the house and lift your leg if you need it. They should be ready to:

- Go to the joint replacement class and therapy sessions with you.
- Be around for a few days after you go home to help you recover.
- Help you with exercises, provide encouragement, and be able to help answer questions.

Get Your Body Ready

- It is important to keep your muscles strong and exercise before surgery.
- You must stop using tobacco products and cut down on any alcohol you drink.
- Continue to work on getting to an ideal body weight.
- Control you blood sugar if you have diabetes.

Get Your Home Ready

- Make sure someone can be with you for a few days after surgery until you are stronger and able to do more on your own.
- Arrange for someone to care for your home, yard, pet, and vehicle for a few weeks.
- You may want to plan to sleep on the first floor for a few days if your bedroom is on a different level.
- Know where there might be tripping hazards like uneven surfaces, wet floors, and rugs.
- Prepare some quick easy meals to have in your refrigerator or freezer. Your support person can also help with meals.

Meet Your Team

Below is a list of key team members you will work with on your joint replacement journey.

Orthopedic Surgeon	Performs your surgery and coordinates your treatment plan.
Nurse Practitioner (NP), Physician Assistant (PA), or Resident	Works closely with your surgeon and doctors to care for you.
Registered Nurse (RN)	Monitors your overall care and helps you manage your pain. Watches your recovery closely to keep you safe and comfortable. You may also have an RN visit you at home.
Physical (PT) and Occupational Therapists (OT)	You may work with a PT or OT depending on your surgery. They will help you with your range of motion, muscle strength, balance, tips to live with your new joint, and more. You may also have a PT visit you at home.
Joint Coordinator/Navigator	Works with you and the entire team before and after surgery so you have a great experience. They will also be available to help you before and after your hospital or surgery center stay.

Hospital or Surgery Center Stay

You will meet some of your surgical team once you arrive at the hospital or surgery center and check in. They will get you ready for surgery.

- Surgery prep takes about 2 hours.
- Surgery often lasts about 2 to 3 hours.
- After surgery you will then go to a special recovery room called PACU (Post-Anesthesia Care Unit). The PACU team will monitor you closely here for another 2 to 3 hours.
- The amount of time you stay in the hospital or surgery center will be different for each person. You will go home once you pass your therapy goals. We want to get you home as quickly and safely as possible so you can heal comfortably.

What to Expect After Surgery

Many people are surprised at how quickly they are up and moving after surgery. Some things you can expect are:

- You will be walking the same day as surgery.
  - This is important to help you recover.
  - You will heal better and reduce the risk of complications the sooner you are up and moving.
- It is very normal to see a lot of bruising and swelling after surgery, especially a few days later.
- Your joint team will work with you to manage any pain with medicine and other non-medicine strategies.
- Physical therapy may teach you how to function with your new joint with exercise, walking, and tips to be safe when you go home.
- You will get information about how to care for your new joint at home before you leave the hospital or surgery center. One of our joint team members will assess what you need at home to help you care for your new joint.
- Both total hip and total knee replacement are very successful surgeries that change lives. It is important to talk about success rates with your surgeon before surgery as well as what to expect after surgery.

Follow-Up Visits and Virtual Care

You will stay in touch with your care team as you recover in the weeks and months after your joint replacement. You will have follow-up visits scheduled for you with your surgeon, nurse practitioner. or physician assistant.

- Post-operative (after surgery) follow-up visits may be scheduled in-person or they may be virtual.
- Scheduled video visits allow you to connect with your care team from your tablet, smart phone, or computer that has a camera, using your Henry Ford MyChart.
- Scheduled video visits, telephone visits, and in-person visits will let your care team evaluate your recovery and assess your incision. You will be able to ask questions and your provider will address any concerns.
- For more information about scheduled video visits, go to henryford.com/ScheduledVideoVisit.

You will also have access to a phone line or helpline that will connect you with your clinic location, joint coordinator/navigator, or to another care team member. This will allow you to reach your care team with questions or concerns about your healing.

Joint Replacement Locations and Surgeons

Make an appointment today!
Visit henryford.com/jointreplacement or call the closest location to you to make an appointment.

Location	Address	Phone Number	Surgeons
Henry Ford Detroit Hospital	2799 E. Grand Blvd Detroit MI, 48202	(313) 916-2181	• Michael Charters, M.D. • Trevor North, M.D. • Craig Silverton, M.D. • Michael Mott, M.D
Henry Ford Medical Center – Grosse Pointe (formerly known as Cottage)	159 Kercheval Ave. Grosse Pointe Farms, MI 48236	(313) 916-2181	• Michael Charters, M.D. • Trevor North, M.D. • Craig Silverton, M.D.
Henry Ford Jackson Hospital	205 N East Ave Jackson, MI 49201	(517) 205-1431	• Derek Semaan, M.D. • John Walper, M.D.
Henry Ford Macomb Hospital	15855 19 Mile Rd. Clinton Twp, MI 48038	(586) 263-2410	• Andrew Ajluni, D.O. • James Bookout, M.D. • Kenneth Cervone, M.D. • Steven Cusick, M.D. • Eddie El-Yussif, D.O. • Johnathon Hinz, D.O. • Michael Maceroni, D.O. • Trevor North, M.D. • Benedict Pellerito, M.D. • Richard Perry, M.D. • Mark Ryan, D.O. • Nicholas Schoch, D.O. • Matthew Schramski, D.O. • Fremont Scott, D.O. • Kenneth Scott, D.O.
Henry Ford Medical Center - Plymouth	40777 Ann Arbor Rd. Plymouth, MI 48170	(734) 928-1600	• Robb Weir, M.D.
Henry Ford Medical Center – Royal Oak	110 E. 2nd Street Royal Oak, MI 48067	(248) 546-2110	• Trevor Banka, M.D. • Michael Charters, M.D. • Robb Weir, M.D.
Henry Ford West Bloomfield Hospital	6777 W. Maple Rd West Bloomfield Township, MI 48322	(313) 916-2181	• Trevor Banka, M.D. • Michael Mott, M.D. • Robb Weir, M.D.
Henry Ford Wyandotte Hospital	2333 Biddle Ave Wyandotte, MI 48192	(734) 225-9100	• Michael Callan, D.O. • Daniel Olenchak, D.O. • Henri Pierre-Jacques, M.D.

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