

The Procrastinator's Guide to Total Joint Replacement:

6 Steps To Convince Your Loved One To Have Surgery

It's hard for anyone to watch a loved one suffer in pain. This is especially true when they needlessly suffer even though something can be done. If your loved one can be helped with a total joint replacement (TJR) surgery and you're trying to convince them that they don't need to be in pain and / or immobile any longer, here are a few thoughts of how to approach the subject.

1. Ask your loved one about their concerns.

Go in with an open mind and most importantly, open ears. Take time to listen and talk to them about why they want to delay treatment and truly try to understand without an agenda. They may have very real concerns about the procedure and risks involved. It's important for everyone to feel heard and understood, so validate what they say. Then ask if they're willing to listen to you about what you know about TJR and proceed to the next step.

2. Be prepared with facts about total joint replacement surgery.

Over the last few decades, joint replacement techniques have dramatically improved. Here's what you need to know ahead of time to share:

- Joint replacement revision surgery rates are low, meaning less people require a second surgery after a failed replacement. Joint replacements can fail due to infection, wear and tear, instability, and stiffness, but the Mako SmartRobotics system and other modern technology greatly reduces all of these risks.
- According to the American Academy of Orthopedic Surgeons [AAOS], 90% of knee replacements are still performing well after 15 years. Only about 15% of hip replacement patients need revision surgery within 20 years.
- Total joint replacement can be done at a surgical center on an outpatient basis, reducing costs and risk of falling ill from other patients. This often reduces recovery time as well, since the patient is able to heal in their own safe and comfortable environment. Studies indicate that people choosing outpatient joint replacement have a faster short-term recovery period.

3. Share the signs that a joint replacement might be necessary to improve quality of life.

The following are signs it's time to consider a total hip or knee replacement:

- Arthritis is worsening and affecting daily activity including hobbies, work, caring for themselves and other normal activities.
- Conservative treatments are no longer helping.
- The joint has become deformed.
- Pain is severe, even during periods of rest.
- Symptoms interfere with their ability to sleep.
- They avoid doing things they'd like to do because of pain or reduced mobility.

4. Let them know how their life can improve.

If they truly need a total joint replacement, quality of life has been diminished and they are missing out on things they could be enjoying.

Unfortunately, the associated pain and loss of mobility from joint degeneration is likely keeping your loved one from being happy and healthy.

It may keep them from socializing, affect their mood, and even cause them to feel guilty about no longer being able to participate in activities. That could be something as mundane as safely bathing to something more serious such as skipping holiday gatherings because they cannot climb the steps up to someone else's front door. Ask them how their life was different before chronic pain and / or immobility took over, as well as what their life would look like now if those weren't a factor.

5. Offer to be there before and after surgery as a caregiver

If you're available to help with caregiving afterward, be sure to let them know that you can help make pre- and post-op life easier. Many people are unsure about people they don't know providing their care, but having someone they know and trust present during this time may make them more likely to proceed if they need joint replacement.

Help prepare the house beforehand to eliminate tripping hazards, and set up a cozy spot on the main floor if their bedroom is upstairs. Offer to do daily chores after surgery, such as meal prep and running errands to pick up prescriptions, groceries, and other necessary items.

6. Ask them if you can book a consultation with a joint replacement Surgeon

Tell them that they don't have to do anything they don't want to do, especially something as major as surgery, and that a consultation does not require you to follow through with surgery. You can offer to book the appointment with the doctor of their choosing and transport them to and from if necessary.

A total joint replacement surgery consultation allows them to make their own informed decision about whether it's the right time for the procedure. Not everyone is an ideal candidate for a total knee or hip replacement, plus a good surgeon will not try to talk a patient into something they don't feel is right for them. It may be reassuring for them to know in advance that they won't be persuaded against the decision they make.

At Direct Orthopedic Care, Dr. Kyle McGivern holds a prestigious fellowship for knee and anterior hip replacement from world-renowned Cleveland Clinic and has successfully completed thousands of joint replacements. Dr. McGivern and his team at Direct Orthopedic Care (DOC) utilize the today's most modern techniques for solving joint pain. From a vast array of non-surgical offerings (including minimally invasive joint injections and innovative physical therapies) to today's most advanced surgical techniques (including the Mako robotic joint replacement system), Dr. McGivern and his team have the most comprehensive array of joint pain solutions available in the area. In fact, most of Dr. McGivern's total joint replacement patients are up and moving the same day with minimal downtime afterward.

During a one-on-one consultation, Dr. McGivern will address all questions and concerns related to joint replacement for peace of mind. He actually meets one-on-one with every patient for the consultation as well as performs the procedures, personally. So, you can trust your loved one is in experienced hands through the entire process.

After you talk to your loved one about total joint replacement, take this last step.

Book a consultation with trusted joint replacement surgeon Dr. Kyle McGivern by calling 405-673-8484 today! The people that you hold near and dear to your heart will be happy you took the time to find such a skilled, compassionate surgeon, and likely the only regret they'll have is not doing it sooner!