

July 2014 Newsletter

**Guilford
Orthopaedic
and Sports Medicine Center**
A Division of Southeastern Orthopaedic Specialists, P.A.
"We work to keep you playing"

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Guilford Orthopaedic and Sports Medicine Center would like to wish you a safe and Happy 4th of July! Our office will be closed for the holiday on Friday July 4, 2014 & Saturday July 5, 2014. We will re-open at 8:00 a.m. Monday July 7, 2014.



Dr. Rowan Discusses "What's New in Knee Arthroplasty?"

Since 1968 knee replacement or total knee arthroplasty, has helped millions of patients stay independent, active and mobile. Last year, over 600,000 knee replacements were accomplished in the United States, compared to 300,000 only 10 years ago. Improvements in preparation, the surgery itself, rehabilitation and postoperative care have resulted in shorter hospital stays, faster return to function and reduced rates of complications. Well over 95% have excellent results with relief of pain and return of function. By keeping patients out of wheelchairs, and out of nursing homes, this procedure has proven itself to be cost-effective to both the patient and society as a whole.

Improved evaluation and education prior to surgery has decreased risk, decreased hospital stay and improved satisfaction. At the time of surgery scheduling, the patient's general health, home situation and available help are used to plan for care at home versus a stay in a rehab center. This has helped reduce hospital stay and uncertainty for the patient and family. Pre-operative nasal swabs for Staph or MRSA, with treatment if positive has helped reduce infection.

Material and design changes have led to longer lasting implants, fewer complications and relaxed restrictions on activity. Gamma radiation of plastic implants has increased life from 15 to 30 years longer. Better instruments, skin preparation and improved antibiotics just before surgery have decreased infection rates, reduced surgical time and allowed for faster rehab. Many patients are down to a single cane within two weeks. Doubles tennis is allowed after three to four months.

New medications to control pain and bleeding are now in use. Tranexemic acid given at the time of surgery has been shown to decrease blood loss by 1 unit, with no increased risk of blood clots. Exparel, a local anesthetic that can last 48 hours, is injected during surgery providing pain relief and still allows use of muscles to walk on day one. Combined, these medicines allow many patients the ability to be up walking the afternoon of surgery with Physical Therapy. Some are able to return home after a single overnight stay. An older medicine, plain aspirin twice a day, combined with early PT and pneumatic stockings is now used to prevent blood clots. This aspirin protocol is as good if not better than other more expensive and higher risk agents. In addition, needle sticks to administer or monitor anti-coagulation are not needed.

Guilford Orthopaedics strives to ensure the best experience and availability to ALL our patients!



We are open Monday- Friday 8 am-5:30 pm & Saturdays from 9 am until 1 pm.
Be sure to call 336-275-3325 to schedule your appointment.

If after hours please visit our Urgent Care located at 1130 N. Church Street Greensboro, NC 27401 or call 336-235-BONE(2663) they are open M-F 5:30 pm until 9 pm and Sat./Sun. 10 am until 2 pm.