

# FAST RECOVERIES WITH SAME-DAY ORTHOPAEDIC SURGERY AT SIBLEY

Did you know that it's possible to have a knee or hip replacement and be home the same day? With Sibley's same-day orthopaedic program, it is. Gautam Siram, M.D., the head of Sibley's same-day joint replacement program and a board-certified orthopaedic surgeon, says data show that same-day knee and hip replacement surgery is completely safe and effective.

"Many patients feel more comfortable recuperating at home, where they can rest in familiar surroundings and have easy access to their friends and family," Dr. Siram says. "In addition, at home, individuals are able to manage their own pain medications and rehabilitation, under the supervision of their surgeon and other health care providers."

People who are considering undergoing same-day orthopaedic surgery should assess their support network and level of motivation to manage their post-operative care and rehabilitation. "A person's age has little to do with being a good candidate for same-day orthopaedic surgery," says Dr. Siram. "I see patients of all ages who respond well to having partial or even total knee and hip replacements at Sibley and then being discharged within 6- to-12 hours after surgery. The patients who experience the best outcomes are the ones who are highly motivated and willing to put in the extra time before surgery to educate themselves about the recovery process," he says.

Dr. Siram and the orthopaedic team at Sibley work with individuals who are undergoing same-day surgery to provide them with the education they need. This includes walking individuals through exactly what to expect when they return home—things like what degree of swelling is normal, how to manage pain, when to begin rehabilitation and what to do if questions arise. All patients leave the hospital knowing how to quickly contact their care team.

"The Sibley staff is second to none," Dr. Siram says. "This is why I choose Sibley for my patients. I know they are in great hands when working with the excellent team of nurses and educators here."

One of the best ways to feel prepared before surgery is to ask questions. "Patients have concerns about how to properly care for themselves when they return home, and that's totally normal," explains Dr. Siram. "I welcome any and all questions from my patients. My goal is to make sure that they feel empowered and comfortable prior to surgery, so that at-home recovery goes smoothly."

After the first days of recovery, patients see a physical therapist in their home to begin therapy. Sibley also offers The Morris and Gwendolyn Cafritz Foundation Clinic, a large state-of-the-art rehabilitation facility that is fully equipped for every aspect of orthopaedic recovery.

Sibley is the only hospital in Washington, D.C. that offers same-day orthopaedic surgery. "This is the future," says Dr. Siram.



*Gautam Siram, M.D., orthopaedic surgeon who specializes in hip and knee joint replacement surgery*