

Questions:

Before the surgery:

1. What factors contributed to the pain in your hip and how did this impact your daily life?
 - A. When walking sometimes I had a sharp pain in the inner groin, then it would click and the pain vanish. Constant hip and lower back ache. The ache was more like what you have with headaches (painful). Difficulty getting in and out of cars, shopping, any sporting activities all created groin pain.
2. Prior to undergoing hip replacement surgery, did you pursue any treatments? If so, what were they?
 - A. No other treatments were offered as the X-Ray showed extensive arthritis. Medication of Naproxen for pain relief was prescribed.
3. What factors influenced your decision to undergo a hip replacement?
 - A. It was either have the Replacement or live with the pain and discomfort. It was not going to improve.
4. Were there any concerns you had before the surgery, and if so, how did you address them?
 - A. Fear of surgery going wrong.
Possible pain from the surgery and the rehabilitation period.
Possible dislocation of joint whilst recovering.
All the above were overcome by discussions with family, friends and internet information.

After the hip replacement: 27th Feb 2015

5. How has the hip replacement impacted your quality of life? Can you elaborate on the improvements you've experienced?
 - A. The replacement has given me the ability to do all things without pain, walk, and exercise or have any compromise in movement.
6. What post-operative care or rehabilitation measures did you have to follow (if any)?
 - A. Exercises were given to strengthen the muscles in the thigh and surrounding areas. Three visits to the hospital Physio to confirm progress and further exercises required to complete rehabilitation.
7. If someone is considering getting a hip replacement, what advice or insights would you offer them?
 - A. If they are in pain and have difficulty in any movement a replacement is the answer. The care and attention given by the surgeons and nursing staff is with no compromise. For the procedure I personally chose a private clinic Three Shires Northampton. Although I was an NHS patient, you are given the option to choose where you would prefer the procedure to be carried out. This is not made clear by your GP but you can request it.

8. Looking back, do you feel glad that you went through with the hip replacement surgery?

A. Yes, however I did have muscle issues in rehab but eventually sorted by a Physio. These issues were found to be an imbalance of muscle strength between the front and the rear of the thigh.

Other questions:

9. What type of hip replacement did you have?

A. Same as Steve, Metal with Plastic Cup insert

10. Did you opt for a private or NHS route for the hip replacement, and what influenced your decision?

A. I was NHS but chose Three Shires for the Procedure, still under the NHS. John Campion was the surgeon, same as Steve. I had previously had surgery at The Three Shires and the quality and friendliness of staff together with fewer patients I thought was a better option.

11. From your initial consultation to the date of the procedure, how long was the wait time?

A. Approximately a year

12. In your opinion, what might have been the consequences for your hip if you had postponed the surgery longer than what you had to wait for?

A. Obviously the pain and ability to walk and carry on normal everyday activities would have been compromised.
Not sure if the pain and movement would have got worse or not

13. Are there any other comments you'd like to make?

A. I had been referred by my GP for Knee replacement due to Arthritis. I waited a year before seeing the consultant who agreed a replacement was required. However on the final consultation 6 months later prior to surgery and after pre-op I said the pain had subsided. After discussion with the consultant we concluded not to proceed. He advised me not to have surgery; I don't know if this was due to reducing waiting lists or better for me not to have surgery. Option was to monitor it for pain for three months, if it became painful then I would be put back on the list.