

Surgery Today, Home Tonight

Healthcare
for
what's
next.

Orthopaedic Institute Serves Up
Same-Day Joint Replacement

By Carolyn Starks

“

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—Orthopaedic
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Joanie Fesl

”

Joanie's "Ace" Recovery

Joanie Fesl sprang back into action at her volleyball camp this past summer following outpatient knee replacement surgery at NorthShore. Learn about her journey back to her pain-free pursuits in a new video at northshore.org/joaniesstory.



WATCH A VIDEO



Just a few hours after knee replacement surgery at NorthShore, Joanie Fesl of Arlington Heights was relaxing at home and feeling pampered.

When Fesl returned home from the hospital, a NorthShore Home Health nurse was there to help escort her inside. A few hours later, a Home Health physical therapist arrived, assisting Fesl with short walks up and down the hallway. For an extra touch of concierge care, Orthopaedic Surgeon Ravi Bashyal, MD, called that evening to ask how his recovering patient was feeling.

Sound too good to be true? Not anymore, thanks to the advancement of outpatient—or same-day—joint replacement surgery at NorthShore Orthopaedic Institute.

ONE-DAY WONDER

“What Dr. Bashyal did for me was life-changing. I was so impressed with him and thankful that I’m not in pain,” said Fesl, 55, a former collegiate volleyball player who now owns a popular youth volleyball camp. “NorthShore also provided me with phenomenal physical therapists and nurses for my post-op recovery at home. I can’t tell you how great that was!”

By focusing on decreasing pain and providing skilled, at-home nursing and physical therapy support, NorthShore is delivering a more personalized approach to joint replacement recovery by allowing qualified patients to return home the same day of surgery. For Fesl, it included a totally new knee customized to fit her unique specifications.

Outpatient total joint replacement surgery relies on technical expertise with minimally invasive surgery, and robust pre- and postoperative service and care. NorthShore is one of the few hospital systems in the country providing this option out of a full-service hospital setting.

“With small incisions and muscle-sparing surgery, our patients are recovering faster, with

less pain and limited use of narcotics—including opioids,” explained Dr. Bashyal, Director of Outpatient Hip and Knee Replacement Surgery. “We’ve personalized our approach so that at every touch point patients like Joanie get the expert care they need to recover in the comfort of their home.”

NO PLACE LIKE HOME

Indeed, home was exactly where Fesl wanted to be after surgery. The plan was set in motion a week before the operation—when a nurse visited Fesl to ensure that her home was adequately equipped for her recovery. This included setting up a shower seat and getting a walker, for example. They also practiced exercises to start encouraging muscle memory.

Immediately after surgery in March, Fesl was moved to a designated rapid recovery area at NorthShore Skokie Hospital, and then she spent time in a special post-op recovery room with therapy equipment. A physical therapist helped her take her first steps before heading home.

A Home Health nurse stopped by every day for a week after surgery, and Fesl was given the phone number for an on-call nurse who “replied within five minutes every time I had a question,” Fesl added.

“Customized surgery and full-service home care allows us to safely and comfortably get patients home a few hours after their hip or knee replacement surgery,” said Dr. Bashyal, who holds an academic appointment at the University of Chicago Pritzker School of Medicine. “It’s quite remarkable considering these procedures required extended inpatient stays only years ago.”

With her pain gone, the former-player-turned-coach accomplished her goal of being ready for the first day of her summer camp this past June.

“I had so many NorthShore people who knew their job and did it well to get me back on my feet,” she said. “I trusted them, and they didn’t lead me astray.”

Same-Day Surgery: Who Qualifies?

Are you a good candidate for outpatient joint replacement surgery? NorthShore Orthopaedic Institute Surgeon **Ravi Bashyal, MD**, answers your questions about the latest minimally invasive techniques for faster healing. Tune in to his online Q&A on *Healthy You*—your online source for timely health and wellness news—at northshore.org/v4.



Dr. Ravi Bashyal

Bump, Set, Spike: Outpatient Joint Surgery Scores Points for Patients

NorthShore Orthopaedic Institute offers advanced outpatient knee and hip replacement surgery for qualified patients. Instead of two or three days recovering in the hospital, this revolutionary approach sends patients home just hours after surgery. Go online to learn about the benefits of this advanced surgical treatment option at northshore.org/v3, or to make an appointment, please call (847) 492-5700 (Ext. 1216).



Healthcare, Simplified

Joanie Fesl is among half a million patients who enjoy the ease and convenience of NorthShoreConnect to manage their care on the go. From a smartphone or tablet, she can check lab results, schedule appointments and set reminders. Download our mobile app at the iTunes store or Google Play, or sign up at northshore.org/v5.