The Joint Replacement Center at Montefiore | Nyack

Contact us for more information.
845-348-2663 | montefiorenyack.org

Montefiore | Nyack
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If you want to feel better…
If you want your life back…
It’s time you did something about it.

If you want to feel better…
Call The Joint Replacement Center at Montefiore Nyack Hospital today. Our staff will be happy to arrange for you to speak with other patients who have undergone a hip or knee replacement.

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Welcome

The Joint Replacement Center at Montefiore Nyack Hospital is a state-of-the-art, comprehensive facility within Montefiore Nyack Hospital dedicated entirely to the surgical replacement and repair of hip, shoulder and knee joints, and patient rehabilitation following surgery.

Our board-certified orthopedic surgeons, trained at top programs in the country, perform hundreds of knee and hip replacements each year and the results are outstanding. Our nurses at The Joint Replacement Center are specially trained in the caring of patients who have had a joint replacement procedure.

Our patients are prepared in advance for every step of the process—pre-op, surgery, post-op and discharge.

Most patients return to active, pain-free lifestyles faster than they ever thought possible. This is accomplished through a model of care that emphasizes partnering with our patients and family members.

Our board-certified orthopedic surgeons, trained at top programs in the country…
Deciding if Joint Replacement is For You

There is only one good reason to have joint replacement surgery: You want to continue living a full and productive life, but the pain of your deteriorating knee or hip and the resulting disability is getting in the way. “I don’t feel ‘old’ in my mind,” patients tell us, “but my body tells me differently.”

Ask Yourself:

- Have I tried (or discussed with my doctor) more conservative approaches, including oral analgesics, and other alternatives to knee or hip replacement available at Montefiore Nyack Hospital?

- Has my pain become so severe as to be exhausting or a burden?

- Is my disability interfering with my daily routine, ability to earn a living or my personal relationships?

- Is it keeping me from recreational activities I’ve always enjoyed?

- Do I feel older than I am? –or– Were it not for my knee/hip, would I feel younger?

If you are in reasonably good health, older age is usually not an issue. People in middle adulthood with severe joint degeneration are also considering total joint replacement in greater numbers than ever before.

Advancements in materials and techniques have made surgery a more viable option for those who, even several years ago, would have waited until they were older. In addition, our physicians perform minimally invasive and small incision surgery where appropriate. Partial knee replacements, which ease recovery for some patients, may also be a viable alternative to traditional knee replacement surgery. Your physician will speak with you about what is the best treatment option for you.

Why Should I Have My Joint Replacement Surgery at Montefiore Nyack Hospital?

The Joint Replacement Center at Montefiore Nyack Hospital is a recipient of The Joint Commission’s Gold Seal of Approval® for its hip and knee joint replacement programs. It was the first to achieve this distinction in the lower Hudson Valley and has been providing the newest medical advancements in joint replacement since 2006.

Local, Immediate Access to Your Orthopedic Surgeon

Your Montefiore Nyack Hospital surgeon is available throughout the duration of your care. You will enjoy the convenience and personalized attention of your orthopedic surgeon.

Accessibility to Your Personal Physicians

Montefiore Nyack Hospital medical staff are a part of your medical care team. They actively communicate with your own physicians, ensuring your care plan is tailored to your specific needs.

There is only one good reason to have joint replacement surgery: You want to continue living a full and productive life...
The Joint Replacement Center
at Montefiore Nyack Hospital

Everything patients need is right in the unit. Our operating suite, patient rooms, physical therapy gym and other key services are just steps away.

Board-Certified Orthopedic Surgeons
At Montefiore Nyack Hospital, surgeons with full attending physician status, who have trained at top institutions in the country, perform every procedure from start to finish. There are no residency physicians participating in our surgeries.

Case Managers
Our Case Managers work with you to accommodate your needs for assistive equipment, physical therapy, discharge planning and other services.

Dedicated Nursing Staff
Our nursing staff is an integral part of the interdisciplinary team at Montefiore Nyack Hospital, specially trained to work with orthopedic patients. Each member of our dedicated nursing staff is willing to go the extra mile to ensure the highest level of care for every patient.

Proximity of Family and Friends
We encourage visits from family and friends during your hospitalization. It’s just a local drive to Montefiore Nyack Hospital.

Comprehensive, Individual Post-Surgical Rehabilitation Therapy
Each patient’s therapy needs are carefully determined, and an individualized plan of care is developed. Most often, patients receive physical therapy twice each day, provided by licensed therapists who have been specifically trained in the rehabilitation of patients with joint replacement surgery. Occupational therapy services are also available for those patients who require assistance with activities of daily living.

The first recipient in the lower Hudson Valley of the The Joint Commission’s Gold Seal of Approval® for its hip and knee joint replacement programs.
Your Medical Team

Joint Replacement Center surgeries are performed by Montefiore Nyack Hospital board certified orthopedic surgeons. These doctors have received their specialty training at top institutions and have full attending physician privileges.

All other key members of the medical team are specialized and experienced in joint replacement care, as well. They include:

- Licensed Physician Assistants
- Registered Nurses
- Patient Care Associates
- Certified Surgical Technologists
- Licensed Physical and Occupational Therapists
- Case Managers

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Answers to Commonly Asked Questions

What is Joint Replacement?
A joint replacement is an operation that removes the arthritic portions of a hip or knee, as well as surrounding damaged cartilage. The damaged joint is replaced with a metal and plastic artificial joint. This creates a smoothly functioning joint that is free of discomfort. The procedure generally takes between 1½ to 2½ hours.

What is The Joint Replacement Center at Montefiore Nyack Hospital?
The Joint Replacement Center at Montefiore Nyack Hospital is a unique and highly specialized facility within Montefiore Nyack Hospital, dedicated to the surgical replacement and repair of hip and knee joints, and the rehabilitation of patients following surgery.

Our medical team includes physicians, physician assistants, nurses, patient care associates, surgical technologists, physical and occupational therapists, and case managers, all specializing in joint care.

Since we believe that patients themselves play a key role in their recovery, every detail—from preoperative teaching to postoperative exercise—is considered and reviewed by you, along with your team members.

Patients are encouraged to choose a family member or friend to participate in the role of “coach” during their recovery.

Who Should Consider Joint Replacement, And is it a Common Procedure?
Candidates for joint replacement experience chronic joint pain, most often from osteoarthritis. If pain interferes with your daily routine—performing job duties, doing household chores, walking and exercising, participating in recreational activities, enjoying time with your friends, children or grandchildren—and nonsurgical treatments are not providing relief, you should consider talking to a Montefiore Nyack Hospital orthopedic surgeon about joint replacement surgery. Every year, over 500,000 people undergo joint replacement surgery to relieve pain and disability, and restore their independence and quality of life.

Am I Too Old For the Surgery?
If you are in reasonably good health and want to continue living a productive, active life, age is not an issue.
Am I Too Young For the Surgery?
Patients experiencing severe joint degeneration in middle adulthood are considering joint replacement in greater numbers than before. Advancements in materials and techniques have made surgery a more viable option for those who, even several years ago, would have waited until they were older.

Is There Pain?
Pain is relative, as every person perceives discomfort differently. Fortunately, extreme pain following joint replacement surgery is becoming a thing of the past. One of the most instrumental developments in our field has been in postoperative pain management.

Before surgery and only after patients receive sedation, a nerve block is placed, which will minimize pain after joint replacement surgery. Total knee replacement patients receive a continuous femoral nerve catheter and local anesthetics are given through the catheter for the entire postoperative period. Hip replacement patients are given a Lumbar Plexus block to keep their postoperative discomfort to a minimum. In addition to regional blocks, patients are given narcotic medication and non-steroidal analgesics. This multi-modal technique attacks the pain pathways at different points, providing the most effective regimen to keep you as comfortable as possible after surgery. By minimizing pain, patients not only feel better, they are able to accelerate recovery by beginning physical therapy sooner.

How Well Do Patients Recover From the Procedure?
Joint replacement patients typically recover quickly and are able to walk soon after surgery. Most are hospitalized for less than three days after the procedure. Hip patients may need assistive equipment to help them perform activities of daily living while they adapt to their new joint. Joint replacement patients generally undergo outpatient physical therapy for about two months.

After Joint Replacement Surgery, When Will I Be Able To…

- **Drive?** about 2 – 4 weeks
- **Dance?** about 4 – 6 weeks
- **Golf?** about 6 – 12 weeks

How Long Does A New Hip or Knee Joint Last?
The lifespan of a prosthetic joint varies, depending on the individual and his/her lifestyle. While there are no guarantees that an implant will last for a specific length of time, today's prosthetic knee joints commonly last between 10 and 15 years; hip joints, between 15 and 20 years. However, some may require an earlier revision and others will last longer.

More than one million Americans have a hip or knee replaced each year.

*Source: National Institute of Arthritis and Musculoskeletal and Skin Diseases of the National Institute for Health.*
Can There Be Complications?

Any surgery poses the risk of complications, but they are rare. When complications do occur, they are treatable. Montefiore Nyack Hospital’s orthopedic surgeons use techniques that are specifically designed to minimize the possibility of complications and enhance the performance of implanted joints. The result has been increasingly reliable patient outcomes and successful implants for the vast majority of patients.

What’s the Next Step if I Decide to Move Ahead?

Once you have consulted with one of our surgeons listed in the middle of this booklet, The Joint Replacement Center will schedule you for pre-operative testing and education. Pre-operative testing and education will be scheduled on the same day for your convenience. You will be encouraged to bring a family member or friend to the pre-op education class who will act as your “coach” during your hospitalization and after discharge. During the class, members of our medical team will answer all your questions and share everything you need to know about joint replacement. You will also receive written materials to reinforce what you’ve learned, to keep you on track during the time leading up to your operation, and to help you plan for your recovery period.

Most joint replacement patients are able to work soon after surgery and are discharged from the hospital after just three days.