

# Hip surgery: A patient's perspective



Andy Hibbert is up and running again after surgery at CircleBath

HIP PROBLEMS CAN ARISE AT ANY TIME IN LIFE. CHOOSING TO HAVE SURGERY CAN BE A LIFE-CHANGING EXPERIENCE, HOWEVER UNDERSTANDING ABOUT THE PROCEDURE AND REHABILITATION HELPS FOR A SPEEDIER RECOVERY

**H**aving a hip replacement was not something that 47-year-old Andy Hibbert, a teaching fellow at the University of Bath (and a sports enthusiast), thought he would have to worry about at his age. But then increasing levels of pain started to impact on his lifestyle last year.

After seeking advice from his GP, Andy had an appointment with CircleBath's Orthopaedic Hip Surgeon, Matthew Burwell. Following extensive examinations, Andy was told by Matthew that his condition could worsen without surgery.

With an initial six to eight week recovery time, requiring an extended period of time off work, he opted to use his private medical insurance to ensure that he could have the surgery at a time which suited him and caused the least disruption to his everyday life.

## Andy's Story:

"I had been suffering from a hip problem for about two years and it was increasingly impacting on my work and personal life.

"I did a lot of my own research and when I had my appointment with Matthew at the hospital to discuss the different options I was able to ask a lot of questions.

"We discussed what would happen on the day of the operation and because Matthew had explained the different surgical options, I was confident in his decision

to upgrade the original hip resurfacing procedure to a full hip replacement as this would give me better results.

"The quality of the nursing I received at CircleBath was genuinely fantastic – it felt like I was staying in a hotel rather than being in hospital.

"I started working with a physiotherapist within hours of having the hip replacement operation and they helped me to walk and manage steps before I left the hospital.

"I was particularly impressed by the fact that on the day I was discharged, after checking me over, Matthew even gave me his personal mobile phone number and told me that I could call him any time I wanted if I had any concerns.

"I'm already back running, using the gym and playing squash and golf again, so even though I'm still recovering, I'm really pleased to be getting back to my normal routine." **BL**



**For more information about hip surgery contact CircleBath on: 01761 422214 or email: enquiries@circlebath.co.uk. To find out more visit: www.circlebath.com**

## Types of hip surgery:

### Hip replacement

This is a surgical procedure in which the hip joint is replaced by a prosthetic implant.

### Hip resurfacing

The procedure consists of placing a metal cap over the head of the femur while a matching metal cup is placed in the pelvis socket. It replaces the two surfaces of the hip joint without the need to remove as much of the bone.

### Hip revision

This surgery involves exchanging or redoing an artificial hip joint that has been damaged or loosened over time or as the result of infection.

### Hip arthroscopy

An arthroscopy is a surgical procedure which allows a surgeon to diagnose or treat specific hip problems, especially in younger patients, using keyhole surgery.

### The Hip Unit

CircleBath's Hip Unit brings together the leading hip surgeons in the South West, including Matthew Burwell, John Timperley, Mike Rigby, David Shardlow, Evert Smith and Harvey Sandhu.