

TOTAL KNEE REPLACEMENT— AND HOME THE SAME DAY

Orthopedic Surgery Rapid Recovery Program Offers Same-Day Discharge for Smoother Recovery

Nothing can stop an active lifestyle like severe knee pain. Just ask Marjorie, a 60-year-old Yorba Linda resident whose knee pain had grown progressively worse in recent years.



Orthopedic surgery Rapid Recovery Program patient, Marjorie, is happy to resume spending quality time with her granddaughter, Emory.

As a nurse, working long shifts on her feet for more than 40 years only compounded Marjorie's knee problem. Her cartilage had deteriorated to where there was no padding left between her knee joint.

“I would come home after working 12-hour shifts and have a lot of pain the next day,” she said. “When I walked, I could hear the joint grinding, and it was quite uncomfortable.”

Marjorie originally tried other things to remedy the pain. She had periodic cortisone shots, but they would only work for so long. She even had arthroscopic knee surgery two years ago, but the pain eventually came back and finally became unbearable.

Marjorie connected with Andrew Luu MD, a PIH Health orthopedic and sports medicine surgeon who specializes in the Rapid Recovery Program, which offers same-day discharge after surgery. Marjorie eventually had her knee replacement surgery in November 2020.

“After my early morning surgery and transition to a recovery room, I was literally up and walking about 50 feet within the first hour. I was shocked that I could walk so far that soon after surgery, and I was home by 4 pm, which helped me recover where I'm most comfortable.”

Dr. Luu said, “Marjorie was a great candidate for our Rapid Recovery Program. Studies have shown that patients discharged home early have quicker recovery and healing, and she is proof of that.”

Today, Marjorie feels great and is back to living an active lifestyle.



Learn more about Orthopedic Surgery Rapid Recovery Program at PIHHealth.org/Ortho, or talk to your doctor to see if same-day discharge is right for you.



ANNOUNCING A CONTACTLESS WAY TO GET YOUR IMAGES

SCANS NOW AVAILABLE DIGITALLY FOR YOUR CONVENIENCE

The PIH Health Radiology department has teamed up with Purview, a software company, to offer our patients digital access to their scans and images. Patients can securely download, view and share their images from a computer, at any time.

Patients no longer need to visit PIH Health Downey or Whittier Hospitals (program to launch at PIH Health Good Samaritan Hospital in early 2022) to pick-up their images on CDs, although this option is still available. They can simply request a digital copy of their scans at their next appointment or call to request digital access to prior scans. Patients will be directed to the Purview portal to download their images for a minimal cost.

To learn more or for more information, visit PIHHealth.org/Radiology or call **562.698.0811 Ext. 11126**.