

## Undergoing Surgery During COVID-19

Having surgery can be a challenging experience during normal circumstances but having surgery during a global pandemic has introduced a new set of considerations and risks for patients and staff. Mr Hoad-Reddick started operating on the 9<sup>th</sup> June 2020 following the introduction of strict new protocols within COVID-19 restrictions. Our first patients have kindly shared their experiences of surgery during the pandemic.

### How did it feel undergoing surgery during the pandemic?

For patients whose operations were cancelled due to lockdown restrictions, there was much disappointment. For those patients who have since had their operations, preparation for surgery started with a 14 day period of self-isolation. Patients described the whole process as very reassuring, with Mr Hoad-Reddick clearly outlining the relevant additional risks due to COVID-19 ahead of patients making their decision to go ahead.

Many patients experience severe symptoms of pain and very restricted activity leading up to their decision to have surgery. In this situation, patients have been very relieved to have their joint replacement surgery, despite the added considerations of COVID-19.

One patient was due to have his hip replacement the day after lockdown. He described this as a very emotionally taxing experience but was absolutely thrilled to have the opportunity to have surgery, despite the additional risks. One patient described finally being able to see the light at the end of the tunnel in terms of his pain.

#### How to self-isolate

You must not leave your home if you're self-isolating.

##### Don't

- ✗ do not go to work, school or public places – work from home if you can
- ✗ do not go on public transport or use taxis
- ✗ do not go out to get food and medicine – order it online or by phone, or ask someone to bring it to your home
- ✗ do not have visitors in your home, including friends and family – except for people providing essential care
- ✗ do not go out to exercise – exercise at home or in your garden, if you have one



### What is it like being in hospital during COVID-19?



Patients found the hardest aspect of being in hospital during the pandemic was the challenge of having to be there alone without friends or family to support them. Their experience was otherwise not too different from what they were expecting. Being in hospital is an anxious experience for most of us at the best of times. Having your own room certainly helped one of our patients to feel more comfortable!



Due to the care and skill of Mr Hoad-Reddick and all the staff at BMI The Alexandra Hospital patients were safe to be discharged within 24-48 hours of their operation, a huge relief for many patients! One patient described his discharge at 24 hours as 'shockingly good' and a relief to be able to go home and start his recovery so soon with loved ones around him again.

## What is recovering from joint replacement surgery like during lockdown?

Discharge is currently followed by another period of self-isolation. Following this, recovery during lockdown can mean that even the most menial tasks, such as a trip to Tesco, can become an exciting trip out and a welcome change from walking around your own back garden!

The ability to work from home has also been a great comfort to one of our patients as it allows more flexibility.

Our patients remain fully supported in their recovery with the help of physiotherapists and the MyRecovery App to guide them throughout the post-operative period.

As lockdown eases, we are looking forward to seeing our patients back in clinic for their follow-up appointments and hearing more about their recovery and progress following joint replacement surgery!



## Will I get my joint replacement surgery during lockdown?



We are very grateful to all our patients for their patience and understanding through this difficult time. We want to help patients to get through their surgery in the coming months as safely as possible.

Every patient will be considered on an individual basis. Sadly, for some, the risks of undergoing surgery during the COVID-19 pandemic are just too great and in some circumstances, patients may be very disappointed not to be offered surgery. We hope that patients recognise that Mr Hoad-Reddick is making these tough decisions by liaising closely with his anaesthetic and medical colleagues to minimize the risks to his patients.



Mr Hoad-Reddick has now returned to operating at both Spire Manchester and BMI The Alexandra Hospital. We will keep in touch with our patients to ensure regular updates. For more information on how the practice is operating during COVID-19, please [click here](#) to visit our website.

If you have any questions, please call the office on 0161 722 0007 or email [secretary@hrorthopaedics.co.uk](mailto:secretary@hrorthopaedics.co.uk) - we are here for all our patients and will try our best to help with you as quickly and efficiently as possible!