



RESUMING AN ACTIVE LIFESTYLE IS POSSIBLE

We all know that maintaining an active lifestyle is important to our overall health, but for too long now your life may have been disrupted by extreme pain, joint stiffness and decreased mobility. Normal activities such as climbing stairs, enjoying an evening stroll or playing golf have become a struggle. Even your sleep may have become disturbed because you can't find a comfortable position anymore. This is often the case when a person is suffering from arthritis of the knee or hip joint. Treatments that worked in the past—medications, bracing, weight management or physical therapy/exercise—may no longer be effective.

If you have been diagnosed with permanent joint damage and past treatments are no longer working, a Mako knee or hip procedure might be the best treatment option for you.



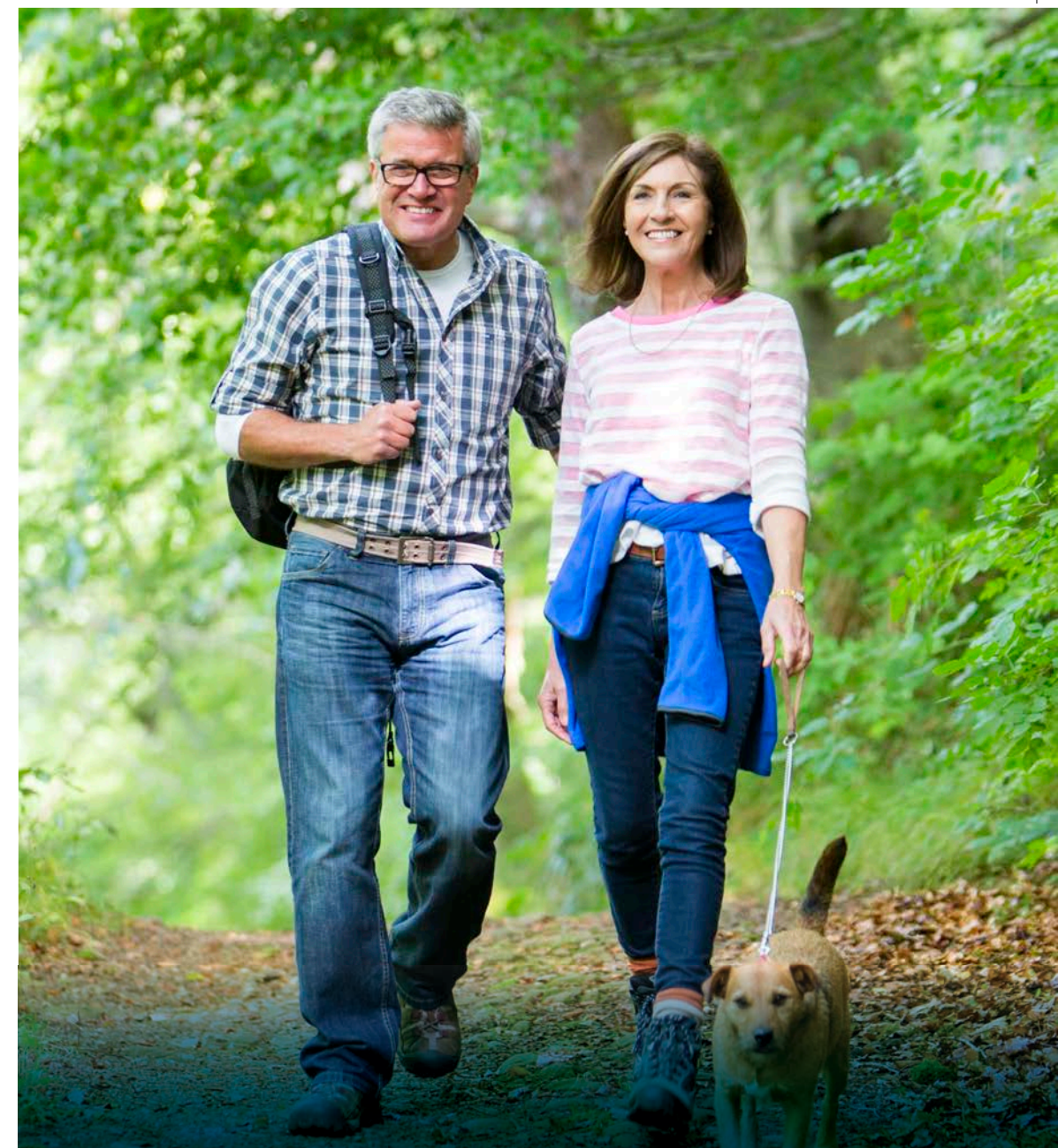
MACOMB

DOING WHAT'S BEST.

1000 Harrington Blvd.
Mount Clemens, MI 48043
(586) 493-8000
mclaren.org/mako



18MM003 0918



MAKO[®] ROBOTIC-ASSISTED ORTHOPEDIC SURGERY



MACOMB



MAKO ROBOTIC-ASSISTED ORTHOPEDIC SURGERY AT McLAREN MACOMB

McLaren Macomb's orthopedic surgery team has extensive experience in treating a wide variety of joint, bone and musculoskeletal issues. We offer the most advanced procedures to help eliminate the pain caused by arthritis and damaged joints. As technology evolves, the department also continues to expand its robotics capabilities. That means surgeons are offering more minimally invasive procedures that lead to a faster healing process.

McLaren Macomb is the first hospital in Macomb County to offer Mako robotic-assisted orthopedic surgery. With Mako, surgeons use the highly advanced RIO® robotic-arm technology, which allows for a new level of precision and accuracy for aligning and placing knee or hip implants. For the patient, this means less pain and a faster recovery time.

Our focus is to help patients return to their normal lifestyle with increased mobility and less pain.

WHAT TO EXPECT AS OUR SURGICAL PATIENT

PRE-SURGICAL PATIENT EDUCATION CLASS

You will be scheduled to attend our interactive pre-surgical class within three weeks prior to your surgery. At this class, you will receive information regarding your surgery, what to expect during your hospital stay, including equipment you may see, recovery treatment plan, pain management and what you can do to help ensure a successful joint replacement journey. The class will be conducted by the joint replacement coordinator. They will provide an overview of the staff who will be involved in your care and recovery process during and after your hospitalization, including physical therapists and orthopedic nurses. The class will give you an opportunity to ask any questions you may have about your surgery, your hospital stay or your recovery.

We encourage patients to bring a family member or friend to the patient education class. This should be the person who will serve as your "coach," providing support before, during and after the surgery. Your coach will partner with our care team to encourage you, monitor your progress and help you return to your normal daily activities.

DEDICATED ORTHOPEDIC INPATIENT UNIT

McLaren Macomb provides private patient rooms for our joint replacement patients. By placing all joint replacement patients on one unit, our team is able to devote resources specific to orthopedic surgery patients. These private rooms feature amenities to make your stay and recovery as comfortable as possible.

YOUR HOSPITAL STAY

After your surgery, you will start your recovery process by working with our physical/occupational therapy and nursing staff. Your recovery begins early, through walking and rehabilitation techniques. While the discharge plan is based on the needs of each individual patient, discharge from the hospital can be as soon as the day of surgery.

WHAT TO EXPECT AFTER SURGERY

RECOVERY AT HOME

The first few days after returning home from surgery can be an adjustment. If your physician recommends home care after surgery, McLaren Macomb's case management team will help identify the appropriate home care provider to assist you with a safe transition to your home. A wide range of care services are available through the McLaren network, including physical therapy in your home or in an outpatient setting.

