



Patient Testimonials - Hip Surgery

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Total hip replacement

J.G., 75 year old woman with Osteoarthritis

I never expected to have a hip replacement, that would be for other people, perhaps, but never for me. Body parts were permanent, I thought, while ignoring the evidence to the contrary that I saw around me. But when I found myself hanging on to my husband's arm while crossing Broadway at Lincoln Center, and clinging to the railing on stairs, I started to have second thoughts. Then two things happened that spurred me on to phone Dr. Macaulay.

At my grandson's graduation from prep school, I couldn't walk across the 'Great Lawn' without stopping twice. The second thing - I had to stop in the middle of a benefit tennis competition and call for a substitute.

How embarrassing! Was I falling apart, like so many of my friends?

I called up Dr. Macaulay, drove to Columbia University Medical Center from Fairfield, Connecticut, for X-rays and a long talk. Yes, I needed the operation — when I felt ready, and yes, I would be able to play tennis and garden and do almost anything, even ride, but not fall off the horse. Then and there I decided to have the hip replacement.

Now it's 6 o'clock in the morning, and while it's still cool, I'm heading out to work in the garden, thanks to Bill.

Total hip replacement, revision

M.M., 82 year old woman with loosened hip

I was operated in September 2000 with the diagnosis of a loosened acetabular and femoral components of the right hip arthroplasty.

The first hip replacement at the right side was done in 1980 after an accident. The emergency operation took place at the Columbia University Medical Center by Dr. Louis Bigliani.

In 1982 in a Hotel while on vacation in the Bahamas. I fell over an unmarked step, and broke my hip again as well as the right knee and since I could not walk anymore, I was immediately flown to New York and operated the next day, again by Dr. Louis Bigliani with the assistance of the famous Dr. Stinchfield. It was the second hip replacement.

In June 2000 I went to the Emergency Department of the Columbia University Medical Center because of a painful swelling of my feet and legs. During that stay the Orthopaedic Surgeons thought it might be useful to check my right hip and X-rays revealed that there was an urgent necessity to replace the hip - after nearly 20 years.

The operation was scheduled for the end of September 2000. The operating surgeon was Dr. William B. Macaulay. Dr. Louis Bigliani was also present during the operation. Even when I was brought into the operating room I saw Dr. Macaulay and his team and I had immediately the sensation that I would be in good hands because the team was already at its place in absolute silence and they started working immediately and it looked like being in a movie and that this kind of perfection and discipline was unreal. When I observed all this in these first moments I was confident that I would come through this serious operation with the best that could be done and with the help of God.

What in my opinion made the operation furthermore difficult was that I am suffering, since several years, of emphysema and asthma, but which is perfectly under control and it was managed by Dr. Roger Maxfield, well known Pulmonologist of the Columbia University Medical Center.

My daughter came from Paris for the operation and assisted me in everything a patient can wish in keeping up the spirit and facilitating the common necessities of life.

It can be stated that the Orthopaedic Department of the Columbia University Medical Center is under a special discipline and guidance, and that besides the doctors' team and the nurses, there is an outstanding kindness throughout the department and the organization so that the patient's feeling is that the best is still to come and the worst is over.

In the department of physical therapy there is a warm atmosphere and care for the patients' well being. The psychological gatherings in the afternoon bring a welcome lift of the spirit to the patients, and besides the various stages of exercise, when it comes to games, or the cooking class, and the craft classes, things which I did not experience before, everybody wanted to attend. At my age of 83 years I am now well prepared to travel again without assistance. My hip replacement is giving me no impediment to pay a visit now and then, to go about my household chores and my shopping necessities, or to go to a concert or to see my friends whenever possible.

Femoral Head Resurfacing, bilateral E.O., 55 year old man with Osteonecrosis (Avascular Necrosis)

In May of 2002 I underwent a kidney transplant. One of the anti-rejection medications I have to take is Prednisone. This medicine affected the blood flow to the bones in my hip and caused them to deteriorate. I began feeling pain in the left hip area and did not realize what was wrong until my doctor ordered an MRI to be taken. Dr. Macaulay read the results and told me that due to the fact that the hip ball was no longer round, I would need either a resurfacing or a hip replacement. One month after the initial MRI, my right hip began to hurt with almost the same pain as I had experienced in my left. Dr. Macaulay ordered a second MRI and the results were that my left hip had gotten worse, and my right hip needed resurfacing.

On June 2, 2003, Dr. Macaulay performed a total hip replacement on my left side and a femoral head resurfacing on my right side. The surgery went very well. The nurses in the recovery room were excellent and closely monitored me for five hours before I was sent to my room. The day after the surgery the physical therapist helped me to get out of bed and walk with the help of a walker. Each day, the therapists helped me walk with the walker and crutches until I was transferred to the physical therapy section of the hospital.

I was in the physical therapy section of the hospital for 5 days. The therapists worked with me individually and in a group. They were very helpful and made sure they explained all the precautions I needed to take when I left the hospital. They were very clear as to what I could and could not do when I went home.

Once I got home, I used the walker and crutches for the first 2-3 weeks. I was very careful on the stairs. After 3 weeks I was walking with a cane and began physical therapy three times a week. This was very helpful in strengthening my legs. I was walking unassisted by the fifth week. By the eighth week I was able to begin golfing again.

Thankfully, I have no more hip pain. I think a lot of that is due to the fact that followed my doctor's orders very closely.

Hip arthrotomy and excision of lesion

T.B., 22 year old woman with Synovial Chondromatosis

I was always very active and healthy as a child. I was a cheerleader all through my junior high and high school years. I always enjoyed running, dancing and working out. Then about three years ago I started to feel pain in my right hip. At first I noticed that it would bother me if I sat for too long. Sometimes I would even say to myself or my friend "oh my broken hip" just kidding around. The pain continued to get worse. I started to walk with a limp. I could not run, dance or workout at all without the pain becoming very bad. As time went on I started not being able to cross my legs in front of me without having pain. I always used to sit Indian style in front of my full length mirror and put make-up on. Sitting Indian style became impossible. It even hurt sometimes when I slept at night.

Then one night I took a fall and fell on my right hip. The next morning I could not even walk, the pain was so bad. I went to a local hospital, they took x-rays and told me that it was most likely badly bruised and that they didn't see anything wrong. After a couple of days the pain decreased but still I had pain. I finally decided to go see a local doctor, then another, then another. I had x-rays, MRI's, no one could tell me for sure what it was. One doctor even wanted to do arthroscopic surgery just to see what was going on.

After several frustrating months of not knowing what was wrong, a friend of mine from work recommended that I go see Dr. Macaulay at Columbia University Medical Center. Dr. Macaulay made me feel so much better, he thought he had an idea of what it was after my very first visit. As it turned out I had something that was so rare that only a hand full of people in the country were diagnosed with it. Dr. Macaulay finally had some answers to my questions. He told me that I had something called Synovial Chondromatosis which is something that causes the bones in your hip joint to decay. My bones had begun to decay and that was causing my pain. He told me that I would most likely need surgery. I never had to have any sort of surgery before and never had to stay in the hospital so I was very nervous and scared. After many visits with Dr. Macaulay and talking it over with my family it basically came down to two things: either live with the pain and eventually get a hip replacement when I was older, or have the surgery now. I was told that I needed to have a right hip arthrotomy and excision of the lesion. I was very nervous but knew that I did not want to live with this pain anymore. After all I'm young and wanted to be able to do things that I should be able to do. I trusted Dr. Macaulay and he thought that surgery would be the way to go considering my age.

So on January 9, 2000 I went to Columbia University Medical Center and had the surgery. Recovery was tough. I was in the hospital for four days. The first two days I was out of it. I could not get out of bed. Then they sent someone from physical therapy to get me out of bed and show me how to use crutches. The nurses were great but no one wants to be in the hospital. I used the crutches for a couple of weeks and then went to a cane. Then I began physical therapy so I could gain the strength back and learn how to walk without a limp which I had become so used to doing because of the pain. Physical therapy included various stretching and strengthening exercises and swimming exercises. Therapy lasted about three or four months, two days a week.

Currently I am almost as good as new. I can dance and I can workout without pain. Of course I can't push it and I'm not as flexible as I once was but I'm much better. If I walk around all day for hours and over do it in the gym then yes, I have some pain. But as for everyday I have very little pain. I'm told that when I'm older the possibility of me having arthritis in my hip is greater than most. But that's a long way ahead of me. Except for the scar I have no complaints. I am very glad that I decided to get the surgery. I'm like my old self again and I have Dr. Macaulay to thank for it. He's the best.

Thank you Dr. Macaulay.

