



Dr Stuart MacKenzie

**ORTHOPAEDIC SURGERY
INFORMATION KIT**

ABOUT DR MACKENZIE



Dr Stuart MacKenzie is an Australian trained orthopaedic surgeon specialising in hip, knee and trauma surgery. He has also undertaken subspecialty fellowship training in Canada and England as well as a period of training in the USA.

Dr Mackenzie specialises in surgery of the hip and knee including hip and knee replacement surgery and sports knee surgery. Dr MacKenzie also specialises in **ROBOTIC ASSISTED HIP AND KNEE REPLACEMENT SURGERY** and **DIRECT ANTERIOR HIP REPLACEMENT.**

DIRECT ANTERIOR HIP REPLACEMENT

Dr MacKenzie has done extensive training in **TOTAL HIP REPLACEMENT** surgery, including fellowships in both Canada and England.

TOTAL HIP REPLACEMENT replaces all or part of the hip with a prosthetic device. The aim of surgery is to eliminate pain caused by arthritis and other diseases of the hip joint.

Most patients who have a hip replacement spend between 4 to 7 days in hospital with recovery complete in 6 weeks to 3 months after surgery.

Dr MacKenzie performs hip replacement through the **DIRECT ANTERIOR APPROACH** in appropriate patients. **DIRECT ANTERIOR APPROACH HIP REPLACEMENT** aims to give patients a faster recovery than traditional techniques. It also aims to reduce the risk of dislocation.

Dr MacKenzie was the first surgeon in Newcastle to perform **ROBOTIC ASSISTED HIP REPLACEMENT**.



PATIENT SPECIFIC KNEE REPLACEMENT

TOTAL KNEE REPLACEMENT replaces the diseased knee joint with an artificial prosthesis. It is usually performed for arthritis of the knee, but may sometimes be indicated for other conditions of the knee.

PATIENT SPECIFIC INSTRUMENTATION is a technique for doing total knee replacement that involves getting special instruments 3D printed for the individual patient based on a pre-operative MRI scan. The aim of Patient Specific Knee Replacement is to get the best possible positioning of the prosthetic implant and obtain the best function and longevity of the knee replacement.



UNICOMPARTMENTAL KNEE REPLACEMENT

Unicompartmental (partial or unicondylar) knee replacement is suitable for some patients where only part of the knee is affected by arthritis.

In Unicompartmental Knee Replacement only the diseased compartment of the knee is replaced and the remainder of the knee is left untouched. The incision is smaller and, unlike Total Knee Replacement, no ligaments have to be removed. Recovery from Unicompartmental Knee Replacement is usually faster than for Total Knee Replacement and knee function may also be better.

Dr MacKenzie performs **ROBOTIC ASSISTED UNICOMPARTMENTAL KNEE REPLACEMENT** to ensure the most accurate possible positioning of the prosthetic components. He was the first surgeon in Newcastle to perform **ROBOTIC ASSISTED UNICOMPARTMENTAL KNEE REPLACEMENT**.

ROBOTIC ASSISTED HIP AND KNEE REPLACEMENT

Dr Mackenzie specialises in **ROBOTIC ASSISTED HIP AND KNEE REPLACEMENT** surgery.

Dr MacKenzie performs **ROBOTIC ASSISTED TOTAL HIP REPLACEMENT, UNICOMPARTMENTAL KNEE REPLACEMENT** and **PATELOFEMORAL JOINT REPLACEMENT** at Lingard Hospital using the Stryker Mako robotic system. This is the only orthopaedic robot in Newcastle or The Hunter. There is currently no system available for robotic assisted Total Knee Replacement.

Robotic assistance has been shown to be more accurate at positioning the prosthetic components than traditional methods. The aim of this is to improve function and longevity of the joint replacement. In the case of hip replacement, component positioning is critical for preventing dislocation.

In appropriate patients Dr MacKenzie combines **ROBOTIC ASSISTED TOTAL HIP REPLACEMENT** with the **DIRECT ANTERIOR APPROACH**.

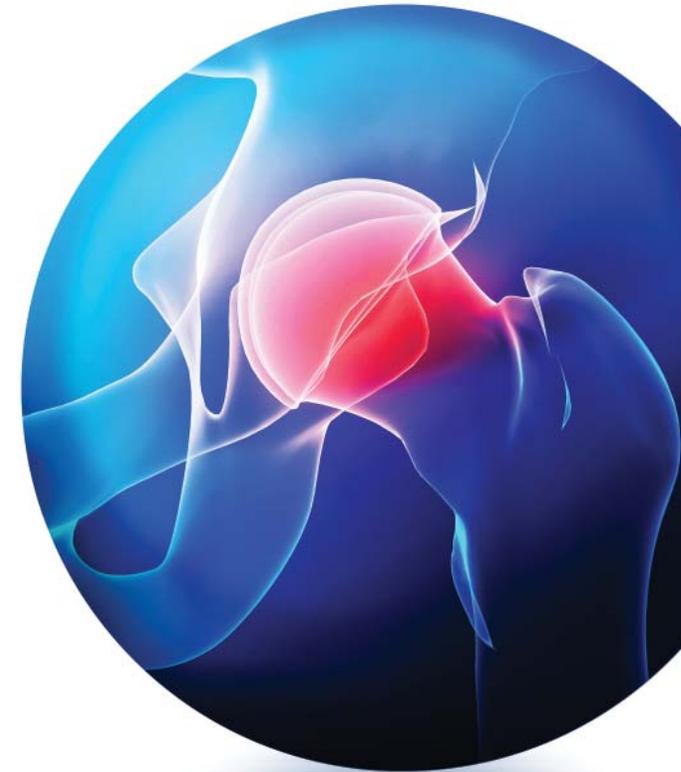
Dr MacKenzie was the first surgeon in Newcastle to perform both **ROBOTIC ASSISTED TOTAL HIP REPLACEMENT** and **ROBOTIC ASSISTED UNICOMPARTMENTAL KNEE REPLACEMENT**.

REVISION HIP AND KNEE REPLACEMENT

Revision Hip or Knee Replacement is when a previous hip or knee replacement needs to be redone. There are a number of different reasons why a hip or knee replacement might need to be redone. Common reasons include, wearing out or loosening of the prosthetic components, fracture of the bone around the hip or knee replacement, dislocation of a hip replacement or infection.

Revision Hip or Knee Replacement surgery is technically more complex than a hip or knee replacement operation where there has not been previous surgery.

After qualifying as an orthopaedic surgeon Dr MacKenzie underwent extra training in Canada and England specializing in Revision Hip or Knee Replacement Surgery.



KNEE ARTHROSCOPY

KNEE ARTHROSCOPY is keyhole surgery where a camera is introduced into the knee allowing the surgeon to see the structures inside the knee joint. Knee Arthroscopy can be used to diagnose and in some cases treat a number of knee conditions including arthritis, meniscal injuries, anterior cruciate ligament (ACL) injuries and articular cartilage injuries.

ANTERIOR CRUCIATE LIGAMENT (ACL) RECONSTRUCTION

The Anterior Cruciate Ligament (ACL) is an important ligament in the middle of the knee. It is often injured in sport and workplace injuries.

Sometimes the injury is obvious and easily diagnosed with clinical examination and MRI scanning. Other times the injury can be incomplete and may require further investigation including arthroscopy to confirm diagnosis.

Symptoms of ACL injury include pain and instability of the knee. Not all ACL injuries require surgery but many do. Surgery for ACL injury involves reconstructing the ligament using some kind of graft material. There are a number of different graft options available. Dr MacKenzie most commonly uses a 4 strand hamstrings graft for ACL reconstruction.

FREQUENTLY ASKED QUESTIONS

Do I need a referral to see Dr MacKenzie?

Yes. Medicare requires you to have a referral to see a specialist if you wish to receive the Medicare rebate. If you ask your GP they will be able to give you a referral to see Dr MacKenzie. This referral will usually be valid for 12 months.

Where can I see Dr MacKenzie?

Dr MacKenzie sees patients at his private rooms in Merewether: 4/2 Lingard St Merewether.

He also sees patients in the Nelson Bay Specialist Rooms every second Thursday: 2/33 Stockton Street Nelson Bay.

Please call 4963 3393 to make an appointment in either Merewether or Nelson Bay.

Dr MacKenzie also has a public clinic at the John Hunter Hospital. Please call John Hunter Hospital on 4921 3000 for an appointment in the public clinic.

What do I need to bring to the appointment?

You will need to have your most up to date x-rays or scans with you when you come for your appointment. Ideally these will be taken within the last 6 months. Please also bring your referral letter, Medicare card and health insurance details.

Where does Dr MacKenzie operate?

Dr MacKenzie operates at Lingard Private Hospital in Merewether. He also operates at John Hunter Hospital.

Do I need to have private health insurance?

Private Health insurance allows you and your family to access the right health services at the right time. If you require surgery private health insurance will pay the bulk of the costs although there may still be an out of pocket expense.

Patients who do not have private health insurance can still elect to have their surgery performed in the private hospital. They will need to cover all the hospital and surgical costs themselves. Some of this payment may be required prior to hospital admission.

Alternatively, non-insured patients can be placed on Dr MacKenzie's John Hunter Hospital waiting list. There is generally a 12 month wait for elective surgery. The John Hunter Hospital is a teaching hospital and your surgery may be performed by the training registrar under the supervision of Dr MacKenzie.



Dr Stuart MacKenzie

CONTACT:
(02) 4963 3393

MEREWETHER ROOMS
4/2 LINGARD STREET
MEREWETHER NSW 2291

NELSON BAY ROOMS
2/33 STOCKTON STREET
NELSON BAY NSW 2315