

Brigham and Women's/Mass General Health Care Center

BWH Orthopedic Surgeon John Wright, MD, Specializes in Improving Knee Replacement Surgery

Dr. John Wright, a Brigham and Women's Hospital (BWH) orthopedic surgeon who sees patients at Brigham and Women's/Mass General Health Care Center in Foxborough, specializes in both performing knee replacement surgery and improving knee replacement surgery.

He performs roughly 300 knee replacement surgeries each year, well above the regional average. This significant experience leads to exceptional outcomes. But Dr. Wright and his team have discovered that surgical experience is not the only way to improve outcomes.

Keys to a Quicker Recovery

When Dr. Wright isn't treating patients, he's working on research dedicated to improving the entire knee replacement process – before, during, and after surgery. He leads a Care Improvement Team at Brigham and Women's Hospital that has applied his research findings to change conventional knee replacement practices. This has resulted in improved patient outcomes, including less post-operative pain, shorter hospital stays, and a quicker return to daily activity.

Dr. Wright's multidisciplinary team places great emphasis on patient education. After being evaluated at the Center in Foxborough, patients attend a class at Brigham and Women's Hospital in Boston that helps them prepare mentally and physically for the procedure and promotes adherence to practices that improve outcomes.

"Setting expectations is very important," says Dr. Wright. "Eliminating the fear of the procedure and setting appropriate goals beforehand has a significant impact on a patient's commitment to recovery."

He also stresses the importance of pre-operative health. "I don't require people to lose weight, but their general health and nutrition is very important," explains Dr. Wright. "And if they're diabetic, management of their condition is optimized for the surgery."

His research also has led to a shift in the type of medications and anesthesia used. Patients are now given long-acting narcotics immediately before surgery instead of short-acting narcotics immediately after surgery. Long-acting narcotics, which can work for up to 12 hours, produce fewer side effects than short-acting narcotics and provide steady, continuous relief for a patient after

surgery. Short-acting narcotics administered after surgery, on the other hand, provide intermittent relief.

Dr. Wright enhances this new pain-relief approach by performing surgery, in most cases, with regional anesthesia and sedation rather than general anesthesia. Thus, patients are awake, and in less pain, immediately after their inpatient surgery in Boston. This, in turn, leads to a quicker recovery.

Recovery includes a new rehabilitation protocol. The former standard of care was to have a patient's knee moved for them by a continuous passive motion machine shortly following surgery. Dr. Wright's research team, however, demonstrated that this technique actually increased the amount of pain and slowed recovery. Patients now participate in active physical therapy as soon as possible. This, along with other follow-up appointments, can take place at Foxborough.

"We've found that when we get patients up and about more quickly, their pain scores have been lower than before," says Dr. Wright. "And they also gain their range of motion and mobility much quicker."

Rapid recovery is becoming more important as knee replacement patients are getting younger, and, thus, are often still leading active lifestyles. With Dr. Wright's new protocols, patients can not only look forward to getting out of the hospital quicker, but can expect to get back to their daily activities and jobs quicker – typically within two weeks for patients who have office jobs and four to six weeks for patients who have more physically demanding jobs.

Convenience and Expertise

Dr. Wright offers comprehensive pre- and post-operative knee replacement care in Foxborough and knee replacement surgery in Boston. He also offers arthroscopic knee surgery in the Health Care Center's day surgery suite. His specialized multidisciplinary medical team collaborates throughout the evaluation, treatment, and recovery process to provide the best possible outcomes for his patients.

If you would like a consultation with Dr. Wright or would like to learn more about knee replacement care at Brigham and Women's/Mass General Health Care Center, please call **1-866-378-9164** or visit brighamandwomens.org/jointreplacement.



John Wright, MD

Brigham and Women's/Mass General Health Care Center at Foxborough

The Center, at Patriot Place, includes office space for physician visits, four operating rooms for day surgery, physical therapy, and advanced imaging technology. Designed for maximum patient convenience and care by locating many services under one roof, the Center enables both Brigham and Women's and Mass General physicians to provide care to our many patients from the Foxborough area closer to home.

The Center provides a comfortable and convenient location for services including cardiology, general and colorectal surgery, neurology, orthopedic surgery, pathology, pain management, plastic surgery, rehabilitation and sports medicine. The Center also offers diagnostic radiology and lab services as well as a day surgery suite and Urgent Care Center.



Brigham and Women's/Mass General Health Care Center at Patriot Place is a modern, four-story building adjacent to the entrance of Gillette Stadium.