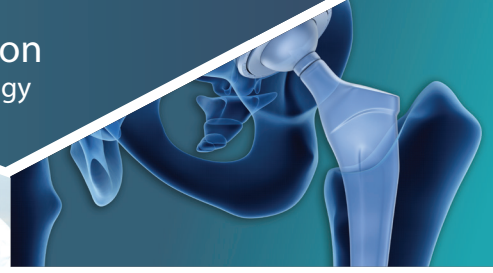




DR DAVID SHOOTER – Orthopaedic Surgeon

North Brisbane Arthroplasty Practice and Subspecialty in Oncology
M.B., B.S. F.R.A.C.S.(Orth), F.A.Orth.A.



- Private Orthopaedic Surgeon with over 11 years' experience
- Senior Lecturer in Orthopaedic Surgery at the University of Queensland
- Uses Innovative Technology to Improve Patient Outcomes

ORTHOPAEDIC SPECIALTY

- Arthroplasty (Joint Replacement, Hip and Knee)
- Sports Knee (ACL repair)
- Trauma
- Subspecialty in Orthopaedic Oncology

WHAT IS AN ARTHROPLASTY (JOINT REPLACEMENT)?

Pain caused from an injury or arthritis can affect the patient's lifestyle and impact everyday life. In some cases, the only option for many patients is to have a joint replacement known as a Arthroplasty.

Hip and knee replacements are common procedures performed in patients aged from 60 years old. Injury or arthritis are the main reasons patients will need a joint replacement due to damage and change with the articular cartilage at the end of the bones. Over time the cartilage that cushions the joint will wear down and the bones can rub on each other causing significant pain.

Arthroplasty is a surgical procedure that involves replacing the damaged joint with an artificial one (prosthesis). Prosthesis types can range from plastic, metal or ceramic instrumentation and Dr Shooter will discuss the details of each surgery during patient consultations.

INNOVATIVE TECHNOLOGY FOR HIP ARTHROPLASTY

A large part of Dr Shooters practice is now primarily focused on arthroplasty including primary and revision arthroplasty, for arthritis, deformity (DDH etc.), infection and prosthetic failure.

Unique to his hip arthroplasty practice is the use of patient specific instrumentation and prosthesis for total hip replacements (THR). Pre-operatively, each patient is analysed based on a range of movements and instrumentation is specifically selected and implanted to provide optimal patient outcomes based on individual patient anatomy.

Dr Shooter is one of the few orthopaedic surgeons in Queensland now using patient specific instrumentation which can allow for direct measurement of pre and intra operative leg length. In general, this can lead to lower dislocation rates, less wear and due to potential better anatomic position can result in better and quicker functional recovery. **In most instances rehabilitation for patients can commence earlier and patients are able to drive and start hydrotherapy at 3 weeks rather than 6 weeks.**

Dr Shooter's practice philosophy is to ensure that patient goals are paramount, and to match the most advanced available techniques and implants, with each patient's individual needs.

SPORTS KNEE (ACL REPAIR)

The anterior cruciate ligament (ACL) is vital in maintaining the stability of the knee, particularly in high impact sporting activity e.g. running, contact sports, netball, basketball, tennis etc.

If this ligament is damaged or torn and becomes non-functional, patients risk falling with no warning in their day-to-day activities. This can be dangerous itself; but can also cause further damage inside the knee.

All patients are assessed individually based on their symptoms, but in general most active patients who have instability could be candidates for a knee reconstruction. A torn ACL can not repair on its own and will need some form of surgical intervention.

In the majority of patients, Dr Shooter would use the patient's own hamstring tendons to create the reconstructed ligament. This is a well-accepted technique with excellent long-term results reported.

ORTHOPAEDIC ONCOLOGY

Dr Shooter is one of the few orthopaedic surgeons with a subspecialty in oncology and receives referrals from Queensland and northern New South Wales.

Orthopaedic oncology covers primary tumours of bone, cartilage and muscle arising in the limbs, pelvis and spine. Dr Shooter also treats metastatic tumours from other tissues or organs (e.g. breast or renal cancer), that lodge in these same areas; and some other types of soft tissue tumours, such as lipomas or desmoids, that can often be difficult to classify.





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GENERAL GUIDELINES FOLLOWING SURGERY (Arthroplasty and ACL Repair)

Patients may be in hospital for up to 5 days after a joint replacement; some will go home earlier. Most ACL reconstructions will go home the next day. Wounds will usually be closed with dissolvable sutures, with a waterproof underlying dressing, and an overlying bandage. The bandage is usually left intact for 2-3 days, the dressing for 5-7 days, and the wound kept dry for at least a week. Post operative review is usually 14 days after surgery.

General Post Operative Plan:

- No driving for up to 6 weeks following surgery (3 weeks only if advised by Dr Shooter)
- Avoid crossing of legs or twisting of the hips or knee for the first three months
- Keep wound clean and dry and avoid pressure or strain on the area
- Continue with post operative exercises advised by the hospital physiotherapist
- Use walking aids as advised by physiotherapist
- If a patient has sutures or staples these will be removed by Dr Shooter at the post operative follow up appointment

Please note that patient recovery following surgery will not all be the same. On discharge from hospital patients will be given discharge instructions and these should be followed as they will be specific to their surgery. If patients or GPs have any questions regarding specific post operative instructions please contact Dr Shooter via email: admin@drdavidshooter.com.au.

PRACTICE ACCOUNTING POLICY

Dr Shooter currently accepts all private referrals; and as part of his dedication to the local community also accepts WorkCover, DVA patients and currently consults to the Australian Defence Force.

For patients insured with Bupa, Medibank Private, HCF and the AHSA group of funds, the majority of procedures are billed No Gap or Known Gap, with a capped up-front payment. All pricing will be discussed with patients during consultations.

Note: We are also open to discussion in cases of genuine financial hardship, and Dr Shooter will treat self-funded patients after full financial disclosure has taken place.

CONSULTING ROOMS

- Holy Spirit Northside Private Hospital, Chermside
- North Lakes Day Hospital, North Lakes

HOSPITAL ADMISSIONS

- North West Private Hospital, Everton Park
- Holy Spirit Northside Private Hospital, Chermside
- North Lakes Day Hospital, North Lakes

CONTACT

Level 3, Mary Aikenhead Building
Holy Spirit Northside Private Hospital
627 Rode Road, Chermside 4032

M 0419 754 971

T (07) 3117 0770

F (07) 3112 6829

E admin@drdavidshooter.com.au

W drdavidshooter.com.au



Dr David Shooter
Orthopaedic Surgeon

Every effort has been made to ensure the accuracy and completeness of information contained in this flyer. Dr David Shooter assumes no responsibility for errors, inaccuracies, omissions or any inconsistency herein. The information within is generalised and medical advice should be obtained by a patient's local doctor or specialist.

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