

Hi Anwar,

Sorry for the delay in replying , I hope the following is what you are looking for.

I had an industrial accident 25 years ago which resulted in a dislocated femur and fractured pelvis, after 6 weeks in traction and some physiotherapy I returned home. The following 25 years saw a gradual decrease in my mobility and flexibility and an increase in pain in my hip joint which was beginning to affect my quality of life and ability to work. I contacted my GP in January 2012 and after an X ray and further consultation with my GP practice, I was referred to Mr. Anwar Jafri at the Nuffield Hospital Norton.

From the first meeting with Mr. Jafri I began to feel that something could be done about the pain I was experiencing. Mr Jafri explained the procedure to me and within a few weeks of the first consultation I was being prepped for a full hip replacement. I had not had any surgery before so did not know what to expect. Don't be surprised if you wake up before the end, you won't feel anything or see anything, I had my 'I pod' on full blast all the way through but slept through most of the procedure. When you are back on the ward and the pain relief starts to disappear it will hurt, but in a different way and you won't want to move out of bed, but it's important that you do and follow the physio's instructions and guidance. The first 3- 4 weeks after the op are uncomfortable and you will still have that different pain but keep up with the physio and it gets better faster and faster. I had my operation on May 30th 2012, in September of 2012 I was lucky enough to go on a Caribbean holiday and swam further each day than I had since before my fall 25 years ago and managed to sit still for 9 1/2 hours each way on the plane . I have had no pain in my left hip joint since the operation and can only thank Mr. Jafri and all the staff at the Nuffield for all their care and consideration.

Hi Gordon

Good to see you today, glad that you are doing well
Many thanks for agreeing to write a couple of paragraphs for the website.

Regards

Anwar Jafri