

- Minimally Invasive Total Joint Replacement



- Shoulder Surgery



- Sports Medicine



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Jon H. Swenson

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Dr. Jon Swenson has been practicing orthopaedic surgery on the Peninsula since 1991. He specializes in sports medicine, arthroscopic surgery, and minimally invasive joint replacement surgery of the shoulder, knee, and hip. Dr. Swenson used to travel the country to instruct other orthopaedic surgeons in joint replacement techniques – especially the tissue sparing anterior approach total hip replacement.

New App Prepares Patients for Surgery

When you are preparing for a total hip or knee replacement, you will receive pages and pages of instructions on what to do in the days and weeks leading up to your surgery. It can be difficult to keep track of your surgery preparation, especially if you are managing other health conditions.

Jon Swenson, M.D., F.A.A.O.S., an orthopaedic surgeon at Hampton Roads Orthopaedics Spine & Sports Medicine, is working to make the surgery process easier for his patients by providing a free, downloadable app called “HROSM.”

“After you sign up for surgery, the app will notify you about when various things for your surgery are ready to be done,” says Dr. Swenson. “It tells you things like when and how to get your house ready, when to stop medicines like fish oil or blood thinners, and when to find someone to drive you home from the hospital.”

The app helps you through each process of preparation, all the way through the day of surgery. The timed notifications



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inform you of each step, so you don’t have to constantly review your paperwork.

As you complete each action, you check it off the list, and the app stops sending notifications for that item. By following all preparation instructions, you can avoid a canceled surgery.

Around surgery time, the app also provides education, helping you feel comfortable with your care. After the surgery, it will remind you to go to rehabilitation appointments and follow-

up visits. It gives you all the contact information you need to reach the office and keep your care on track.

The HROSM app can also help any of your caregivers stay organized. Family members or friends who will take care of you can also download the app and receive the same notifications.

Dr. Swenson’s son Nicholas, a software engineer from MIT, first created a similar app for plastic surgeons at Stanford Medical Center in California. Dr. Swenson worked with Nicholas to adapt it for orthopaedics and has been using it for nearly a year to help his patients.

“So far, patients are very pleased with it,” says Dr. Swenson. “It really helps coordinate the patient, the caregivers, and the family.”

Even if you are not scheduled for surgery, you can still download the free app from the App Store and see what is involved in preparing for joint replacement surgery. The app is available for both iPhone and Android users.