

Do you need joint replacement surgery?

Vermont Private Hospital is offering eligible patients with appropriate health insurance cover, access to joint surgery with no out pocket costs. Our short stay joint replacement program is designed to get you back on your feet faster. Hospital policy excesses still apply.



Vermont
Private Hospital



We would like to extend you a warm welcome to Vermont Private Hospital.

We believe every patient is unique, and we tailor your stay with us – from your pre-operative assessment to your recovery at home – to suit your specific needs. This is where your personalised journey begins.



A little bit about us

Vermont Private Hospital opened in October 2016 as a boutique facility catering to day and short stay surgery. Since then we have welcomed many experienced surgeons, and have grown to serve both the local community, and greater Melbourne, with a wide range of surgeries.

We are committed to developing new models of care which improve patient well-being and deliver better outcomes.



A little bit about our joint replacement program

Our joint replacement program is unique in offering you a short hospital stay in a private room with private facilities, before being discharged to your home, where we continue to provide personalised care.

Our patients generally stay in hospital for no longer than 24 hours. Following your stay with us as an in-patient you will return to the comfort of your home to recover and rehabilitate with the benefit of at home physiotherapy and at home nursing care. This will be organised by the hospital in consultation with your private health care provider. Our experience has been that patients who are medically stable enough to discharge within a 24-48 hour window are on their feet and recovering much faster – and with the right support in place at home patients have better outcomes and a better experience overall.

Joint replacement is among the most effective surgeries for improving quality of life, and over 30,000 hip replacement and 50,000 knee replacement procedures are performed in Australia each year.



Your personalised care plan

Patients who attend our pre-habilitation joint clinic find the extra knowledge gained beneficial to their overall experience of joint replacement and recovery.

Your dedicated Patient Co-ordinator will contact you to arrange a visit to the hospital to attend a group pre-habilitation joint clinic (roughly 10 days prior to your scheduled operation date).

Both your nurse and physiotherapist will join you for this clinic visit, and will provide you with detailed information about what to expect on the day of your operation, and throughout your joint replacement journey.



Your joint replacement journey

Preparing for surgery



The key to a great outcome is being prepared, and your journey starts with a pre-habilitation clinic. You will meet individually with both your nurse and your physiotherapist who will review your past medical history and go over the specific details of your procedure. They will also prepare you for your surgery with a range of exercises you can begin prior to your operation, and which will aid in your recovery.

At this visit, we can also arrange for you to undertake any tests or scans required. Australian Clinical Labs pathology clinic and Capital Radiology are conveniently co-located with Vermont Private Hospital, within the Vermont South Medical Centre, should you require their services.

The day of surgery



Our friendly administration team work together with your nurse and your surgeon to manage any concerns you may have about your operation, and will be there to make you feel safe and comfortable. At all times you will be able to access one of our caring team members.

On arrival, you will meet with our administration and nursing staff, who will prepare you for your operation and answer any final questions you may have. Your anaesthetist and surgeon will also meet with you again prior to the commencement of your procedure.

After your operation



Immediately after your surgery you will be moved to our post anaesthetic care unit, and when ready you will be transferred to the ward. Once on the ward you will continue your recovery in a private room with your own bathroom. You will have access to free wi-fi and free-to-air TV. Your family and friends are welcome to visit at any time between 8am and 8pm.

Your nurse and physiotherapist will monitor you closely for any signs of pain or discomfort, and get you up on your feet, and walking about as soon as you are able.

Your journey to recovery



Your dedicated team of nurses and physiotherapists will continue with the care they have been providing, and in discussion with you and your surgeon will determine whether you are ready to discharge. Most of our patients are keen to leave as soon as they can, with the majority going home within 24 hours of their surgery.

Your care and rehabilitation will continue at home with our physiotherapists and visiting nurses.

\$0 How Zero Out Of Pocket works

Pay no out of pocket costs

Nexus has worked together with private health insurers to eliminate medical out of pocket costs for hip and knee replacement surgeries for eligible members. The program is available to members with appropriate cover, in consultation with their treating practitioner. Participating health funds are listed below, or you can contact one of our patient coordinators at surgery@vermontprivate.com.au for more information.

Spend less time in hospital

Vermont Private Hospital's innovative model of care means you can avoid a long stay in hospital, and have the option to recover in the comfort of your home.

Get back on your feet faster

We will support you before and after surgery, including pre-habilitation services prior to surgery, and if clinically appropriate, offering rehabilitation after surgery.

Studies have shown that with the right support in place, patients have better outcomes and a better experience when they recover in the comfort of their own home.

medibank
For Better Health

Medibank members should contact 13 23 31 to check their eligibility and level of cover.

nib

nib members should contact 13 16 42 to check their eligibility and level of cover.



Frequently asked questions and answers

Zero Out Of Pocket

Can I get more information about the no-gap joint surgery model before I see my doctor?

We have dedicated Patient Co-ordinators who will be able to tell you more about the program, the care you will receive, and what costs, if any, are involved. They will also be able to provide you with an introduction to one of our participating surgeons if you need one.

To contact one of our Patient Co-ordinators, please send us an email at surgery@vermontprivate.com.au

You say this is no gap surgery. Are there any out of pocket costs?

There will be an initial consultation fee with your surgeon of choice, some of which will be reclaimable through Medicare.

You will need to speak with your private health insurance provider to determine if you have the correct level of insurance required for this surgery, and whether you have any excess payments due to the insurer.

You will also be required to cover the expenses of medications required after discharge.

There are no out of pocket costs for services provided during your hospital stay.

“At Vermont Private Hospital, we are actively involved in supporting our local community and believe it deserves an exceptional hospital. Our warm, welcoming environment provides a more positive patient experience.”

Fiona Langley Director of Nursing

Pre surgery

How do I prepare for my operation?

Once your surgeon has decided that you are suitable for short stay joint surgery, they will arrange a date for your operation. The Hospital will then contact you to arrange a pre-operative assessment where our nurses will:

- Conduct a full clinical health assessment and liaise with your surgeon and anaesthetist to plan your surgery
- Review all of your blood tests and x-rays
- Discuss the sort of support services you may need when you are discharged to your home
- Help you to organise any equipment you may need to assist with your recovery
- Answer any questions you may have about your stay

What tests will I need to have done prior to surgery?

Your surgeon will order any further tests that are required, which may include full blood tests and an Electrocardiogram.

Do I have to come to the hospital to attend pre-habilitation and joint school?

No, a nurse can call you at home to discuss other options, however, patients who attend a pre-habilitation joint clinic find the extra knowledge gained beneficial to their overall experience of a joint replacement and recovery.

What type of anaesthetic will I have?

Your anaesthetist will discuss this with you prior to your operation, and determine the most suitable form of anaesthetic based on your clinical needs.

Post surgery

When will I be able to get up and move around?

You will be seen by one of our physiotherapists, usually within a couple of hours of your surgery, who will get you up and about.

How will you manage my pain after my operation?

Pain management while you are in hospital is prescribed by your anaesthetist and managed by our nursing staff.

On discharge, you will be given a prescription for post-operative pain relief, together with comprehensive instructions on how and when to use these medications.

Will I have my own private room?


Vermont Private Hospital has 16 private rooms with their own en-suites. Access to free wi-fi and free-to-air TV is available, and your family and friends are welcome to visit at any time between 8am and 8pm.


How I will manage at home after my operation?

During your time at your pre-habilitation clinic, we will discuss all of your questions regarding your personalised program. Whilst patients generally do rehabilitate at home we understand that this may not always be possible, and in these cases we will refer you to an in-patient program at a specialist rehabilitation hospital.

If you have any further questions, please contact one of our Patient Co-ordinators on 03 8547 1111, or by email at surgery@vermontprivate.com.au

Get in touch


 Level 2, Vermont South Medical Centre
645-647 Burwood Highway
Vermont South VIC 3133

 03 8547 1111

 03 8414 2877

 reception@vermontprivate.com.au

Parking

 Vermont Private Hospital is located on Level 2 of the Vermont South Medical Centre at 645-647 Burwood Highway, Vermont South. There is free parking in the undercover area of the Vermont South Medical Centre, as well as additional outdoor parking surrounding the building. Once you've arrived, take the lift to Level 2.

nexus 

Your Local World Class Hospital

A more sustainable private health care model, putting people before profit. Learn more at nexushospitals.com.au

At Nexus Hospitals our network of day and short stay hospitals across Australia provides the exceptional experience you want and deserve to have.