

# Jeffrey Krempec, M.D.

## *Drisko, Fee and Parkins Orthopaedic Surgery*



“There is something extremely rewarding about seeing a happy 75-year-old patient walk again,” smiled Dr. Jeffrey Krempec, a fellowship-trained orthopaedic surgeon at Drisko, Fee and Parkins (DFP) Orthopaedic Surgery in North Kansas City, Missouri, whose specialties include joint preservation, resurfacing, replacement and revision.

As part of the specialized team at DFP, Dr. Krempec stands among a respected group of physicians and surgeons who are board-certified, fellowship-trained and trusted experts in their areas of focus, which includes a commitment to exemplary quality in care. Translation? Patients experience less pain, improved outcomes, fewer infections and a better overall level of satisfaction, as this team operates with a larger set of skills and a comprehensive understanding of the patients’ needs.

After graduating from the University of Michigan Medical School, Dr. Krempec subsequently completed his orthopaedic surgery residency at Carolinas Medical Center in Charlotte, North Carolina. He had decided upon going into orthopaedics while in medical school, and during his residency for this specialty, he realized he had made the right choice.

“Once I was exposed to orthopaedics, I knew it was what I wanted to do,” he indicated. Not only enamored with the surgical aspect of the discipline, Dr. Krempec, who has a strong interest in anatomy, appreciated the mechanics of orthopaedics.

“Orthopaedics is like carpentry, trying to fix or reconstruct normal anatomy,” he reflected, referring to the satisfaction that comes with restoring patients to greater health and mobility.

While the majority of his patients are typically over the age of 60, Dr. Krempec does treat the younger population who present with hip disorders that include labral tears, femoroacetabular impingement, and hip dysplasia using techniques such as hip arthroscopy, surgical dislocation and periacetabular osteotomy.

Dr. Krempec is also a noted expert in hip resurfacing, which is a specialized form of hip replacement and is typically performed on the younger, active patient who has healthy bones. In short, hip resurfacing involves trimming and capping the femoral head instead of removing it. The damaged bone and cartilage within the socket are removed and replaced with a metal shell, just as done in a traditional hip replacement.

For patients suffering from arthritis, Dr. Krempec offers both hip resurfacing and total hip replacement, in addition

to both partial and total knee replacement. His fellowship training, completed at Washington University Orthopaedics Barnes Jewish Hospital in St. Louis, Missouri, also includes total joint revisions, which are typically performed when joint replacements have worn out, failed or have become infected.

“Arthritis occurs when there is a loss of frictionless coating on the ends of the bone, sometimes due to trauma, infection or inflammatory issues,” explained Dr. Krempec. “But the vast majority of cases involve the patient’s anatomy combined with level of activity and body habits.”

The reasons for hip or knee replacements vary but usually stem from the exhaustion of non-operative measures that have not led to the desired results. The decision to undergo a joint replacement procedure varies from patient to patient, and basically points to one key consideration.

“It is a quality of life issue,” stated Dr. Krempec. “We have to understand what the patient is willing to put up with and for how long. It is an issue of choosing to change one’s lifestyle, and if the person does not want to change that lifestyle, then we would discuss surgical options.”

Thanks to the advances in technology, joint replacement surgery does not necessarily equate to extended hospital stays or days confined to the bed.

“After surgery, some patients leave the same day or the next day. Procedures can be done on an out-patient or overnight basis, and then the patient may rely on a cane or a walker for about two weeks,” indicated Dr. Krempec, who noted most patients return to baseline in about three to four weeks and in three to four months, most patients will restore strength, balance and stability.

Post-surgery physical therapy is also an option to enhance recovery and can be done at home or in a physical therapy center.

“Some patients prefer to go to a center or work with a therapist in their own home,” said Dr. Krempec. “Others choose a self-directed program. It really all depends on the patient.”

Further, with changes in technology, the materials used in joint replacements enjoy a longer life expectancy. In past decades, most joint replacements were expected to last, on average, for seven to 10 years. Today, the longevity has extended to 25-30 years. Again, indicated Dr. Krempec, most outcomes depend on the patient.

“The right procedure has to be done on the right patient,” expressed Dr. Krempec. “These certainly require lifestyle changes, and many of my patients go on to lead very active lifestyles. It is up to me to provide the product to accommodate the wishes of the patient. We are fortunate, too, that many of our patients return to active lifestyles and remain symptom-free.”



As for post-operative pain, the sting is quite minimal.

“Overall, most patients are surprised by the pain level,” said Dr. Krempec, who relies on multimodal pain control instead of just one form of pain control.

Dr. Krempec and his team also incorporate (as needed) robotic surgery and MRI tools for more precise alignment in surgery and can also print 3-D tools designed specifically for each patient.

“The technology is very interesting,” reflected Dr. Krempec, who feels extremely fortunate to get up every day and continually perfect his craft. “I love my job. I never feel I am working, as it is a real enjoyment to me.”

In addition to working for Drisko, Fee and Parkins, Dr. Krempec also has privileges at North Kansas City Hospital and Center Pointe Hospital. Additionally, he performs out-patient procedures either at the hospitals or at associated surgical centers.

If joint replacement surgery is in your future, Dr. Krempec is excited to get you moving again. ●



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