

here is your guide to

# Minimally Invasive Knee Replacement



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# Minimally Invasive Knee Replacement

The field of orthopedics is constantly researching new techniques to help make joint replacement surgery less painful and to help patients recover more quickly. One of the most talked about orthopedic advancements is Microplasty™ minimally invasive joint replacement, also called mini-incision joint replacement.

Traditional total knee replacements require an incision between six and eight inches long. The patient's size and the extent of the joint's damage can sometimes determine the length of the incision. The incision allows the surgeon to fully visualize the joint, the diseased tissue, and the implants.



Rapid Recovery Microplasty™ minimally invasive total knee replacement is performed through an approximately four-inch incision, half the length of a typical knee replacement incision. Surgeons can perform surgery through such a short incision because they use instruments specifically designed to move around soft tissue, rather than cut through it.

It is important to remember that surgeons still use the clinically proven implants that they feel will best treat your specific condition.

# Why are Surgeons Performing Rapid Recovery Minimally Invasive Knee Replacement?

For patients who are candidates for the procedure, the answer is simple. Today's implants offer exceptional outcomes, but traditional surgical techniques require a long and involved physical recovery. Surgeons understand that patients desire to heal quickly so they can return to a more active and enjoyable lifestyle.

In addition to a shorter incision, surgeons using the Rapid Recovery Program have implemented a highly organized treatment plan for their patients' physical and mental health. Rapid Recovery patients are educated with a variety of materials. The comprehensive educational materials will help patients understand the surgical procedure and its outcomes.

Rapid Recovery patients begin preoperative strengthening exercises to help them prepare for surgery and their recovery. Patients may be given a comprehensive nutrition plan to help ensure maximum health before surgery.

Rapid Recovery surgeons may also implement a unique pain program during surgery that is designed to dramatically reduce a patient's postoperative pain. Reducing patients' postoperative pain is critical to helping them begin their postoperative rehabilitation and to helping them make a Rapid Recovery.

## Complications

While uncommon, complications can occur during and after surgery. Some complications include infection, blood clots, implant breakage, misalignment, and premature wear, any of which can require additional surgery. Although implant surgery is extremely successful in most cases, some patients still experience stiffness and pain. No implant will last forever and factors such as the patient's post-surgical activities and weight can affect longevity. Be sure to discuss these and other risks with your surgeon.

There are many things that your surgeon may do to minimize the potential for complications. Your surgeon may have you see a medical physician before surgery to obtain tests. You may also need to have your dental work up to date and may be shown how to prepare your home to avoid falls.

## After Surgery

After surgery, you probably will be hospitalized for two to three days. During this time, you will receive pain medication and begin physical therapy. It is important to start moving your new knee as soon as possible after surgery to promote blood flow, to regain knee motion, and to facilitate the Rapid Recovery process.

You should be out of bed and walking with crutches or a walker within 24 hours of your surgery. You will be shown how to safely climb and descend stairs, how to get into and out of a seated position, and how to care for your knee once you return home. It is a good idea to enlist the help of friends or family to help you once you do return home.

Before you leave the hospital, your therapist will show you a variety of exercises designed to help you regain mobility and strength in your knee. You should be able to perform these exercises on your own at home. When at home, it is important to continue with your exercises as your physician has instructed.

## Rapid Recovery

Rapid Recovery after minimally invasive knee replacement takes approximately half as long as traditional total knee replacement. Every person's recovery time will vary, but most people should be able to drive after two weeks, garden after three to four weeks, and golf about six to eight weeks after surgery. Your surgeon will tell you when you can return to these activities and will also tell you which activities to avoid.

You will typically not be allowed to participate

in high-impact activities or contact sports. These types of activities place extreme pressure on the joints, which could lead to complications.

### Summary

We know the decision to have surgery is sometimes difficult. We hope this brochure has helped you understand some of the basics of Rapid Recovery Microplasty™ minimally invasive knee replacement surgery so that you can make the best decision for yourself.

Millions of others have made this choice, allowing them to return to more active lifestyles. This brochure is not intended to replace the experience and counsel of your orthopedic surgeon. If you have any further questions, please speak with your orthopedic surgeon. If you do not have an orthopaedic surgeon, please refer to the doctor listings provided in this brochure.

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