

Few facts about PINLESS Computer Navigation Technology for Advance Total Knee Replacement Surgery

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- **Contrary to popular belief, Total Knee Replacement Surgery is one of the most successful orthopedic surgeries** which can give you predictably positive results. Gone are the days when patient would require months to recover. With current day implants, and techniques the patients are up and about within one or two days, and become independent for their personal activities. Many patients can join office within 4 to 6 weeks of surgery. Few patients can even engage in high impact or sports activities.
- **Expected Life of Total knee Replacement implant is beyond 20 Years now a days.** People carry a wrong misconception that it lasts only 5 to 10 Years.
- **PINLESS Computer Navigation Technology is a boon** for patients requiring knee replacement surgery. While you may not realize it, one of the most critical aspects of a joint replacement surgery is to ensure proper positioning of the implanted artificial joint. A "less than perfect" aligned implanted joint can lead to early loosening or early failure of the implanted joint. Similar to the alignment of the wheels of your car, a poorly aligned joint replacement will cause problem of wear of the replacement. PINLESS computer-Navigation technique is one additional check to confirm proper placement of the joint replacement during actual surgery. This is a big boon for those patients with KNEE DEFORMITIES and LEG DEFORMITIES undergoing knee replacement. In my unit, we are using the latest technology "PINLESS computer Navigated Total Knee Replacement" in Max Super Specialty Hospital and Institute of Joint Replacement, Patparganj, Delhi. It is desirable that your surgeon uses Computer Navigation during Total Knee Replacement Surgery. Use of Computer Navigation has proved beneficial in knee replacement in improving longevity. It has been proved scientifically that use of Computer Navigation reduces revision rates, even in younger patients.
- **Patients having heart problems can also undergo knee replacement.** About 40 to 50 percent patients, who undergo Total Knee Replacement, are already on medications from physician /cardiologist. Few of them have already undergone stenting procedure or coronary bypass surgery. All patients requiring Total Knee Replacement are assessed by physician, cardiologist & anesthetic for their fitness and they undergo detailed testing for their heart condition. Majority of patient are fit for surgery, either both knees at one time, or in a staged manner. Patients with heart problems can also derive benefit from knee replacement surgery by walking long distances, without pain, after Total Knee Replacements.
- **Diabetes is not a contraindication.** Almost 30 to 40 percent patients who are candidate for knee replacement surgery, or who undergo knee replacement surgeries are found to be suffering from diabetes. Diabetes doesn't interfere in the functional results of Total Knee Replacement. However, those patients who are on insulin therapy for diabetes control need special care and detailed preoperative assessment regarding their timing of surgery.
- **Over-weight and obese patient do not have any inferior functional results of Total Knee Replacement** as compared to normal weight patients. Over-weight and obese patient can also undergo Total Knee Replacement with excellent outcomes.

Rather, once the pain in the knee is reduced after surgery, they can shed off extra weight by walk and physical activity. In fact Total Knee Replacement in deserving candidate, who are over-weight, is very beneficial.

- **Age is no bar.** A patient as young as 25 or old as old as 95 can undergo Total Knee Replacement if indicated. It all depends on disease and disability rather than the age. Many young patients have to undergo this surgery at young age, as their knees destroyed by Injury or Rheumatoid Arthritis or any other type of arthritis. However, generally speaking majority of patient who undergo Total Knee Replacement are generally beyond 50 years of age, but a patient as old as 90 years can also undergo knee replacement safely after proper medical assessment.
- **Minimally Invasive technique of Total Knee Replacement is not suited for all.** Let your surgeon decide whether this technique is suited to you or not. Minimally Invasive surgery can at times have higher complication rates.
- **Do not choose your implant yourself and do not insist on any particular type of knee replacement implant.** Let your surgeon make a wise decision which implant will suit your knee the best. More than implant, it is the technique and surgical skills of the surgeon, which will make a difference. However you have all the rights to discuss pros and cons of various types of implants with your treating surgeon. Most importantly, experience and volume (number of surgeries he is doing regularly) of the surgeon counts. The surgical skills of a surgeon, who does volume surgeries or large number of surgeries, are definitely better than an occasional knee replacement surgeon.
- **Total Knee Replacement surgery is not a “one person show”.** It is a team work. Choose a surgeon who has a good team to backup and good follow up. Do ask your surgeon about his operative setup.
- **The operative set up of a surgeon makes a difference in results** and chances of complication. Laminar flow theatre is a must.
- **Use of Body Exhaust System** during surgery has been found to reduce contamination rates in knee and hip replacement surgeries. It is desirable that your surgeon uses Body Exhaust System during Total Knee Replacement surgery.
- **Many patients demands for sitting on floors and squatting.** High flex knees can permit you squatting and sitting cross legged but one should avoid sitting on floor. Sitting on floor reduces life of the knee replacement implant.
- **Scientifically speaking any one type of specific implant from any company is yet to prove its superiority over other type of implants.** However, different types of implants are suited for different knees. It is not one universal implant that is suited for all knees. Studies have proved and scientifically speaking, different type knees for men (male) and women (female) have not proved their superiority over other conventional implants. You do not need different types of knee implants for men and women separately. Similarly, the so called the patient specific instrumentation or patient specific implants have not proved beneficial over conventional implants. How many of us go out and get our shoes fabricated? Majority of sizes are enough for all sizes of feet of men and women!!!
- **Knee replacement surgery does not discard your knee as a whole.** In fact, it is a misnomer. Total Knee Replacement surgery is in fact is a cartilage replacement surgery in today’s world. It is like capping teeth. The caps are applied on the end of the bones making knee (Femur and Tibia).
- **Partial knee replacement is not suited for all cases.** It is successful in only very few selected cases. Satisfaction rates with partial Knee Replacement are not as good.
- **The artificial knee gives a feel of near natural knee.** It can never match a natural knee. Scientifically, no artificial organ implanted in the body can match the function and feeling of a natural organ. Similar is true for knee replacement. But a successful knee replacement can change your life. It brings your life back to normal.
- **There are many myths surrounding Total Knee Replacement.** With current day advanced technology and refined implants, millions of patients are enjoying then life worldwide. PINLESS computer Navigated Total Knee Replacement can bring you from Disability to Ability.
- **Please note:** These are all generalized statement. Human body is unique. The results may vary in different patients.

All the Best!!