

To our valued patient,

We know you had a choice when deciding where to have your surgery and we are very proud that you chose us. At the outpatient Surgery Center we have a commitment to providing our patients with the best quality care in a friendly and comfortable environment. There are many benefits of having your surgery in the outpatient setting, such as:

- Low infection rate
- Contact with your patient care coordinator, pre-operatively, day of surgery, and post-operatively
- Contact with Anesthesia Director prior to surgery, and after surgery
- Recover and rehabilitate in your own home
- Late visiting hours
- Children welcome to visit
- Family member can stay the night with you.
- Physical Therapist visit and evaluation after your surgery, before discharge.
- Personal 1:1 nursing care throughout your entire stay

Unicompartmental Knee Arthroplasty

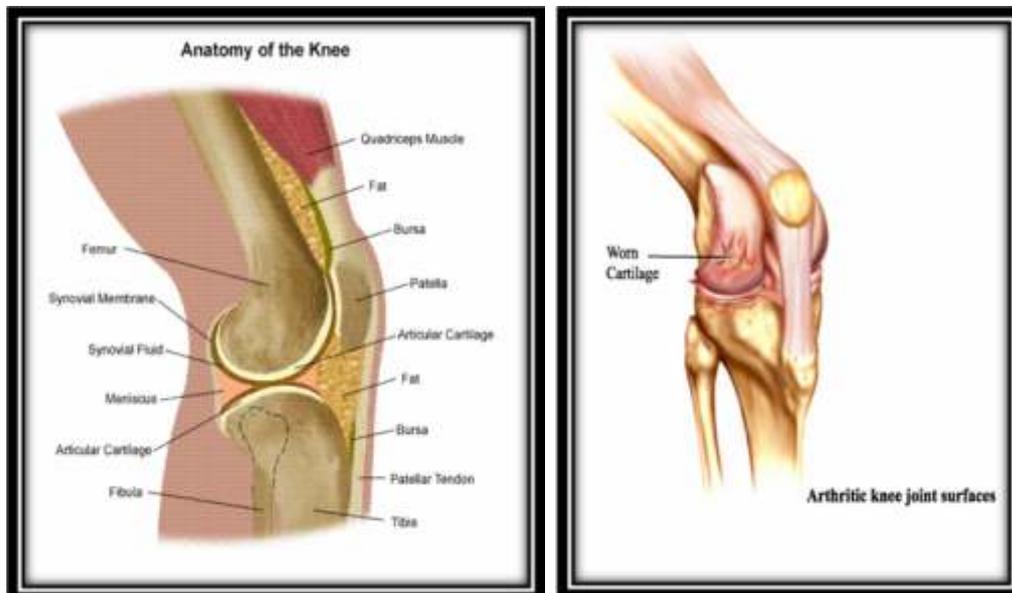
Also known as: Partial knee replacement, Knee replacement - partial, Unicompartmental knee replacement, Arthroplasty - unicompartmental knee or UKA

Definition

Unicompartmental knee arthroplasty (UKA) is a surgery to replace either the inside (medial) or outside (lateral) compartments of the knee. Because only part of the damaged knee is replaced, it is often called a partial knee replacement. Since only one side of the knee is being replaced, a small incision may be used, due to this small incision, it is referred to as "minimally invasive" surgery.

Description

Certain diseases and conditions can affect knee function. The most common reason for UKA is arthritis.



Expectations after surgery

Most patients have a rapid recovery and have considerably less pain than they did before surgery. Most patients go home the same day or within 24 hours after surgery (unlike the 3 or 4 days required by a total knee replacement). Your doctor will help you decide the best place for you to continue recovering after you leave the Center. This may be at home or in a rehab center. A rehab center is similar to a hospital -- you stay there day and night and are cared for by doctors, nurses and therapists until you become well enough to go home. If your doctor wants you to go home, therapy will continue there as well. You can put your full weight on your knee immediately. There is usually less rehabilitation or physical therapy required compared to total knee replacement. Most forms of exercise are acceptable after surgery, including walking, swimming and biking. However, you should avoid high-impact activities such as jogging and kneeling.

Getting your Home Ready

Making a home "recovery friendly" is easy. A good rule of thumb is to think safety first, and then comfort. Remove throw or area rugs that may cause you to slip or that could get caught on the tip of a cane, crutch or walker. Also, phone and electric cords should be securely fastened around the outside walls of the room. A home visit from a physical therapist and occupational therapist before your surgery can be arranged if requested by your surgeon to help you through this process, as well as perform a home evaluation.

Getting Comfortable

Set up a recovery area in your home. Choose a space where you will spend most of your time during the day – a favorite easy chair, or perhaps the sofa. If necessary, move an end table or TV tray table next to the chair or sofa. Gather items that you might like to have within reach: a phone, TV/VCR/DVD/stereo remote controls, a box of tissues, a wastebasket, and reading material. When you begin home recovery, add such things as reading glasses and/or a contact lens case, medications, instructions from the doctor, and an address book or list of often-called phone numbers. Set up other recovery centers in the bedroom, kitchen, bathroom and any other room where you spend time.

Preoperative Information

Before knee replacement surgery, your doctor may order tests to make sure you are healthy enough for the operation. This may involve blood tests, X-rays, or an EKG (an electrical graph of your heart's function). You WILL NOT have to donate blood before the operation. Once you receive clearance for your general health, you can move forward with surgery. It is very important to remember to fast the night before your surgery. There are several things to remember the night before your surgery:

Preoperative Information

- Nothing to eat or drink including gum, mints or water, nothing by mouth after 9:00 pm the night before your surgery. If you do have certain medications that you take on a daily basis discuss this with your patient care coordinator at the time of the call.
- Shower with preferably antimicrobial (hibiclens) or antibacterial soap either the night before or day of surgery
- Do NOT apply any lotions, perfumes or deodorants to operative limb
- Do NOT shave operative limb with a razor. Clippers will be used upon admission if hair removal is necessary.
- If you are going home the same day of your surgery you must have a responsible person stay with you for at least 24 hours after surgery.
- Wear comfortable loose fitting clothes the day of your surgery.
- You are welcome to bring toiletries from home to freshen up after your surgery.

You will receive a call from our Patient Care Coordinator (PCC) well in advance of your surgery date. Our patient care coordinators are registered nurses (RN). Our PCC will review with you your medical and surgical history as well as address any questions or concerns you may have. We will schedule an appointment at that time to come tour our Center prior to your surgery. You will be able to see where to check in, the pre-operative department, the recovery room as well as your overnight room. We encourage family and friends to visit you during your stay and offer visiting hours until 9:00 pm. If you are coming from out of town we can arrange a hotel stay for your family members or loved ones.

Billing

One of our patient services representatives will contact you prior to surgery to discuss financial responsibility and arrangements. The representative will inform you of any co-pay, deductible or co-insurance that will be due. Please bring with you on the date of surgery your insurance card. (Not applicable for workers compensation patients.) Please note that the estimate given to you at this time is for the facility only and does not include the surgeon's fees or anesthesia.

Arrival at the Surgery Center

We ask that you arrive 1 ½ hours prior to the start of your surgery. This allows our team time to complete the necessary admission paperwork. This time also includes your admission to the pre-operative area. Upon arrival at the surgery center, you will be greeted by our front desk receptionist. You will be asked to read and sign several forms including your Patient Rights and Responsibilities, Patient Agreement on Admission, and a Privacy Notice. Our receptionist will be more than happy to answer any questions you may have regarding these forms. Additionally, at this time the receptionist will make copies of your insurance card for billing purposes. Once this is completed, you will meet the pre-operative nurse who will escort you to the pre-operative area to meet with your anesthesiologist.

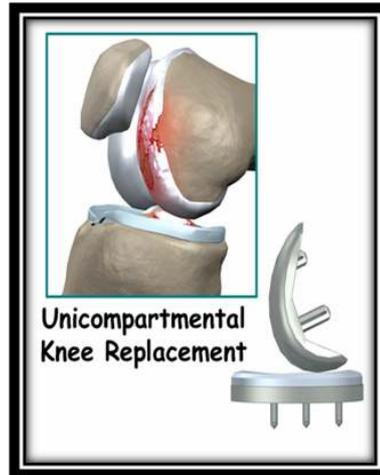
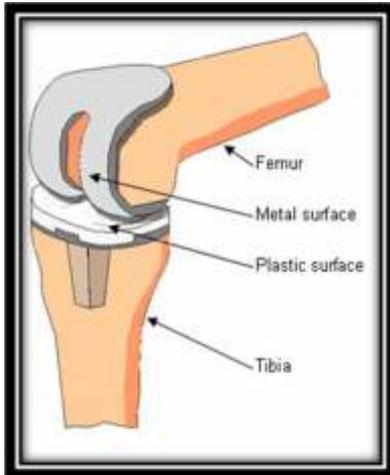
Anesthesia

Prior to knee replacement surgery, your anesthesiologist will review your medical chart and discuss the anesthesia appropriate for your situation. There are two common types of anesthesia used during knee replacement surgery: general anesthesia, where the patient is put to sleep, and regional anesthesia, where the patient is numbed below the waist, typically with an epidural or spinal. Which type of anesthesia you will receive depends on your situation, as well as your surgeon's and anesthesiologist's recommendations. Speak with your surgeon or anesthesiologist if you have any concerns regarding the anesthesia that will be used during your surgery.

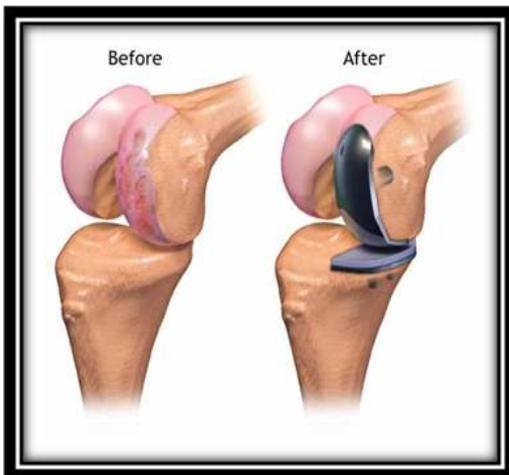
The Surgery

The surgeon will make a small incision about 3 inches long over the knee that is damaged. The damaged bone is removed and replaced with an implant (prosthetic) made of plastic and metal. The thigh and shin bone may be slightly shaped to fit the implant. Once the implant is in the proper place, it is secured with bone cement, and the wound is closed with staples or stitches.

Total knee replacement



Unicompartamental knee replacement



The operation takes about 1 - 1 ½ hours.

UKA has undergone significant changes since first performed in the 1970s. Today, the procedure offers many benefits over total knee replacement, including:

- Smaller surgical incision. The incision used in UKA is about 2 - 3 times smaller than the one required for total knee replacement. A smaller incision means less blood loss, less tissue damage, and a faster recovery
- Better range of motion after surgery.
- Shorter patient stay.
- More cost effective. UKA costs about half that of total knee replacement.
- If needed, the procedure can be easily converted to a total knee replacement. .

Pain relief is the same for both procedures.

Your surgeon and anesthesiologist have a variety of options to manage pain and keep you comfortable after surgery. For many people, the discomfort they feel after surgery is minimal compared to the pain they experienced before their knee replacement.

Here are general guidelines to help you understand what to expect after surgery:

Day One

You will learn exercises to help strengthen the muscles in your leg and increase movement in your knee. Your health care team may suggest that you use a machine that gently bends and straightens your knee automatically. This machine is called a continuous passive motion machine, or CPM. Daily activities may include:

1. Sitting on the side of the bed
2. Walking a few steps with a cane, crutches or walker
3. Sitting in a chair
4. Transferring yourself to a bedside commode

Day Two

You will gradually increase your exercises and activities from day one. Daily activities may include:

1. Walking across the room with a cane, crutches or walker
2. Getting on and off the toilet
3. Climbing up and down two to three steps

Day Three

Each day you will increase your exercises and activities, you may be able to:

1. Bend the knee to a 90 degree angle, or show improvement in bending the knee
2. Straighten the knee
3. Walk with a cane, crutches or walker
4. Move to a chair or toilet without help
5. Bathe and dress yourself Climb several steps

We look forward to providing you the best possible outcome, as well as a positive experience that you will always remember.

Life After Joint Replacement

Regaining Mobility Safely, Slowly, Securely

At first

Most people experience reduction in joint pain and improvement in their quality of life following joint replacement surgery. While joint replacement surgery may allow you to resume many daily activities, don't push your implant to do more than you could before your problem developed.

Give yourself at least six weeks following surgery to heal and recover from muscle stiffness, swelling and other discomfort. Some people continue to experience discomfort for 6-12 weeks following their joint replacement.

During visits to the physical therapist's office, your therapist may use heat, ice or electrical stimulation to reduce any remaining swelling or pain. You should continue to use your walker or crutches as instructed.

Your physical therapist may use hands-on stretches for improving range of motion. Strength exercises address key muscle groups, including the buttock, hip, thigh and calf muscles. You can work on endurance through stationary biking, lap swimming and using an upper body ergometer (upper cycle).

Physical therapists sometimes treat their patients in a pool. Exercising in a swimming pool puts less stress on your joints and the buoyancy lets you move and exercise easier.

When you are safe putting full weight through the leg, several types of balance exercises can help you further stabilize and control the hip or knee. Finally, you will work with a group of exercises to simulate day-to-day activities, such as going up and down steps, squatting, rising up on your toes, bending down and walking on uneven terrain. You may be given specific exercises to simulate your particular work or hobby demands.

By six weeks, you may be able to return to many normal activities such as driving, bicycling and golf. When you see your surgeon for follow-up two to six weeks after surgery, he or she can advise you on both short and long-term goals.

As a rule, all joint replacement recipients should heed the following limitations during the first weeks after surgery:

1. Expect to use a cane or walker for several weeks
2. No kneeling, bending or jumping for the first month
3. Don't drive until ok with your doctor (usually 4-6 weeks)
4. No alcohol with pain medication
5. Don't smoke – it slows healing
6. You may hear some clicking in your knee as it heals; it's normal
7. Continue wearing elastic stockings until your return appointment In general, physical activities should
 1. Not cause pain, either during activity or later
 2. Not jar the joint, such as when running or jumping
 3. Not place the joint in extreme ranges of motion
 4. Be pleasurable

Additional tips for living with your new joint:

1. Ask for help – while your goal is to eventually do things for yourself, don't take unnecessary risks by trying to do too much too soon.
2. Recuperation takes approximately 6-12 weeks – you may feel weak during this time. Use ice for swelling and discomfort. Ice your knee for 15-20 minutes after each exercise period to reduce pain

Total Knee Replacement Post-Op Exercise Plan

(to be completed by physical therapist)

Weeks 1-2

During weeks one and two of your recovery your exercise goals are:

Completed the following Stretching Exercises

Exercise	Name	Number of repetitions	# of times/day
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Completed the following Stretching Exercises

Exercise	Name	Number of repetitions	# of times/day
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Total Knee Replacement Post-Op Exercise Plan

(to be completed by physical therapist)

Weeks 2-4

During weeks two - four of your recovery your exercise goals are:

Completed the following Stretching Exercises

Exercise	Name	Number of repetitions	# of times/day

Completed the following Stretching Exercises

Exercise	Name	Number of repetitions	# of times/day

Total Knee Replacement Post-Op Exercise Plan

(to be completed by physical therapist)

Weeks 4-6

During weeks four - Six of your recovery your exercise goals are:

Completed the following Stretching Exercises

Exercise	Name	Number of repetitions	# of times/day

Completed the following Stretching Exercises

Exercise	Name	Number of repetitions	# of times/day

Total Knee Replacement Post-Op Exercise Plan

(to be completed by physical therapist)

Weeks 6-12

During weeks six - twelve of your recovery your exercise goals are:

Completed the following Stretching Exercises

Exercise	Name	Number of repetitions	# of times/day

Completed the following Stretching Exercises

Exercise	Name	Number of repetitions	# of times/day