

LCS Total Knee Replacement: Surgery and Beyond

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Transforming patient information into patient understanding.

I intended in last week's class to help you understand the design of the LCS Total Knee Replacement and why it has been so successful for more than twenty-five years in the United States. You learned that the least stress on the parts (prosthesis) helps the knee last indefinitely. LCS does this.

The Surgery

Nowadays, everyone comes into the hospital at the crack of dawn on the day of surgery. Does anyone recall when patients came into the hospital on the night before surgery? Well, those days have gone away long ago!

There are several steps connected with pre-admission testing and evaluation that a person needs to complete before surgery is scheduled. Knee replacement is a serious business, major surgery, so I want to be sure you are in the best condition possible before the surgery.

To replace the knee I need to remove a portion of the femur, tibia and patella. The new parts, custom matched to your size are inserted onto the surfaces where the bone was removed. Surgery usually takes about 1 - 2 hours depending on patient size and amount of arthritis.

Surgery can be done under spinal or general anesthetic. I won't kid you. This is major surgery when you have to take a knee completely apart, put in a new knee and put it back together.

You will not be in a cast or even a knee immobilizer after surgery. The physical therapist will be there, trying to get you up the same day of surgery. You won't want to, but the therapist will help you do it.

The First Few Days

After knee replacement surgery most patients are spending an average of three days in the hospital. The Joint Camp program we use at Gratiot Medical Center makes the entire experience smoother and less traumatic for the patient. The patient is fully informed about all aspects of their surgery and recovery when they participate in the Joint Camp program. I have said many times, "an informed patient is our best outcome".

Home or Rehab Center

"Home Sweet Home." For many patients that is where they go when they leave the hospital. The combination of good help at home and Home Care Nursing and Physical Therapy coming to the house works well for many patients.

Many of our patients know it would not work for them to go straight home. In that case a Rehab place is chosen where the person can go for a variable time for further recovery.

I think this would be a good place to stop class for this week. We have lots more to talk about such as postop care and activities. Hope to see you all next week.

All Orthopaedic Surgery problems can be evaluated by Dr. Haverbush at the Lakeview Community Wellness Center in Lakeview or at the office in Alma at 315 Warwick Dr., Alma, Michigan.

Please call 989-463-6092 for information or to schedule an appointment.

Future Lakeview Community Wellness Center Clinic dates are July 31, August 7 and August 21, 2009.

Please don't forget there is a wealth of accurate information about all the Orthopaedic conditions I treat on the office teaching website www.orthopodsurgeon.com. Please log on and check it out.

We are happy to answer questions from readers. You can e-mail me at orthopodsurgeon@hotmail.com or write to me at 315 Warwick Dr., Alma, Michigan 48801.

Our goal is simple - To help people return to more pain free functional lives.

Good health. Good life. All the best to you.

Be well.

Dr. Haverbush