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Facts about total knee replacement surgery

Total knee replacement surgery is arguably one of the most successful orthopaedic surgeries of the 21st century. Facts about this procedure.

1. Arthritis in the knee joint is a condition where the smooth surface of the joint becomes rough resulting in grating noise, pain and ultimately deformity
2. Arthritis per se is NOT an indication for knee replacement surgery.
3. There are four stages of arthritis. Stage I to Stage IV as arthritis advances. Most patients in stage I to III may not require surgery. They can be treated by conservative measures.
4. Knee replacement surgery is

NOT a "life saving operation". It is a "quality improving operation" and therefore, a decision for undergoing surgery should be taken in consultation with the patient, family and the surgeon.

5. Before taking a decision on surgery, a patient needs to know about the available conservative measures and it is the responsibility of the doctor to discuss this with the patient
6. A decision to offer surgery should not be based only on the clinical and radiological picture.
7. Resolving symptoms with conservative measures mean that the patient may NOT need surgery immediately
8. If some activities, that give

pleasure, are restricted due to knee pain and the patient is frustrated, surgical option should be discussed with the patient bearing in mind, this is a luxury.

9. If a patient has tried conservative measures for a significant period of time, and if there is still persistent pain and disability, surgery may be the next best option

10. It is necessary that patients undergoing surgery should have realistic expectations. Although artificial knee allows you to do most activities of daily living and some recreational activities, it does not mean that this surgery turns you into a bionic man/woman.



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Backache and Endoscopy

The backache is largely prevalent in modern community and the problem of back pain and sciatica has become more confusing than ever. Only few patients surgical intervention in which pain does not get better with conservative treatment. Conventional surgical options for the treatment of lumbar disc herniation include laminectomy and discectomy. These surgeries essentially require extensive soft tissue dissection and makes spine weak in due course of time. LASER assisted Endoscopic spine surgery is the most minimal invasive surgical option available currently. Endoscopic surgery is done under local anesthesia with 0.5 cm incision and patient can

be discharged same day of the surgery. During endoscopy we make a small incision through which a small camera and special surgical light and LASER are used to view through the tube and disc removal and decompression of the pinched nerve is done. The excellent visualization via the endoscope permits the surgeon to selectively remove a portion of the herniated nucleus pulposus that is contributing to the patients' leg and back pain.

Can be done under local anesthesia and sedation.

One day hospital stay.

No risk of General anesthesia i.e safe in patients with medical problems like heart disease,

diabetes and with advancing age.

Predictable relief of back and leg pain.

- * No Blood loss.
- * No risk of infection.
- * Less need of antibiotics.
- * Tissue sparing, less post-operative scar tissue formation
- * Quicker healing with less rehabilitation and rapid return to activities
- * Safe approach without damage to nerve root, ganglion or dura.

The endoscopic technique is a promising solution for many patients that allow them to preserve mobility and return to their routines. Patients with back problems can thus benefit from endoscopic spine surgery.