

COMPUTER ASSISTED KNEE REPLACEMENT SURGERY

Advancement in knee replacement surgery can help you regain healthy knees and lead an active lifestyle again.

The elderly, whose knees are severely damaged by arthritis, often face frustration when performing simple activities such as walking or climbing the stairs. There are many types of arthritis -one of which is Osteoarthritis, also known as "wear and tear" arthritis, a common problem for many people after they have reached middle age.

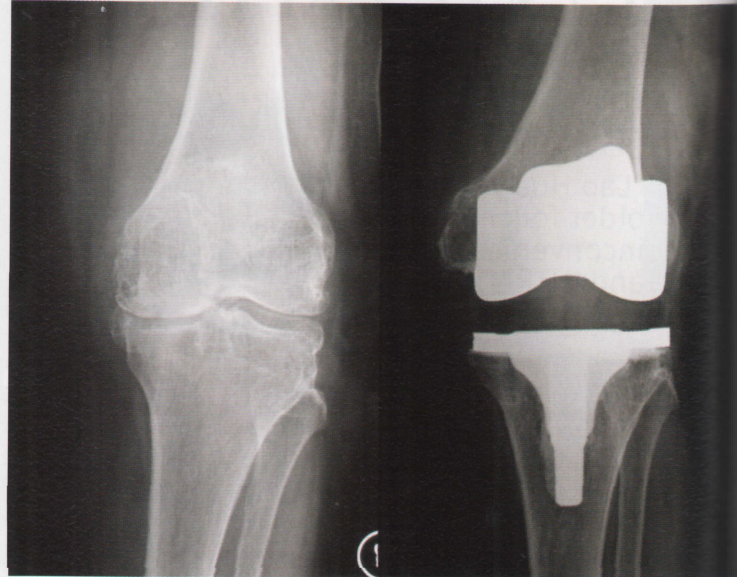
The extent of joint deterioration, including narrowing of joint space, thinning or erosion of bone, excess fluid in the joint, and bone spurs or other abnormalities can help doctors distinguish the various forms of arthritis.

YOU SHOULD CONSULT AN ORTHOPAEDIC SURGEON FOR A THOROUGH EVALUATION WHEN YOU EXPERIENCE:

- Severe knee pain that limits your everyday activities, including walking, climbing stairs, and getting in and out of chairs.
- Moderate or severe knee pain while resting
- Chronic knee inflammation and swelling that does not improve with rest or medications
- Knee deformity: a bowing in or out of your legs
- Knee stiffness: inability to bend or straighten your knee
- Failure to obtain pain relief from nonsteroidal anti-inflammatory drugs. These medications, including aspirin and ibuprofen, often are most effective in the early stages of arthritis. Their effectiveness in controlling knee pain varies greatly from person to person. These drugs may become less effective for patients with severe arthritis.
- Inability to tolerate or developing complications from pain medications
- Failure to substantially improve with other treatments such as cortisone injections, physical therapy, or other surgeries

If early treatments do not stop the pain or if they lose their effectiveness, surgery may be considered. The decision to treat surgically depends upon the age and activity level of the patient, the condition of the affected joint, and the extent to which osteoarthritis has progressed.

Computer assisted Knee Replacement Surgery is an advanced technique that employs the use of computer software in determining the alignment of the knee during surgery. The software calculates the optimum amount of bone for resection and guides the surgeon through optical inputs from markers set in the bone, resulting in accurate bone and joint alignment as well as soft tissue balance.



Computer navigation sets out to achieve close to 100% the desired alignment and this has been shown to increase the longevity of the implants, reduced rehabilitation time, reduced blood loss and pain and over-all better results of the surgery.

ADVANTAGES OF COMPUTER GUIDED KNEE REPLACEMENT SURGERY ALSO INCLUDE:

- Longer life expectancy of implant
- Reduced surgery time
- Reduced blood loss
- Less anaesthesia used
- Lower chance for infection
- Hospitalisation may be reduced to one to three days
- The need for an extended stay for inpatient rehabilitation may be reduced or eliminated

DR FRANCIS WONG

Orthopaedic Surgeon

MBBS (S'pore), FRCS (Edin), FRCS (Glas), FAMS (Orth)

ORTHOPAEDICS INTERNATIONAL

3 Mount Elizabeth #05-08

Mount Elizabeth Medical Centre

Tel: 6737 6386

www.ortho-intl.com