



MOR | MIDWEST
ORTHOPAEDICS
AT RUSH

SAME-DAY, RAPID-RECOVERY KNEE REPLACEMENT

A guide to knee replacement surgery in an outpatient setting



Treatable knee pain? Or time for a knee replacement?

Knee pain affects people of all ages, from all walks of life. Participating in sports (such as those involving running, jumping, or pivoting), lacking strength or flexibility in the surrounding muscles, or carrying excess weight can all result in knee pain and increase the risk of knee problems in the future.

Most knee pain is mild and can be alleviated through non-operative treatments such as bracing or activity modifications. However, gradual wear and tear is a normal part of aging, and the deterioration of cartilage — arthritis — in the knee is exceedingly common. Arthritis can also result from trauma to the knee, such as a fracture, damage from a car accident, or a torn ACL or meniscus, which can change the joint's natural alignment. This is referred to as post-traumatic arthritis. Whatever the cause, if arthritis worsens, knee replacement surgery becomes an option for easing pain and restoring function.

WHEN SHOULD SOMEONE CONSIDER A KNEE REPLACEMENT?

Non-operative treatments such as medications, physical therapy, and biologic interventions like injections can relieve pain caused by arthritis and help patients maintain function. However, most patients will eventually develop pain that is severe enough that it interferes with quality of life, at which point knee replacement may be appropriate. Thankfully, choosing to have a knee replacement is by no means the end of an active and fulfilling life. In fact, it's quite the opposite. **Today's knee replacements are safer, more successful, and less disruptive to patients' lives than ever before.** The most experienced orthopedic surgeons perform thousands of these procedures each year, helping people get back to the activities they love — often with little or no pain.

This guide provides an overview of a standard knee replacement procedure and introduces a revolutionary new development that's made replacement surgery faster, less painful, and more successful.





Why is outpatient knee replacement the best option for me?

If you've reached the point where you're considering a knee replacement, it's likely that arthritis and knee pain are preventing you from living your most active life. And chances are, whether your pain is affecting your performance at work or keeping you from enjoying the leisure pursuits you love, you want to get back to feeling your best as soon as possible.

At Midwest Orthopaedics at Rush (MOR), we've performed thousands of knee replacement procedures and compiled 50 years of patient data. For patients in good medical health whose surgeons recommend replacement, **we can confidently say that knee replacement in an outpatient setting delivers the fastest recovery and the best patient experience and satisfaction available today.**

The benefits of outpatient knee replacement include:

FASTER RECOVERY TIME

Patients who choose outpatient knee replacement typically recover more quickly than they would after inpatient surgery. It's not uncommon for patients to resume most activities in as little as six to eight weeks.

LESS TIME IN THE HOSPITAL

From start to finish, outpatient knee replacement patients spend an average of four to five hours total in the surgical center before returning home. Compare that with standard inpatient knee replacement patients, who often spend three to five days in the hospital. This additional inpatient time not only slows recovery, it can also have significant financial implications.

FEWER COMPLICATIONS

When a patient is sedentary with limited blood flow to the knee after surgery, they increase their risk of experiencing complications. Our patient data shows that outpatient surgery, because of the early ambulation for which it allows, correlates to a reduction in major complications. This includes fewer short-term complications such as infections and stiffness, and fewer longer-term complications like read-missions and repeat surgeries.

While most patients are candidates for an outpatient knee replacement, other factors relative to your medical condition may impact the decision of whether to have your surgery as an inpatient or outpatient. Speak with an experienced knee specialist to find out if you are a candidate for an outpatient procedure.



Why choose MOR for outpatient knee replacement?

MOR physicians were the first to perform total knee procedures as an outpatient, and our extensive research on the procedure has been studied by orthopedic experts around the world. Experience and repetition are key to ensuring successful outcomes, and our surgeons each perform thousands of knee replacements per year, more than half of which are outpatient.

Success in outpatient surgery also requires effective collaboration between physicians, nurses, physical therapists, anesthesiologists, and many other contributors — all working together to support and empower the patient. At MOR, every member of your outpatient knee replacement team knows exactly what their role is, helping us optimize the three most important aspects of care:

1. EDUCATION & PATIENT PREPAREDNESS

Patients who are well-informed, empowered, and active participants in their knee replacement journey have better outcomes. When you choose MOR, we begin with education, helping you understand the specifics of your procedure. We'll discuss expectations and what you can do to ensure success. From there, our comprehensive team will help you set up your household for accessibility and comfort after surgery.

2. SURGICAL TECHNIQUES

The joint replacement specialists at MOR are pioneers in advanced techniques, and our extensive experience with this procedure has led to the development of modified instruments and regional anesthesia applications that are optimized for outpatient surgery. MOR physicians are innovators in prosthetics technology as well, contributing to the development of next-generation implants that last significantly longer and perform better.

3. PRE- & POSTOPERATIVE TREATMENT

Physical therapy is crucial to a full and rapid recovery from knee replacement. Our skilled therapists work with you prior to surgery, then immediately post-surgery at your bedside, and later in your home. Should you ever need assistance, a physician or PA is available 24/7 by phone. Postoperative care also includes a comprehensive pain protocol, which comprises small doses of several medications. Rather than trial and error, we use our deep expertise in outpatient surgery to customize a protocol that controls your pain while minimizing side effects.

What exactly is a knee replacement?

Knee replacement, or arthroplasty, involves resurfacing the ends of the knee where cartilage has worn down. The surgeon removes the damaged ends of the femur (thighbone) and tibia (shinbone) and replaces them with prosthetic implants made of advanced metal and plastic, allowing the joint to move freely without friction. A replacement that involves replacing one of the knee's compartments is called a unicompartmental, or partial, knee replacement. A replacement that requires replacing all three compartments is known as a total knee replacement.

When performed correctly on patients in good medical health, both partial and total replacements have high rates of success. Differences in surgical techniques and treatments surrounding surgery, however, as well as where a patient chooses to have their surgery, can dramatically affect overall experience and recovery time.

Knee replacement surgery options

Inpatient knee replacement: **Good**

Until recently, most knee replacements were performed using standard surgical techniques in an inpatient setting, such as a hospital. After administering general anesthesia, the surgeon would make a large incision over the knee, through which they would position the replacement parts. After three to four days, the patient would be discharged and return home. They would likely require a cane or walker, as well as opioids for pain management, for the first few weeks after surgery. Success rates were high, but recovery and return to activities could take anywhere from three to six months.

Outpatient knee replacement: **Best**

Patients in good medical health can opt to have a knee replacement in an outpatient setting, such as an ambulatory surgical center or a hospital that discharges them the day of surgery. Also called “same-day” or “rapid-recovery” knee replacement, this innovative offering combines the best in surgical techniques, advancements in patient recovery, and pre- and postoperative care to deliver successful surgical outcomes and the fastest return to an active lifestyle.

Various team members including nurses and physical therapists collaborate with the surgeon to educate the patient before surgery. After the patient is administered regional anesthesia, the surgeon positions the prosthetic implants through a smaller incision, using instruments specially designed to facilitate outpatient surgery. These techniques help to reduce pain and stiffness, while accelerating recovery.

One of the biggest differences between inpatient and outpatient arthroplasty is the patient's experience immediately after surgery. This period is crucial for kickstarting recovery, and by choosing outpatient, the patient is empowered to begin moving earlier, increasing blood flow to the knee sooner, and returning home sooner as a result. Rather than staying in the hospital, the patient can sleep in their own bed, eat their own food, and recuperate with family — all with minimal pain.

	INPATIENT KNEE REPLACEMENT	OUTPATIENT KNEE REPLACEMENT
Type of anesthesia	General	Regional
Time in hospital/surgery center	3-5 nights	4-5 hours
Type of pain medication	Narcotic	Minimal narcotic + non-narcotic
Typical recovery time	3-6 months	6-8 weeks*

*Typical recovery time for adherent patients in good medical health

TO BE YOUR BEST, SEE THE BEST.

Ready to talk to an expert about outpatient knee replacement?

If you've been told you need a knee replacement, or if non-operative treatments have been unsuccessful in relieving your knee pain, schedule a consultation with a specialist at MOR today. Visit RushOrtho.com/Schedule-An-Appointment



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