



CLINIQUE
CHIRURGICALE
DE LAVAL

KNEE

Practical guide:
Knee



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The knee joint includes three bones: the femur, the tibia and the fibula, as well as cartilage (protective tissue which hides the surface of the bone). The patella, bone of triangular shape, which is on the surface of the knee, is also a part of this joint. Attached ligaments and muscles stabilize the ankle.



The surgery is performed either by arthroscopy or by an opening, or a combination of both.

Here is a brief description of knee surgeries. Do not hesitate to ask questions if you need additional information. This will ensure you have all the needed instructions. It's important to be well prepared.

It is important to stop taking any anti-inflammatory medication or aspirin 7 days before the surgery.

Arthroscopy

Arthroscopy permits the surgeon to view the inside of the knee by means of a small camera called an arthroscope. The surgeon can thus examine the structure of the knee, come up with an exact diagnosis and proceed with surgery using mini-instruments. Two or three small incisions (approx. one centimetre in length) will be made to insert the arthroscope and the instruments.

Drilling

Perforation of the cartilage to facilitate the formation of replacement tissue in order to fight against the wearing out of the subchondral bone.

Cartilage Graft

This surgery transplants healthy cartilage to an impaired joint.

Arthrosis Debridement

Degenerative osteoarthritis is the premature wearing out of the bone that creates irregularities. The surgery frees the surface of these irregularities through arthroscopy.

Repair of Osteochondritis Dissecans

Osteochondritis is a pathological process that tends to separate a small part of the cartilage and the underlying bone with the rest of the bone. This surgery allows for a better cartilaginous surface, either by fixation, excision or graft.

Removal and Excision of Articular Mouse

Removal of the joint mouse (a movable fragment of cartilage or other body) within a joint.



Practical guide: Knee

Meniscus Repair / Partial Meniscectomy

Surgical procedure to repair the torn edges of the meniscus or to remove a portion of a damaged meniscus in the knee.

Reconstruction of the Anterior and Posterior Cruciate Ligament

The cruciate ligaments stabilize the knee. This surgical procedure consists in replacing the injured or damaged ligament. To do this, the surgeon will first perform an arthroscopy and then make an opening on the side or the front of the knee to take part of a tendon that will serve to replace the ligament.

Kneecap Stabilization

This surgery is performed to prevent the recurrent dislocation or the subluxation of the patella.

Fracture Osteosynthesis

Repair of a fracture with plate and screws.

Post-surgical Instructions for the Knee

To help with your recovery from a knee surgery, the following exercises are recommended in order to avoid complications such as ankylosis and thrombophlebitis (clots in the venous network). These exercises will also help decrease swelling. Begin your exercises the day after the surgery.

- Flexion / extension of toes, ankle and knee.
- Rotation of ankle.
- Crush your knee into the mattress to force the quadriceps (front muscle of the thigh). Hold 10 seconds and do 10 times per hour. You can put a rolled towel under the knee to crush it.
- Apply ice for 15 minutes every two hours the first days, with the leg elevated.
- To decrease the swelling, keep your leg elevated (on a stool or chair).

To move around, use your crutches but avoid putting weight on your operated leg. When travelling by car, sit in the back and stretch your leg out on the seat.

*Your crutches will be adjusted the morning of your surgery.

*If you use a cane it must be held in the hand opposite your operated leg.

Please wait for the next visit to your surgeon or for your first appointment in physiotherapy before doing any other exercises. You will then be given further instructions on doing specific exercises depending on the type of surgery performed.

Getting sufficient rest and respecting your limitations also help in the recovery. Take care of yourself and do not hesitate to ask for help. Remember, your recovery period is only temporary.