

# OBESITY IS NO LONGER A DETERRENT FOR TOTAL KNEE REPLACEMENT SURGERY

In India, over 15 million people suffer from Osteoarthritis and Knee Osteoarthritis is the most commonly found form of osteoarthritis amongst senior patients. Knee Osteoarthritis impacts lifestyle with its excruciating joint pains that renders patients immobile, making it a hard challenge to carry on with basic duties. Total Knee Replacement (TKR) surgery is required to alleviate pain and regain mobility for patients with severe knee osteoarthritis. For a TKR procedure, multiple factors like age, physical health, weight and presence of existing diseases like blood pressure and diabetes are considered for a successful outcome.

Total Knee Replacement Surgery is often considered a complex procedure for obese patients as it carries higher post-surgical risk factors like infections & slower healing of wound, blood clots and the inability of achieving optimal alignment and stability of the knee implant. Obese patients may also require a longer hospital stay for observation and an extended rehabilitation period to achieve complete mobility.

"Obesity poses a major challenge during a Total Knee Replacement surgery and patients with BMI higher than 40 are usually not considered as ideal candidates for this procedure as they can suffer from serious complications during and post-surgery. In spite of this, we have successfully performed TKR on more than 25 patients weighing 120 kg and more than 100 patients weighing 100 kg with advanced technology, skill, and experience of more than 20 years of experience" informs Dr.

Sujoy Bhattacharjee, HOD & Director, Robotic Joint Replacement, Sarvodaya Hospital, Sec 8, Faridabad.

## Robotic assisted Surgery

Robotic Assisted (RAS) Surgery is an advanced technique that combines the science of Robotics, 3D imaging and Precision tools along with the surgeon's experience & expertise to assist him with an in-depth view of the diseased bone structure for higher accuracy in knee replacement during the surgery.

With the help of high resolution 3D imaging, RAS allows for pre-operative planning and the assistance of real-time feedback helps surgeons to make intra-operative decisions for optimal post-surgery outcome. With customized surgical plan that is based on the patient's anatomy, RAS aids surgeons in precise implant placement and alignment and the use of RAS results in better joint function, lesser blood loss, lesser damage to soft tissues, improved implant longevity and considerably reduced long-term complications.

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# Treatment Zaroori Hai

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## Painless solutions for painful problems

Osteoarthritis affects one's knees and hips the most; and of late, this is becoming a matter of concern. However, advanced treatments are making lives of the patients peaceful

a muscle-sparing technique that aims to minimize trauma to the quadriceps muscle group and has post-surgery benefits like reduced postoperative pain, faster recovery and improved functional outcomes.

In India, over 500 surgeons are trained in using Robotic systems to perform Robotic Assisted Surgery. Though the outcome of the TKR surgery depends on the experience and expertise of the surgeon, RAS provides a slight edge over traditional surgery with 3D imaging, real time feedback and precision tools that aid patients for faster recovery and comparatively reduced probability of long-term complications.

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"Total Knee Replacement (TKR) surgery is the only available treatment option for severe osteoarthritis and TKR has a success rate of over 95% in India" informed Dr. Sujoy Bhattacharjee, HOD & Director, Robotic Joint Replacement, Sarvodaya Hospital, Sec 8, Faridabad.

## Advantages of CR Robotic Total Knee Replacement to Patients

Robotic Assisted Surgery has revolutionized the field of medical science, offering numerous advantages to patients seeking surgical interventions. This innovative approach combines the expertise of skilled surgeons with the precision and efficiency of robotic technology, resulting in improved patient outcomes and enhanced surgical experiences. The advantages of Robotic Assisted Surgery are manifold, includes:

- Smaller incisions, reduced blood loss, minimal scarring
- Decreased post-operative pain
- Ligament & Bone Preservation with Cruciate Retaining Implant
- No Muscle Cut with Subvastus Approach

- No Frequent Hospital Visits with Stitchless/Stapleless Surgery
- Faster Recovery with No Tourniquet Surgery
- Early Mobilization and Minimal Rehabilitation
- Reduced Hospital Stay

## The Subvastus approach: A benchmark case study

A 61-year-old obese patient with severe Knee Osteoarthritis having a BMI of 44 required urgent Total Knee Arthroplasty to regain mobility and to receive relief from the agonising joint pain. His obesity was the biggest deterrent for a TKR procedure and nearly all surgeons that he had visited refused to operate on him, understanding the associated risks during and post-surgery.

"We successfully performed the TKR procedure and used the Subvastus approach, which is generally not used for overweight patients. We also opted to not use external sutures or staples. Contrary to popular belief, our results demonstrated that the Subvastus approach can be effectively utilised in morbidly obese patients without harming any tissues or ligaments" added Dr. Bhattacharjee

The subvastus approach is one of the surgical techniques used in total knee replacement (TKR) surgery. In this approach, the incision is made below the vastus medialis obliquus muscle, which is a part of the quadriceps muscle group in the thigh.

The subvastus approach is considered a muscle-sparing technique that aims to minimize trauma to the quadriceps muscle group and has post-surgery benefits like reduced postoperative pain, faster recovery and improved functional outcomes.

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