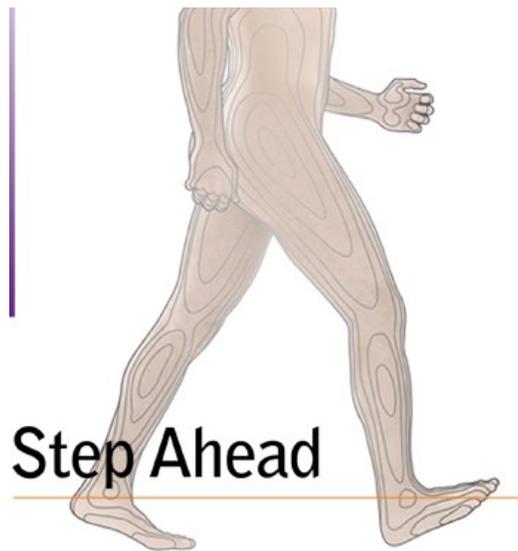


TRUFIT BONE PLUG: ARTICULAR CARTLIDGE REPAIR

Patient Information & Exercise Folder

Mr D Raj FRCS (Tr & Orth)
Consultant Lower Limb Orthopaedic Surgeon



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Truefit Bone Plug to the knee

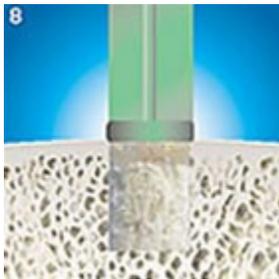
Aim of Surgery

To replace the Articular Cartilage (Shiny white gristle) that has been lost from the end of the bone.

This is only suitable for small holes in the Articular Cartilage.

Specially coated plugs are placed into drill holes in the bone where the Articular Cartilage has been lost.

The special coating stimulates the Stem Cells from inside the bone to form new Articular Cartilage.



Pre-Operative Assessment of fitness for surgery

This is not normally required unless there are specific problems with your general health.

Contraceptive Pill (OCP)

It is up to you.

If you wish to stop this for 6 weeks before your surgery and use a different form of contraception that is acceptable.

If you do not wish to stop using the OCP then please tell us when you come in for your surgery and we will give you an injection while you are asleep to help prevent you getting a blood clot in your leg.

Scratches / Cuts

If you have any scratches, cuts or the like on your leg when you are admitted for surgery then your operation may be postponed if Mr Raj believes that these will pose a risk to you getting an infection at the time of your surgery.

Stay in Hospital

Mr Raj will come and see you when you arrive.

He will get you to sign a form (Consent Form) agreeing to the operation and explain the risks of the surgery.

Normally your surgery will be done as a day case, being admitted and discharged on the same day.

You will require:

- To be brought to hospital by car.
- To be taken home by car.
- Someone to be in the house on the night of the operation.
- A telephone at home.

Walking

You will be given a pair of crutches after the operation.

The amount of weight you can put through the leg is:

None for	2 weeks
Part for	2 weeks
All after	4 weeks

Physiotherapy

The physiotherapists will teach you exercises to do before you go home. These are aimed at:

Keeping the knee moving through a full range of movement.

Keeping the ability to get your knee straight.

Stitches

Mr Raj usually clips to close the holes in the skin. They are usually removed after 2 weeks when you come to see Mr Raj in the out patients department.

Follow-Up

Mr Raj will normally see you at 2 weeks following the operation to explain what he has done and what he expects in the future.

Driving

You are able to drive after 4 weeks.

Work

This depends upon your job and should be discussed with Mr Raj.

Mr Raj will provide a sick note if required.

Kneeling

This can be done as soon as you feel comfortable.

Flying

You are not allowed to fly for 6 weeks following surgery, due to the risk of blood clots in your legs.

Sport

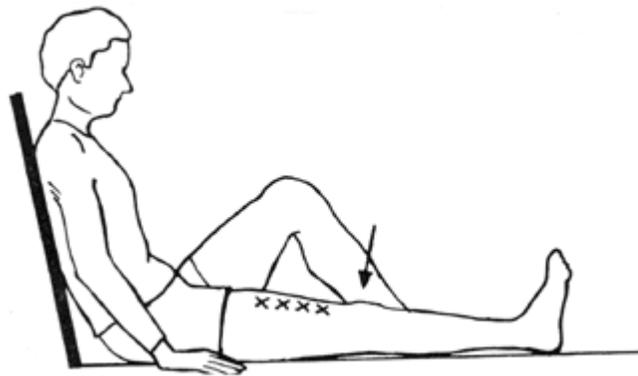
Sport is best avoided for at least 3 months after your operation.

Exercises

Start the exercises as soon as possible, to maintain the strength of the knee muscles. The strength of the quadriceps (main thigh muscle) is vital to knee stability and the prevention of further injury. Do the exercises 10 times each day, every hour until your clinic appointment at 10 - 14 days. **First few days might be difficult and painful.**

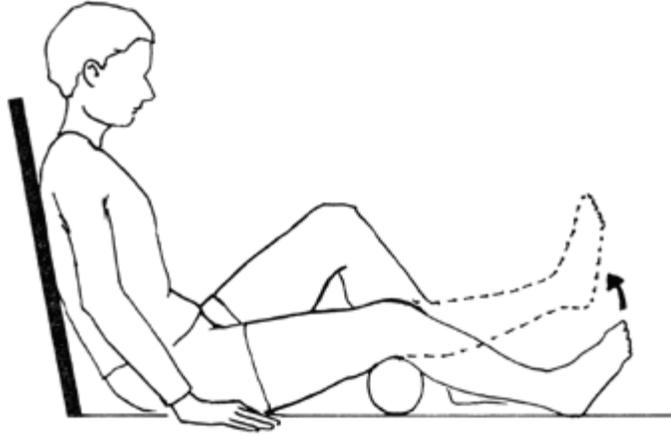
Exercise 1 Tensing the thigh muscles

Sit with your leg straight out in front of you. Tighten the muscles at the front of the thigh, pushing the knee down. Hold the contraction for 3 seconds.



Exercise 2 Heel lifts

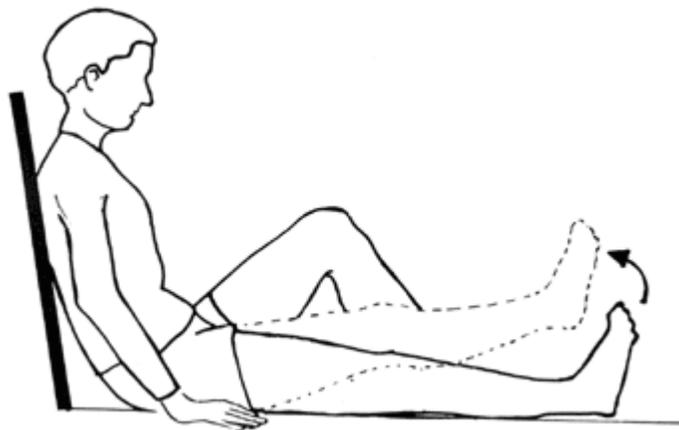
Sit or lie with a rolled-up towel under the knee. Keep the knee down on the towel and raise the heel. Straighten the knee completely and hold for 3 seconds.



Exercise 3 Straight leg raise

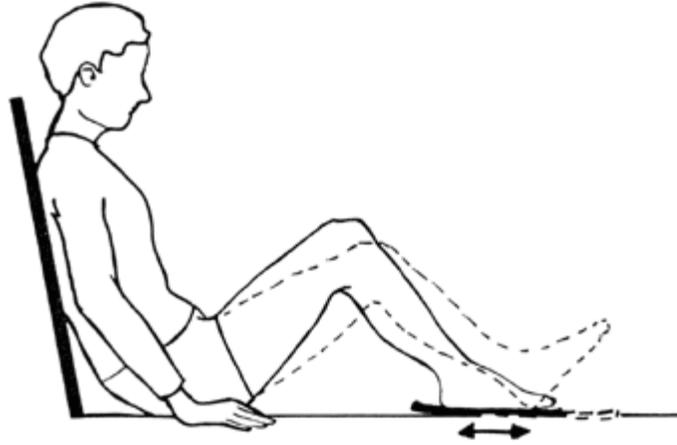
Lie or sit back against a support. Tighten the thigh muscles, straighten the knee and lift the whole leg up 6 inches from the bed or floor. Hold for 3 seconds.

Within 48 hours you can start to gently bend your knee. **Do not** force the bend, as this may make the knee swell. Your knee will bend naturally with time.



Exercise 4 Knee bends

Sit or lie with legs out straight. Bend your knee and hip by sliding your heel towards your bottom. Do not hold this exercise. When you have 90 degrees of knee bend, go on to Exercise 5.



Exercise 5

Sit on a chair. Straighten your knee from a bent position. Hold out straight for 3 seconds.

