

Publication: Times of India Mumbai; Date: Feb 3, 2010; Section: Times City; Page: 10;

Woman back home in 14 hrs after knee op

Pratibha Masand | TNN

Mumbai: For six years, Chembur resident Divyani Kapadia bore the pain in her right knee before meeting a doctor. Once the 56-year-old did that, not only did her pain vanish after a computer-assisted joint replacement surgery, but she was back home within 14 hours.

"A month ago, I consulted doctors at Hiranandani Hospital in Powai," says Kapadia. "My surgery was done last Friday in the evening. By Saturday morning, I was walking on my own and so discharged from hospital," she says, adding that she has been doing physiotherapy at home.

While recent advances have steadily decreased the number of days that a patient has to stay in hospital, Kapa-

dia's example is a new record of sorts. "Earlier, with huge cuts in the knee, patients used to be kept in the hospital with a plaster for three weeks after a joint replacement. Now, with minimally invasive techniques, less tissues are cut to fix a joint, which enables faster

SURGERY GETS THE COMPUTER EDGE

healing," says Dr Sanjeev Jain, joint replacement surgeon, who operated on Kapadia.

In a computer-assisted surgery, the surgery is literally assisted by a software using infra-red rays. "While the surgeon performs the operation, the computer takes exact measurements and gives suggestions as to what the surgeon should do and in which

direction. It is thus possible to fit a knee with less than a 10-cm cut," says Dr Jain.

But Dr Jain adds that the credit for the 'discharge within 14 hours' goes to the patient. "It varies from patient to patient. Many patients are scared that going home so early after the surgery might be harmful. But practically, once the patient is able to move on his/her own, there is no reason to stay in hospital," he adds.

But Dr Pradeep Bhosale, head of the orthopaedic department in KEM Hospital, says a patient should stay in hospital for four days after a knee surgery. "All surgeries carry some risks. Even if the person starts walking the next day, he cannot be allowed to go home. Care has to be taken to ensure that he/she is capable of independent mobility."