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Patients Heal Faster and Feel Less Pain with New “Custom Fit” Total Knee Replacement Procedure

Richardson Regional Medical Center Surgeon One of First in DFW Area to Perform Groundbreaking Technique

RICHARDSON – An orthopaedic surgeon at Richardson Regional Medical Center has started performing a remarkable knee replacement procedure that cuts surgery time in half and helps patients recover much faster. Patients also experience less pain and swelling after surgery and throughout their recovery. Sacheen Mehta, M.D., performs the procedure using groundbreaking technology called OtisKnee, allowing him to create custom-fit knee implants and restore the damaged knee to its pre-arthritis state.

“Based on the results so far, this is the biggest advancement in joint replacement I’ve seen in years,” said Dr. Mehta. “Surgery time has gone from 90 minutes to just 45 minutes – that means less time under anesthesia for the patient. And even more remarkable is that the patients are recovering twice as fast as before. This means shorter length of stays at the hospital and less physical therapy. Patients are getting back on their feet and back to their normal routines sooner than those who have had the traditional surgery.”

In traditional knee replacement, the surgeon uses a “one-size fits all” approach, meaning that the overall fit and placement of the implant is similar for each patient. Any individualization that is done occurs during surgery, based on the anatomy that is visible to the surgeon. This can cause a new knee to feel unnatural. It’s also more painful and takes longer to recover.

With this new customized technique, an MRI is performed to take very precise measurements of the patient’s arthritic knee prior to surgery. Then computer software creates a 3-D image of that knee. Using all of this information, special cutting guides are created for the surgeon to use during the procedure.

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“These cutting guides show me exactly where to make bone cuts so that the knee replacement is customized for the individual patient,” said Dr. Mehta.

Garland resident Patsy Dillon, one of Dr. Mehta’s first patients, was able to walk 200 feet the day after surgery. Previously, a patient could only walk one or two steps the next day.

“I was a little apprehensive about getting my knee replaced because I had heard stories about how painful surgery can be,” said Dillon. “But the procedure that Dr. Mehta uses is absolutely amazing. After surgery, there wasn’t much pain at all, and he even let me go home early because of my fast recovery.”

Prior to the surgery, Dillon had suffered a lot of pain from osteoarthritis. A knee injury from a car accident many years ago made her condition even worse. Now she’s finally able to do everyday activities again like walk her dog and climb stairs – without the pain.

“I feel great,” Dillon said. “It’s nothing compared to what I thought it would be.”

According to the American Academy of Orthopaedic Surgeons, about 300,000 knee replacements are performed each year in the United States. Doctors across the country have started using OtisKnee, but Dr. Mehta is one of only two doctors in the Dallas metro area that is using it so far.

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