

# Grupo CHRISTUS MUGUERZA®

*Information about:*

**Total Knee Replacement**

**For International Patients**

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*\*\*\*This document provides general information about the procedure of interest; details may change depending on each individual patient's case. This document is purely informational with no definitive indications or clinical recommendations for an individual patient.*

# Anterior Cruciate Ligament

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The anterior cruciate ligament (or ACL) is one of the four major ligaments of the knee.

The ACL is often torn during sudden dislocation, torsion, or hyperextension of the knee. It is a very common injury in football, hockey, skiing, skating and basketball, due to the enormous amount of pressure, weight and number of blows the knee must withstand. Surgery for anterior cruciate ligament (ACL) injuries involves reconstructing or repairing the ACL.

## Surgical Indications

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- Patients with knee instability, pain, swelling or giving way.
- Damage of the menisci or articular cartilage of the knee
- Progression of premature degenerative changes in patients with unstable knees.
- Early injury in elite or competitive athletes.

## Suggested studies and indications for case examination

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### Laboratory Results:

None

### Radiological Results:

- ACL abnormalities in Magnetic Resonance Imaging
  - Anterior Posterior and lateral plain radiographs of knee
- These studies no more than 6 months old*

In patients over 40 yr:

- Chest X ray
- EKG

*These studies no more than 2 months old*

### History and Physical Medical Records

- Medical History completed by patient (Medical Questionnaire)
- With actual medication (complete type and dose)

**Which characteristics discard the patient or makes it high risk patient (cases where additional or special care or procedures will be needed):**

**Patient discarded by having:** Risk of joint sepsis from local skin condition, partial or complete ankylosis

**High risk patient by having:** Cardiovascular or respiratory disease

**Instructions before procedure:**

- Do not take any aspirin or products containing non-steroidal anti-inflammatory ingredients at least 2 weeks before surgery
- Avoid eating or drinking for at least 8 hours before surgery

## Sample Schedule

**Length of Procedure:** 1.5 hours, 1 night at hospital

Day 1	AM	Departure
	12PM	Arrival to Monterrey
	4PM	Consultation with orthopedic surgeon at his office
	6PM	Pre op studies at Christus Muguerza
	7PM	Studies are left at orthopedic surgeon's office; confirmation of procedure by phone or in person; hotel stay
Day 2	9AM	Procedure takes place
		Hospital stay
Day 3	AM/PM	Discharge; hotel stay
Day 4	AM/PM	Hotel stay
Day 5	AM/PM	Hotel stay
Day 6	AM/PM	Hotel stay
Day 7	9AM	Consultation with orthopedic surgeon
	12PM	Patient may depart if cleared by the doctor

**Discharge Instructions**

- Immobilize the knee in full extension for 7-10 days and allow weight-bearing with crutches.
- Patients may stop crutches when comfortable
- Supervised physical therapy often is started by the second to third day after surgery.
- Continuous passive motion device it's applied to the injured leg post-operatively (most use this device while sleeping for the first two weeks.
- Following an initial 6-10 week period of supervised physical therapy.
- Typically, it takes the reconstructed ligament approximately 6 months to heal.

**Follow-up Protocol from Remote Provider:**

- The patient will be able to call the remote provider to answer any questions.
- Make sure the local orthopedic surgeon writes a confirmation email to the remote provider about the patient's progress.

## How do I get started?

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1. Choose package and preferred travel date(s). Please contact us if you need any additional information.
2. Fill out the **Medical Questionnaire** and the **Contact Information** form
3. You can send them to us by:
  - Email [internationalpatients@christusmuguerza.com.mx](mailto:internationalpatients@christusmuguerza.com.mx)
  - Fax: +52 81 8399 3484 to Medical Travel Department
  - Mail to the following address:

**CHRISTUS MUGUERZA® MEDICAL TRAVEL**  
*Carretera Nacional 6501, col. La Estanzuela*  
*Monterrey, NL, México CP. 64988*
4. Please let us know:
  - a) if you have any prior medical tests or studies
  - b) the date(s) you would prefer to have your procedure done
5. One of our CSRs (Customer Service Representatives) will inform you about travel arrangements and visas, and answer any additional doubts you may have.
6. Make payment and confirm
7. Your assigned CSR will schedule appointments and coordinate with you to make all travel arrangements

## Contact Information

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