



**Your Knee Replacement
Journey with**

**Dr. Muthana Sartawi
Consultant Orthopaedic Surgeon**



Rapid Recovery Joints Replacement Center



At Adam Vital Hospital, our Orthopaedics department provides exceptional medical expertise and multiple joint replacement techniques. We offer same-day total knee and hip replacement surgeries to patients of all ages if they meet all the necessary health criteria.

Adam Vital Hospital is privileged to be one of the orthopaedic pioneers in the Middle East to provide exclusive techniques in the field of Joint Replacement where the patient is discharged on the same day of surgery, all performed by Dr. Muthana Sartawi.



Dr. Sartawi is a former orthopaedic surgeon fellowship trained in total joint replacement at the internationally renowned Rush University Medical Center in Chicago Illinois. Medical licenses include unrestricted state medical licenses in New York, California, Illinois, and Texas. Faculty in the Department of Surgery at the University of Illinois on Champaign-Urbana, former Director of the OSF Joint Care Center of Excellence, and former Chairman of the Department of Orthopaedics at Christie Clinic in Urbana, Illinois.

Dr. Sartawi has developed an innovative knee joint replacement technique where the muscles and tendons surrounding the knee are spared while inserting a knee replacement implant.

This technique was granted a patent from the United States Patent and Trademark Office and received regional recognitions from the Dubai Health Authority, Kuwait Ministry of Health, and the Amir of Kuwait. Additionally, he developed a treatment programme for before and after surgery that ensures minimal pain and a rapid recovery. Patients can walk independently and be discharged same day, just hours after surgery.



Before the Surgery

1- Communicating with the medical team of Dr. Muthanna Sartawi

Dr. Sartawi's medical team communicates with the patient to collect all medical details, monitor the patient's history, and discuss the condition and procedures in detail before and after the surgery.

Arrival at the hospital for pre-surgery examinations

2- Pre-surgery consultations and examinations include the following:

- **Meeting with an internal medicine consultant:** to discuss the patient's health condition and conduct necessary laboratory tests or analyzes according to the case
- **Meeting with a nutritionist:** to give medical advice related to the patient's diet before and after the surgery
- **Meeting with a physiotherapist:** to conduct clinical examinations before the surgery to obtain an accurate assessment of the patient's condition and plan an intensive rehabilitation procedure that lasts for at least two consecutive weeks post-surgery.
- **Electrocardiogram (ECG):** to detect heart problems and monitor heart health.
- **Laboratory:** to take blood samples for comprehensive analyzes of the patient's health condition.
- **Radiology:** to perform radiographs, which is a medical imaging system used to produce frontal and side radiographs with 3D imaging.
- **Consultation with the orthopaedic specialist who follows up on Dr. Sartawi's cases:** to give instructions and accurate details about the surgery, medications, and treatment protocol, and take all measurements for a detailed order of all the medical equipment and supplies that the patient requires during the rehabilitation stage, which begins after the surgery.
- **Meeting with the anaesthesia consultant:** to ensure the patient's health condition and readiness for the operation.
- **Corona swab test:** It must be done at least two days before the surgery.

The above mentioned are organized by a dedicated team of Dr. Sartawi so that all reservations are made properly along with an assigned person to assist the patient step by step during the examination procedures.



Surgery Day

A member of the medical team will prepare the patient for the surgery and answer any queries or questions he/she may ask.

On the same day of the surgery, a remote communication group (such as WhatsApp) is created with the patient, which allows the patient to communicate directly with Dr. Sartawi and the medical team after the surgery around the clock to check on the patient's condition and for emergency inquiries for no less than a month after the surgery.

Unlike traditional surgeries, the innovative technique of knee joint replacement enables the patient to be discharged on the same day of the surgery, and in some special cases up to three days, where the patient is provided with comprehensive care.



After the Surgery

The unique same-day knee replacement is followed by an intensive therapeutic rehabilitation program that helps the patient return to his/her normal life as soon as possible and that includes the following:

Physiotherapy: 12 home physiotherapy sessions will be provided to the patient, starting from the next day of the surgery, and will be given as one session per day.

Nursing: 5 home nursing visits will be provided to follow up on the patient's general health condition, clean the wound and draw a blood sample for examination at the fifth visit.

The pharmacy: A meeting with the pharmacist in charge to provide the patient with the medicine box along with a detailed explanation of the drugs and method of use, and give a response to all patient inquiries.

Post-surgery follow-up appointments:

They will be determined on the sixth day after discharge from the hospital:

- Appointment with Dr. Muthana Sartawi, after conducting new x-rays.
- Appointment with an internal medicine consultant after conducting a series of medical laboratory tests.

Rapid Recovery Knee Replacement Packages:

1- Standard Package (one knee)

- Pre-operative medical evaluation
 - Anaesthesia Consultation
 - Internal Medicine Consultation
 - Cardiology Consultation
 - Dietician Consultation
 - Routine Preoperative Laboratory & Imaging
- Hospital private room – (up to 4 days)
- Routine laboratory investigations
- Medical imaging
- Routine medical consumables & implants
- Dietary program
- Home physiotherapy for 2 weeks (12 sessions in total)
- Home Nursing (6 Visits)
- Two-weeks supply of the medications taken postoperatively
- Walker, shower chair, shower protection tools

2 – Gold Package (one knee)

This package includes all the services featured in the Standard Package, in addition to:

- Hotel stay at one of our partnered hotels (for 15 Days)

3- Platinum Package (one knee)

This package includes all the services featured in the Standard Package, in addition to:

- Hotel stay at one of our partnered hotels (for 15 Days)
- One Business Class or two Economy Class return tickets
- Transportation service from the airport to the hotel



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