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Man is Able to Walk 30 Minutes After Outpatient Knee Replacement Surgery - The First Such Procedure in St. Thomas

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In the left image, Dr. Bacot, left, prepares for the outpatient total knee replacement surgery with other surgeons. In the photo on the right, he is seen holding the box containing surgery implants. By. COG

Approximately one year ago, Comprehensive Orthopaedic Global's [St. Croix Surgical Center](#) performed [the first outpatient total knee replacement](#) in the U.S. Virgin Islands. Now, COG has performed [the same procedure in St. Thomas](#), an achievement being regarded as another milestone for health care in the territory.

Total joint replacements of the knee and hip in an outpatient setting, which allows patients to recover in the comfort of their home or at a peaceful island retreat the same day as their surgery, is a specialized surgical procedure.

Lead surgeon on both procedures and founder of COG, Dr. Brian Bacot, spoke to the Consortium about the successful outcome. "We did the total outpatient knee replacement on Monday, and he was able to walk within 30 minutes of his surgery and was able to go home in 45 minutes," said Dr. Bacot, who told the Consortium that COG is the only medical facility in the territory providing this service.

Dr. Bacot spoke of the joys of witnessing people get excited about being able to freely move again. "This is an amazing evolution in knee replacement and joint replacement. One, we're able to decrease the overall cost for healthcare for the community and the patient, and also we're able to get people functioning back to life and back to work, and the way they want to live and enjoy themselves more effectively and efficiently," he said. "It's also an amazing and phenomenal change over my career."

The surgeon spoke about the process, revealing that it takes two months of preparation before patients undergo surgery. Dr. Bacot also recognized staff members critical to the success of the procedure.

"All the people who were part of the surgery — from the anesthesiologist to the nurses to the people who assist patients in getting integrated back in the home, our integrated physical therapist who teach patients before and after how to do their exercises — all of this is part of a comprehensive program we call In-Motion, a total, comprehensive program for patients that begins even before their surgery," he explained. "We maximize their healthcare by making sure they're maximally fit and healthy, and then we get into the physical therapy so they know what they're going to do."

COG facilities, including the St. Croix Surgical Center, have the latest advancements in surgical technology in a comfortable and compassionate environment. In addition to total joint replacements, the facilities offer spine, orthopedic, general, GYN, endoscopic, ophthalmologic, ENT, facial and oral surgical procedures.