THE TYPICAL PATH OF A MIZZOU BIOJOINT℠ PATIENT

What you can expect:

STEP 1: INITIAL APPOINTMENT
This appointment will allow the doctor to get to know your symptoms, your history, what your daily activities include and your goals for treatment. At this appointment the Mizzou BioJoint℠ team will work with you to determine the best comprehensive treatment plan for you, considering both surgical and non-surgical options that will best alleviate your pain and restore your function and quality of life. Your doctor will explain to you the benefits and risks of any determined course of action and make sure that you are informed about potential outcomes and factors of success. Please bring your insurance card, medication list, and any X-rays or MRI pictures to this appointment if they have not previously been sent.

STEP 2: PRE-OP IMAGING
If the team determines that you may be a candidate for a BioJoint℠ treatment, the next step is to characterize the problem. In many cases, this will involve an arthroscopy of the joint, an MRI or both. The “scope” will be done by your BioJoint℠ Center doctor, and after fully assessing your joint the doctor will be able to determine the best treatment plan for you.

STEP 3: THE WAIT
If your arthroscopy shows you will need a BioJoint℠ graft, the team will begin to look for the graft that is perfectly suited for you. For certain types of grafts, this can turn into a waiting game. This wait can be due to insurance, but most often the wait occurs because the team is waiting for a graft that perfectly suits and fits your joint. This can take anywhere from a few days to months, and if the wait takes longer than a year, another arthroscopy will need to be done as your injuries will change with time. We work very hard to get each patient an ideal graft as soon as possible, and we encourage our patients to keep in touch as questions arise. Typical wait times vary depending on the type of graft needed, so please ask the staff at the center if you have questions. The team will continue to tailor your customized treatment plan during your wait, and our physical therapy team will be available to you to keep you strong before surgery.

STEP 4: SURGERY
Depending on the type of graft you need, you may not get much notice for surgery. We encourage patients to let their jobs and families know to expect this while they’re in the waiting period. Because fresh grafts do best the fresher they are, each day truly does count. Once we get the call that a graft is available for you, we will call you, set up a surgery time ASAP, and help you find a hotel if you are from out of the area. This part of the journey tends to go fast! After surgery, you will be given a follow-up appointment two weeks after your surgery, physical therapy script if applicable, and a general guideline for your post-op care.

STEP 5: POST-OP FOLLOW-UPS
Normal follow-up appointments occur with our doctors at two weeks, six weeks, six months, and one year post-op. There is sometimes a three-month follow-up as well, and you are encouraged to be seen as needed in the months after surgery. At each follow-up you will meet with the team at Mizzou BioJoint℠, have your questions answered, and be given the opportunity to speak with your doctor about any concerns. We encourage yearly follow-ups for all patients after surgery, even if you are not experiencing pain or symptoms.

QUESTIONS: Please contact Mizzou BioJoint at (573) 884-3077 or umhsjoint@health.missouri.edu.