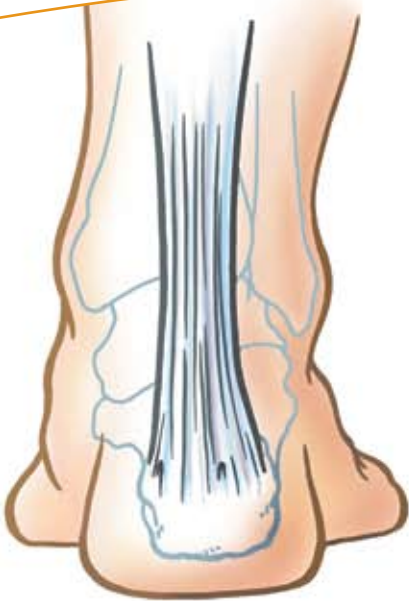


# TOPAZ® MicroDebrider Technique Guide

## For Treatment of Tendons



Brought to you by the inventors of Coblation® technology, TOPAZ is a minimally invasive radiofrequency-based treatment for tendons.

Coblation technology provides a controlled, minimally invasive approach for soft tissue debridement.

**TOPAZ®**

The TOPAZ MicroDebrider enables the debridement of soft tissue present within the tendons of the elbow, knee and ankle. The device utilizes bipolar plasma-mediated technology for creating small shallow impressions. This controlled, single application protocol has offered a minimally invasive alternative for thousands of patients for the treatment of tendons.



**RECOMMENDED DEVICES:** Quantum Coblation System and TOPAZ MicroDebrider



TOPAZ MicroDebrider with Integrated Finger Switch (IFS)

### Materials Needed

- ArthroCare Quantum™ 2 Coblation System, optional Foot Control *or*
- ArthroCare Quantum Coblation System, optional Foot Control *or*
- ArthroCare Atlas® Coblation System with Foot Control and Timer
- TOPAZ MicroDebrider or TOPAZ MicroDebrider with Integrated Finger Switch (IFS)
- Saline or Ringer's lactate solution

### The TOPAZ Advantage

- Quick, simple, minimally invasive procedure
- Device functions at low temperatures
- Precise surgical technique
  - Designed to specifically treat tendons
- Outstanding clinical results
  - Fast rehabilitation
- No complications reported
- Single application protocol

### Patient Selection Guidelines

- Tendons with partial tears may be at an increased risk of rupture.
- Patients with acute trauma, neurogenic disease, ligamentous disruption, bone and joint abnormalities are not considered appropriate candidates for TOPAZ and should not be treated.

### Patient Preparation

- Prepare the patient pre-operatively according to the standard procedure.

### ArthroCare Quantum Coblation System Setup

- Step 1** Connect power cord to Controller and outlet.
- Step 2** Connect Foot Control to Controller if using TOPAZ MicroDebrider non-Integrated Finger Switch format. Foot Control connection is not required when using TOPAZ MicroDebrider in Integrated Finger Switch format.
- Step 3** Connect TOPAZ MicroDebrider to Controller. The Controller will automatically default to a recommended set point of 4.
- Step 4** Connect saline tubing to a bag of saline or Ringer's lactate.

## ArthroCare Atlas Coblation System Setup

- Step 1** Connect power cord to Controller and outlet.
- Step 2** Connect Timer to Controller.
- Step 3** Connect Foot Control to Timer.
- Step 4** Connect TOPAZ MicroDebrider to Controller. The Controller will automatically default to a recommended set point of 4.
- Step 5** Connect saline tubing to a bag of saline or Ringer's lactate.

## TOPAZ Open Procedure

- Step 1** Identify and mark symptomatic area pre-operatively while patient is still alert.
- Step 2** Place patient in appropriate position. Administer local or general anesthesia as appropriate.
- Step 3** Utilize tourniquet and elevate to appropriate level.
- Step 4** Create a small incision, approximately 1 1/4", over the marked area (*Fig. A*). Incise the paratenon where indicated to expose the involved tendon (*Fig. B and C*).
- Step 5** After device is connected to the sterile saline line providing saline or Ringer's lactate solution, flush saline line to remove all air bubbles from the line. If using the Atlas Coblation System, the Timer should be adjusted to the 'ON' position at this time. Both the Quantum and Atlas Coblation Systems will automatically default to set point 4 when the TOPAZ MicroDebrider is connected.
- Step 6** Adjust saline flow to 2-3 drops per second.
- Step 7** Place tip of device on surface of tendon perpendicular to structure (*Fig. D*) and activate for 0.5 second with light pressure, at 5mm distance intervals on and around the tendon area (*Fig. E*).
- Step 8** Tendon thickness will vary, so alternate perforations from superficial to 3mm, to 5mm depth, creating a three-dimensional grid-like pattern (*Fig. F*).

- Step 9** If the affected tissue has an insertional component, extend treatment to where the tendon attaches to the bone. It is important to activate the device briefly, at the recommended 0.5 second intervals. The Quantum Coblation System integrated timer and Timer required for use with the Atlas Coblation System provide a pre-determined 0.5 second treatment interval.
- Step 10** Once the area is treated, irrigate wound with normal saline. Close with appropriate wound closures.
- Step 11** Administer a local anesthetic and standard sterile dressings.



Figure A



Figure B



Figure C



Figure D



Figure E

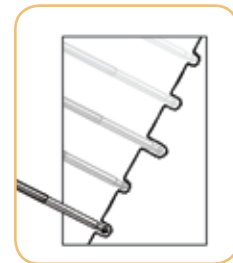


Figure F



Case Example of Figure E

Photo courtesy of:  
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For more information about the TOPAZ MicroDebrider,  
visit [www.topazinfo.com](http://www.topazinfo.com)

## Post Operative Care and Rehabilitation

Follow the guidelines below for your procedure.

Tendonotomy of the Elbow	First 2 days	<ul style="list-style-type: none"> <li>• Ice and rest</li> <li>• Soft dressing</li> <li>• ROM immediately</li> </ul>
	First 7–10 days	<ul style="list-style-type: none"> <li>• Passive and active range of motion exercises</li> <li>• Light grip strengthening for 7 days</li> </ul>
	10 days	<ul style="list-style-type: none"> <li>• Normal activity as tolerated</li> </ul>
	4–6 weeks	<ul style="list-style-type: none"> <li>• Return to sports if asymptomatic</li> </ul>
Tendonotomy of the Ankle	First 2 days	<ul style="list-style-type: none"> <li>• Ice and rest</li> <li>• Soft dressing</li> <li>• ROM immediately</li> </ul>
	First 7–10 days	<ul style="list-style-type: none"> <li>• CAM walker for immobilization</li> <li>• Weight bearing as tolerated</li> </ul>
	10–14 days	<ul style="list-style-type: none"> <li>• Out of CAM walker for exercise and stationary bike</li> </ul>
	14–21 days	<ul style="list-style-type: none"> <li>• CAM walker removal</li> </ul>
	1 month	<ul style="list-style-type: none"> <li>• Gentle strengthening exercises</li> </ul>
	2 months	<ul style="list-style-type: none"> <li>• Eccentric stretches</li> </ul>
	3 months	<ul style="list-style-type: none"> <li>• Return to sports if asymptomatic</li> </ul>
Tendonotomy of the Knee	First 2 days	<ul style="list-style-type: none"> <li>• Ice and rest</li> <li>• Soft dressing</li> <li>• ROM immediately</li> <li>• No bracing</li> <li>• Full weight bearing</li> </ul>
	First 7–10 days	<ul style="list-style-type: none"> <li>• Passive and active range of motion exercises</li> </ul>
	10 days–1 month	<ul style="list-style-type: none"> <li>• Gentle strengthening exercises</li> </ul>
	2 months	<ul style="list-style-type: none"> <li>• Increased strengthening program</li> </ul>
	3 months	<ul style="list-style-type: none"> <li>• Return to sports if asymptomatic</li> </ul>

## Ordering Information

	Part Number	Product Description
Wands	ACH4040-01	TOPAZ MicroDebrider with Integrated Finger Switch (IFS)
	AC4040-01	TOPAZ MicroDebrider
Controller Systems	H4000-01	Quantum Coblation System
	H4500-01	Quantum 2 Coblation System
	H4001-01	Wireless Foot Control and Receiver (optional use with Quantum)
	H3000-01	Atlas Coblation System
	H2000-21	ArthroCare Timer (required use with Atlas)

For more information about the TOPAZ MicroDebrider, please visit [www.topazinfo.com](http://www.topazinfo.com), contact your local **ArthroCare Sports Medicine representative** or call **1-800-797-6520**.



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**CAUTION:** Federal (USA) law restricts this device to sale by or on the order of a physician.  
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