TenJet Procedure

Dr. Jonathan Reid

BACKGROUND



TenJet is a minimally invasive medical device developed to treat a form of chronic tendinopathy called tendinosis — a condition in which the type and organization of the collagen that comprises tendons is replaced by a weaker type that forms less crosslinks and has a haphazard architecture referred to as mucoid degeneration. The device uses a thin needle with a small cutting window at its tip to deliver a pressurized, high-velocity jet of sterile saline that acts like a precise water blade to cut away diseased tendon tissue. This same high-speed saline flow also creates its own suction at the needle tip, which pulls the damaged tissue into the cutting window so it can be removed. Because the procedure is guided in real time by ultrasound imaging, the physician can see the diseased tissue and target it specifically, sparing the surrounding healthy tendon. Unlike some other tissue-removal tools that use heat-based energy, TenJet's saline-jet mechanism doesn't generate heat, which reduces the risk of thermal injury to nearby healthy tissue. The procedure is typically performed through a very small incision in an outpatient setting, often without the need for stitches, allowing for a quicker recovery compared to traditional open or arthroscopic surgery.

- **Instrumented, percutaneous debridement**
  A thin needle delivers a pressurized, high-velocity stream of sterile saline through a small cutting window at the tip, cutting away only the damaged, degenerated tissue. No large incisions are required and no heat is generated during the process, reducing risk of nearby, healthy tissue
- **Image-guided throughout the procedure**
  Performed using real-time ultrasound guidance, allowing the interventional orthopedic physician to precisely visualize and target diseased tissue throughout the procedure
- **Same-Day Procedure**
  Performed in an outpatient setting with the patient able to return home that same day. No sutures are required in most cases.
- **Rapid return to activity**
  Faster recovery compared to traditional open or arthroscopic surgery. Physical therapy is typically started soon after the procedure to support healing and restore strength/mobility.

PRIOR TO THE PROCEDURE

Before your TenJet procedure, Dr. Reid's team will give you specific instructions tailored to your treatment area and health history, and it's important to follow these closely for a smooth, successful procedure. Typically, physical therapy should begin one week after the procedure, scheduled once per week, for eight weeks – scheduling this physical therapy ahead of your procedure can ensure appropriate timing. You may be asked to stop taking certain blood-thinning medications or supplements (such as aspirin, NSAIDs, or fish oil) for a set period beforehand to reduce bleeding risk, so be sure to review your current medication list with your provider. Since the procedure is typically done under local anesthesia rather than general anesthesia, you can usually eat and drink normally beforehand, but confirm this with your care team. Arrange for comfortable, loose-fitting clothing that allows easy access to the treatment area, and consider having a friend or family member available to drive you home, especially if the treated area is a weight-bearing joint like the knee or ankle. Finally, let Dr. Reid's team know about any allergies, active infections, or changes in your health before the day of the procedure.

Dr. Jonathan-Erle Reid

For scheduling or questions, please call **952-456-7209** https://tcomn.com/physicians/jonathan-reid

- Call to schedule physical therapy to begin ***1 week*** after the procedure (once per week, for 8 weeks)
- Check for any medication adjustments prior to your procedure
- **Wear comfortable, loose fitting clothing** for easy access to treatment area
- Consider having a **driver** come with you to take you home

DAY OF THE PROCEDURE

On the day of your TenJet procedure, please plan to arrive at our outpatient surgical center **30 minutes before** your scheduled time to complete check-in and any final paperwork. You may be asked to change into a gown to allow easier access to the treatment area, and your care team will confirm the procedure site and review your health history one more time. When it is time to start the procedure, you will be brough from our preoperative area into the procedure room by one of the surgical nurses. Once the procedure begins, local anesthesia will be used to numb the treatment area — general anesthesia is not required for TenJet. Dr. Reid and the procedural team will talk you through the entirety of the procedure and ensure you remain comfortable throughout. From arrival to discharge, your total time at our surgical center is approximately one hour, though the procedural time is much shorter. When the procedure is over, a small bandage will be placed over the incision site, and depending on the area treated, a brace, boot, or other orthotic device may be provided to support and protect the tendon during initial healing. Before you leave, our team will review your personalized discharge instructions with you, covering wound care, activity restrictions, pain management, and when to start physical therapy, and you'll have a chance to ask any questions. Because you may still feel some numbness or grogginess, we recommend arranging for someone to drive you home after the procedure.

FOLLOWING THE PROCEDURE

Mild soreness at the treatment site is common as the anesthesia wears off but typically improves within two days. We recommend against the use of NSAIDs (e.g., Ibuprofen, Naproxen, Mobic) as these medications can blunt the inflammatory and healing response of your body to the procedure. Rather, we recommend the use of Tylenol and ice for pain relief. Patients are typically able to bear weight or use the extremity that was operated on the same day, with or without the use of an orthotic. Physical therapy begins at the 1-week mark of the procedure and continues for 8 weeks. The clear plastic bandage that was applied to the incision site should be left on for 5-7 days, however if it were to fall off early, keep the incision site dry and clean but do not reapply an adhesive bandage to the area. The small steri-strips resting just below the plastic bandage should be allowed to fall off on their own, typically between 1-2 weeks after the procedure. Please do not hesitate to reach out to our office if you have a question or concern at any point. Follow-up appointments take place at the 6-week mark.

FREQUENTLY ASKED QUESTIONS

Will I feel any pain during the procedure?
Minimal. Tenjet is performed with local anesthesia to the procedural area and therefore minimal discomfort is felt throughout the procedure.

How long will my recovery take?
On average, patients experience pain relief within three months of treatment, however many feel improvement beginning at the 6-week mark. Individual results may vary, and your physician will guide your post-treatment recovery plan.

Will I need stitches after my treatment?
No, TenJet is used as a minimally invasive procedure through a small incision where stitches are not needed.

Is TenJet covered by insurance?
Yes, tenotomy procedures are covered by most insurance providers.

For any questions regarding your procedure please reach out to Rhodora **(952-456-7209)**

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Notes