

# CrossFix<sup>®</sup> II

## Meniscal Repair System

### SURGICAL TECHNIQUE GUIDE



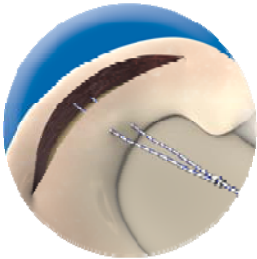
The CrossFix<sup>®</sup> II Meniscal repair System is a suture only device that creates an instantaneous mattress stitch for a fast, strong, and reliable all-inside meniscal repair.

#### **FAST**



Single insertion of device into meniscus and pre-tied knot creating an instantaneous 3 mm mattress stitch.

#### **STRONG**



Biomechanically strong fixation with pull out forces equal to open suture techniques.<sup>1</sup>

#### **COMPLETE**



Straight and curved needle allows for easier access to multiple tear sites. Device design offers a comprehensive solution with incorporated cannula and depth limiter.

**CrossFix<sup>®</sup> II is intended for approximation of soft tissue in meniscal repair procedures.**

- 1 Access the location of Meniscal tear and determine the reparability. If the tear is repairable, determine appropriate portal placement for repair instrumentation.

Using the Probe in the CrossFix® II disposable kit, measure the tear.



\* **The tip of the Probe can be bent to the desired angle by using hemostats or other instrumentation.**

- 2 Set the depth limiter to the desired distance by pulling the black lever on the handle of the CrossFix® II device backwards.



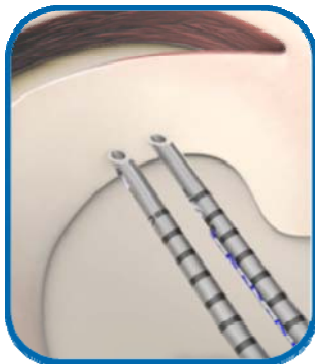
\* **This is done outside of the knee joint.**

- 3 Insert the Introducer (from the disposable kit) through the portal **first**, and then slide the exposed CrossFix® II needles along the Introducer into the joint space.

\* **This helps get CrossFix® II through the tissue and into the joint space without torquing the needles.**

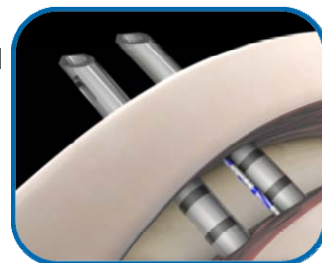


- 4 Once the needles are in the joint space, remove the Introducer from the knee.



- 5 Insert the needles into meniscus capturing the tear. The needles will be in position when the depth limiter pushes against the meniscal surface, limiting advancement.

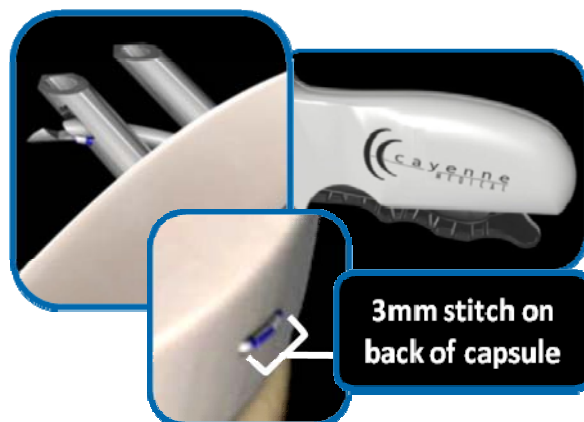
\* **Avoid torquing of the needles upon insertion by letting go of the CrossFix® II device, allowing the needles to re-align.**



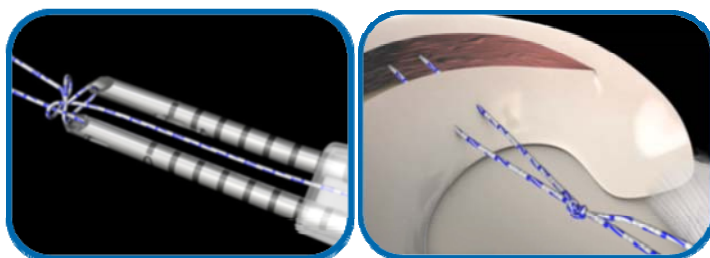
**TIP:** A 20 degree oblique stitch is biomechanically equivalent to a vertical stitch.<sup>1</sup>

- 6 With the needles in position, deploy the suture by squeezing the device trigger.

The trigger can be released after hearing an audible click.

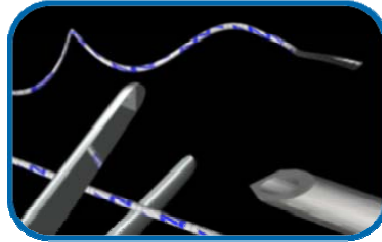


- 7 Remove the needles from the knee and gently pull the device out of the joint allowing the sliding knot to advance into position.



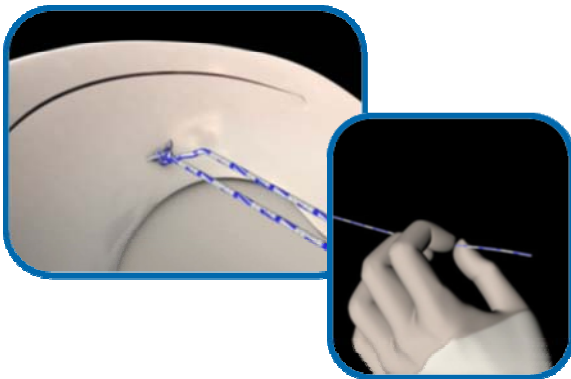
\* **You will feel tension as the knot slides off the needles.**

- 8 Cut the suture end off the needle tip. The **white end** of the suture is the **post end** and the **black end** of the suture is the **locking end**.



\* **Be careful not to cut the black end of the suture.**

- 9 Pull the **post (white) end** of the suture to advance the sliding knot to reduce the meniscal tear.



#### OPTIONAL

If not satisfied with the reduction of the meniscal tear, thread the **post (white) end** of the suture through the CrossFix® Knot Pusher/Suture Cutter and apply tension to the post end.

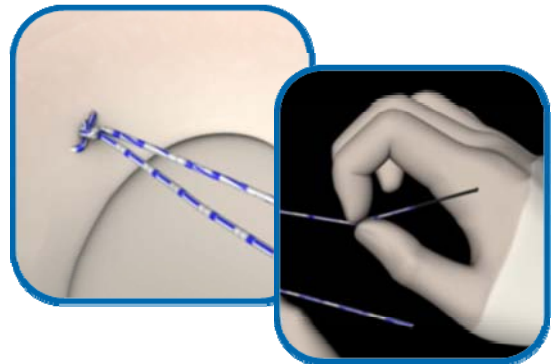


**TIP:** Suture can be threaded through the Knot Pusher/Suture Cutter with packaged snare or by hand.



- 10 With the knot in position, lock the knot by pulling on the **black end** of the suture. Half hitches can be added as needed.

\* **Be careful not to prematurely pull the black end of the suture as pulling on the black end will permanently lock the knot.**



- 11 Thread both ends of the suture through the CrossFix® Knot Pusher/Suture Cutter.

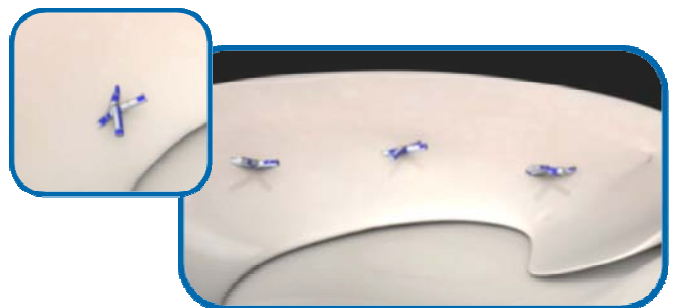
- 12 Rest the tip of the Knot Pusher/Suture Cutter on the knot to allow for a 2-3 mm tail.



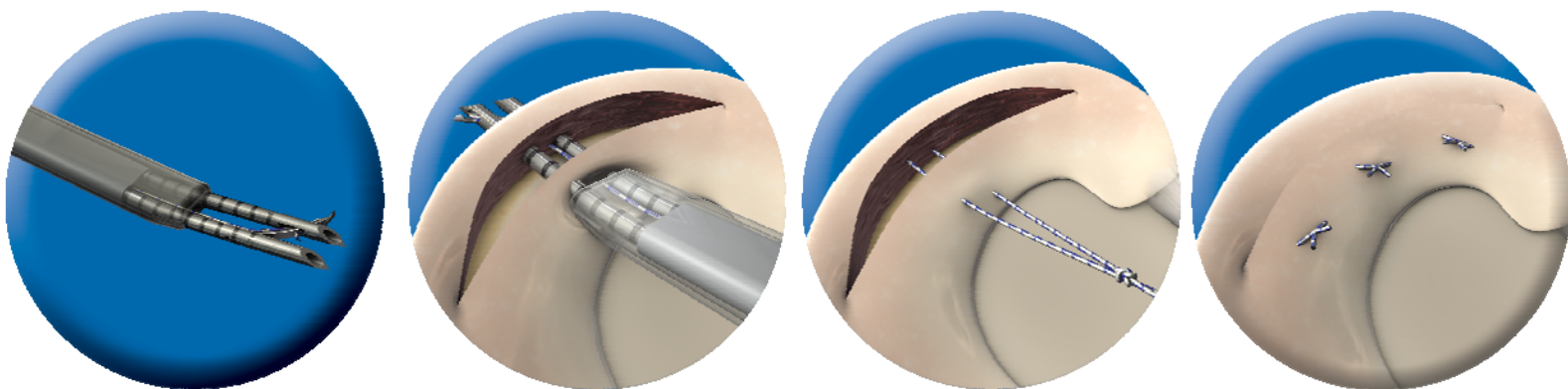
- 13 Cut the suture by pulling the black trigger backwards.



- 14 Assess the fixation and repeat as needed.



# ALL INSIDE EASE WITH INSIDE OUT STRENGTH



## Ordering Information

### CrossFix<sup>®</sup> II Meniscal Repair System

Model #:	Description
CM-8000	CrossFix <sup>®</sup> II Disposable Procedure Kit (Probe, Knot Pusher/Suture Cutter and Introducer)
CM-8001	CrossFix <sup>®</sup> II Meniscal Repair Device, Straight
CM-8002	CrossFix <sup>®</sup> II Meniscal Repair Device, Up Curve

Manufactured By



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60284 Rev. C

<sup>1</sup> Data on File