

Surgical Patient Education

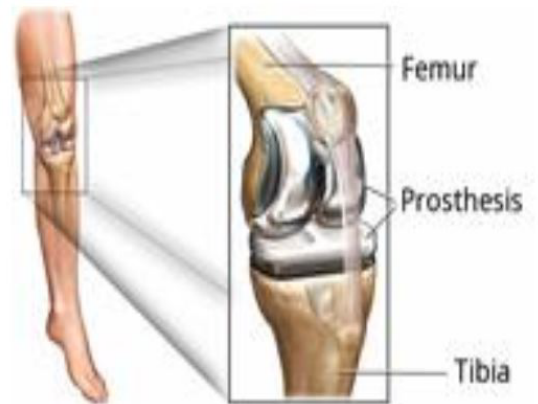
Knee Replacement

What is a Knee Replacement?

A Knee Arthroplasty/Replacement is a surgery to resurface the knee damaged by arthritis.

The surgeon will measure precise dimensions and remove the diseased portion of the bone.

The implant is placed once the old bone is shaped to the implant with computer guidance.



What are the Risks?

- **Infection** - Implants in particular have an increased risk of surgical infection. We look over many aspects of your health and risk level to minimize risk as much as possible.
- **Bleeding** - There is a risk of bleeding as with all surgical incisions/procedures, especially replacements. The latest technology and medications are used to help minimize that risk. Receiving blood products after surgery is less than 1%.
- **Damage to blood vessels or nerves** - The knee has blood vessels and nerves the surgeon works around that can get damaged but this is not common. You will be monitored closely for these complications after surgery.

What happens during the procedure?

- With this procedure you often stay overnight and go home the next day, it can sometimes be longer depending on your health, mobility, and age.
- You will arrive to the surgery center and go to Pre-Op and be checked in.
- Then, you will be taken to the operating room and placed on monitors. You will be watched closely and then put to sleep.
- After you are asleep, the surgeon will make an incisions to your knee and perform the replacement.
- Your skin will then be sutured closed and a waterproof bandage or wound vac will be placed over the knee.
- You will be woken up and when you are stable you will go to the floor and begin physical therapy.

Before Surgery

- Knee Replacement surgery is a big commitment and there are many things to do in preparation for a knee replacement.
- You will have lab work and other testing done and you must meet certain levels if you have diabetes or if you are overweight.
- You **MUST** quit smoking, so if you are considering knee replacement surgery, **STOP SMOKING NOW.**
- You will be asked not to eat or drink the night before surgery, it is important that you follow these instructions.
- You will be asked to shower the night before or morning of surgery with a special prep.
- You need to arrange help at home in preparation for surgery. This is very important.
- You will have cryoneurolysis (nerve freezing) to help decrease postoperative pain.

After Surgery

- You will have a waterproof bulky dressing to your knee that will be changed in a week by the surgeon.
- You will be able to shower with this dressing.
- You will be given a prescription for medication for pain, some of these can be over the counter. It can be important to take the medicine as prescribed and alternate the medicine to get maximum pain control.
- You will continue physical therapy, you will have specific goals for you mobility.

Recovery After an After Knee Arthroscopy

How long will I be out of work?

- You can walk immediately with a knee replacement, returning to work can depend on heavy work/lifting.
- You should prepare to be off work up to 6 weeks
- The recovery may be shorter or longer and you can sometimes go back to work within a few weeks depending on your job and activities performed at your job.
- You will continue physical therapy and use a walker afterwards.

Frequently Asked Questions:

- The knee is hot and stays hot for up to 1 year. This is normal and ice immediately post op is great for decreasing pain.
- You absolutely cannot smoke. If you have a history of smoking you will be tested for nicotine and surgery will be cancelled if you are positive. This includes second-hand smoke. Smoking substantially affects wound healing.
- Your BMI must stay less than 40. This means you have to keep your weight down or surgery will be cancelled. A BMI over 40 increases your risk for infection by 3-7 times.

Some other possible complications with knee surgery:

- ▶ **Blood clots** – can be a common complication after surgery, your surgeon takes many precautions to try to prevent this.
- ▶ Loosening of the prosthesis
- ▶ **Wear** – some wear is normal, excessive wear can lead to needing to replace implant part.
- ▶ **Breakage** – this is rare, but is still possible.
- ▶ **Lung congestion** – anesthesia medications can slow down the movement of lung secretions.
- ▶ **Constipation** – narcotics slow the emptying of the bowel.
- ▶ **Noise** – the metal on plastic can cause noise that is normal.