



## Walking through Knee Replacement Surgery

Knee replacement is a surgery that removes damaged, diseased or worn out parts of knee joint and replaces them with an artificial joint. Usually the new joint is made of metal or high quality plastic.<sup>1,2</sup>

### Types of Knee replacement<sup>3</sup>

There are two main types of knee replacement

- Total Knee Replacement: Both sides of knee joint are replaced
- Partial knee replacement: Only one side of joint is replaced in a smaller operation

### Who needs Knee Replacement Surgery?<sup>3,4</sup>

Doctors recommend knee replacement surgery if



Knee is stiff and painful



Difficulty to perform simple activities like standing, walking or getting out of bed

Other treatments no longer effective

### Preparing for Knee Replacement<sup>3</sup>

Before going to the hospital think about



How to cope when back home

Remove loose rugs or cords from floor



Ensure support system

Stay as active as you can before surgery. It strengthens muscles around knee and hastens recovery.<sup>3</sup>



Stop smoking as it slows recovery

### What happens during surgery?<sup>4</sup>

A knee replacement usually takes one to two hours.

#### After anesthesia the surgeon-



Diseased joint

Makes a cut below and in front of knee

Removes the damaged surfaces from the end of thigh bone and the top of shin bone



Bones Cut and Shaped



Implants in Place

Shapes the surfaces and fits the artificial knee joint

Closes the wound and bandages the knee tightly to reduce swelling

### Recovering from Knee Replacement<sup>5</sup>

#### During hospital stay



Expect a hospital stay for 3-5 days



A tube maybe placed in the wound to drain fluid



Exercises to strengthen knee joint start on the very next day

#### After discharge from hospital



Keep the wound dry



Minimum stair climbing



Gradually increase time, distance and pace of walking



Use crutches for around 6 weeks



Continue physical therapy



Schedule follow ups regularly





**Contact doctor immediately if<sup>6</sup>**

- Increasing pain in your calf
- Pain or redness around knee
- Swelling in calf, ankle or foot
- Sudden shortness of breath
- Sudden chest pain

**How long will the new joint last?<sup>6</sup>**

**85%** of artificial knee joints last for more than **20 years**