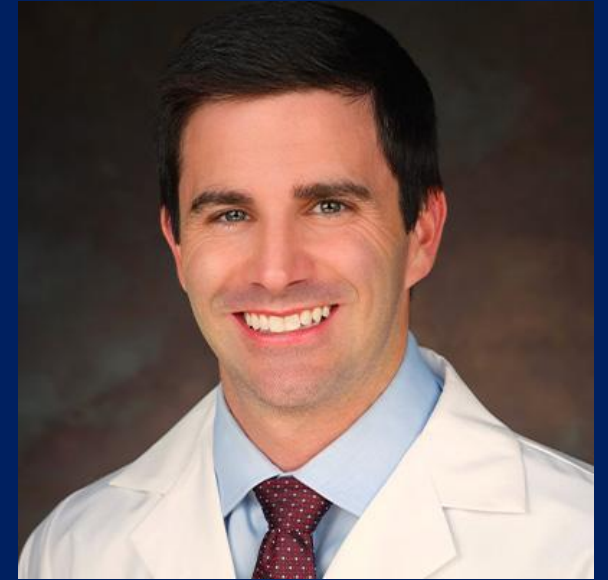


Dr. Burrow's Pre-Operative Knee Replacement Information



Much of this information can also be found at:

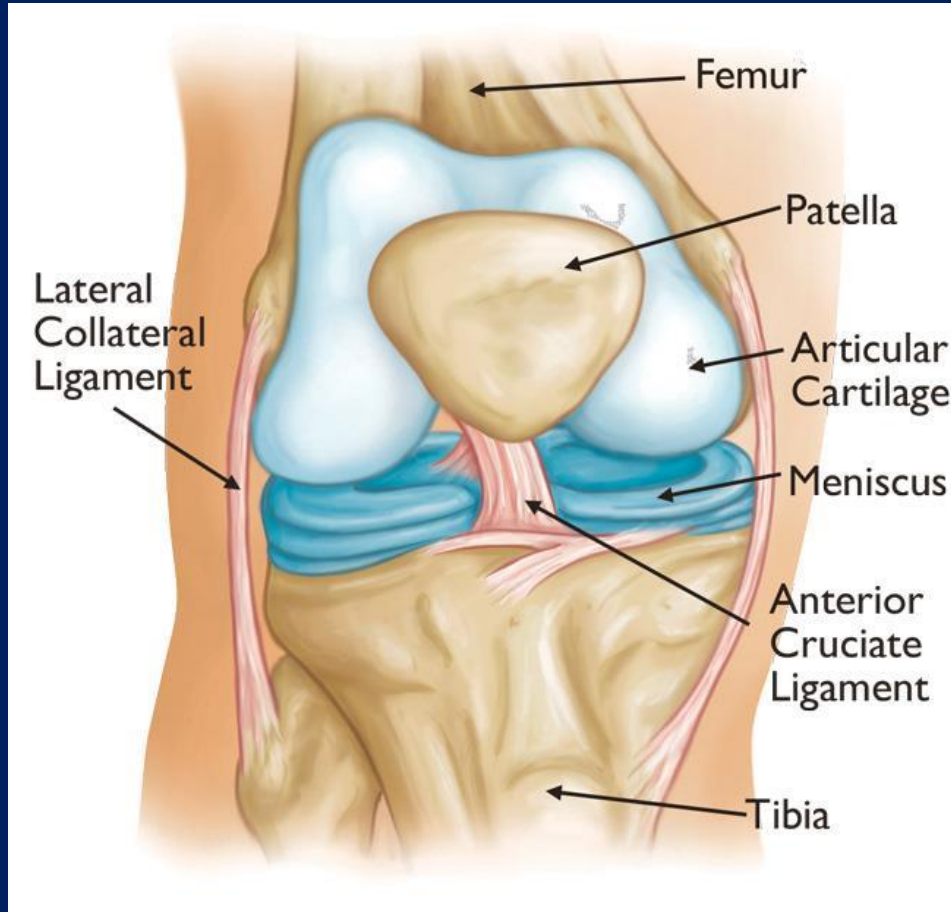
Total Knee Replacement - OrthoInfo – AAOS

<https://orthoinfo.aaos.org/en/treatment/total-knee-replacement>

Total Knee Replacement - AAHKS

<https://hipkneeinfo.org/knee-care/total-knee-replacement/>

Knee Anatomy



1. Bones meet to form the joint

- Femur (thigh bone)
- Tibia (shin bone)
- Patella (kneecap)

2. Cartilage

- A smooth tissue that covers the ends of the bones
- Helps bones glide smoothly during movement

3. Synovial Membrane

- A thin lining inside the knee that produces fluid
- Reduces friction and keeps the joint lubricated

4. Ligaments and Tendons

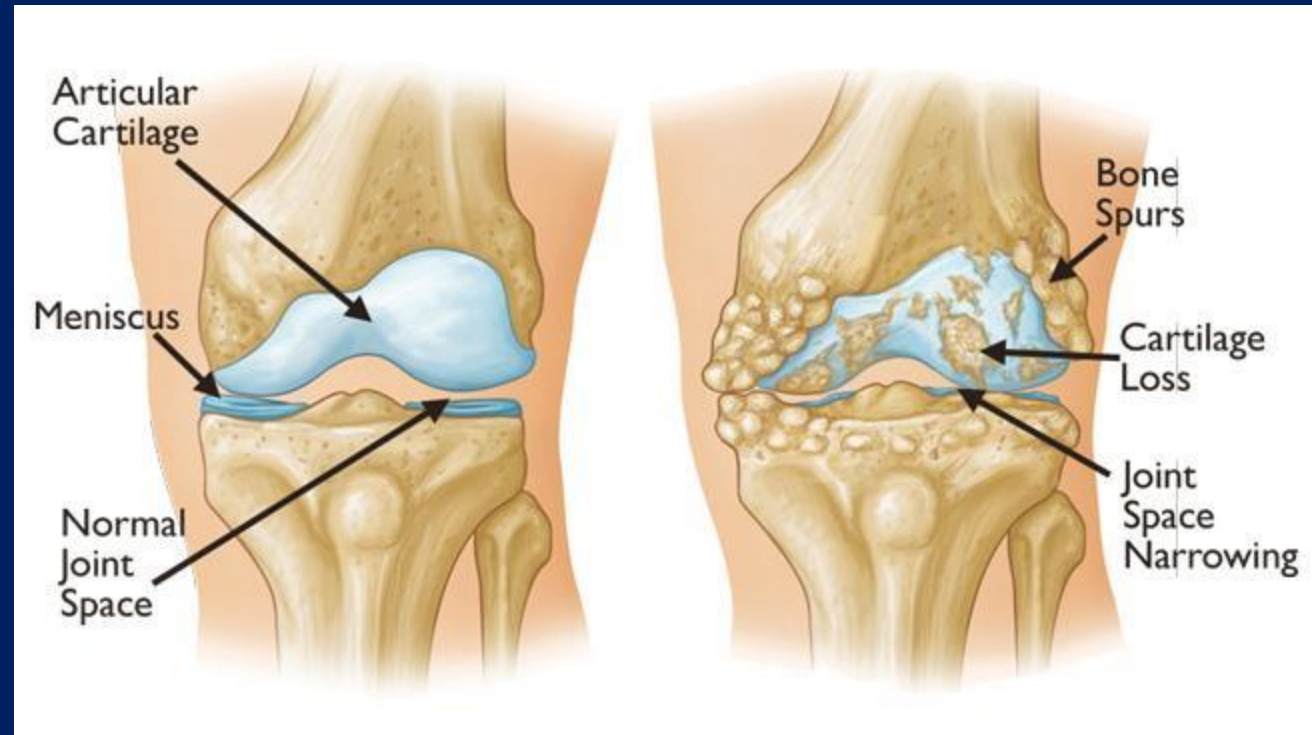
- **Ligaments** connect bone to bone, providing stability
- **Tendons** connect muscles to bone

5. Muscles

- Muscles around the knee (like your quadriceps and hamstrings) help support movement and stability

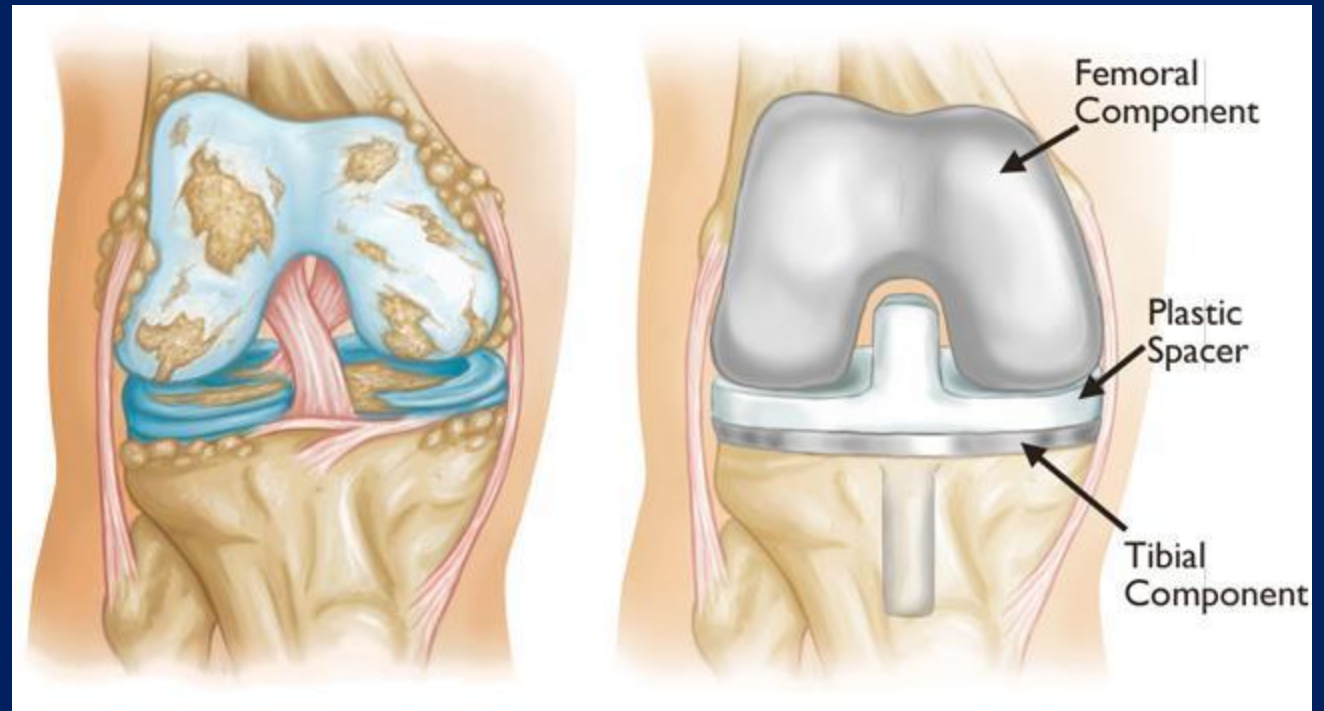
What Happens in Knee Arthritis?

- The **cartilage wears down**
- The bones may rub together (bone-on-bone)
- Inflammation and pain increase
- Movement becomes limited and stiff



Knee Replacement

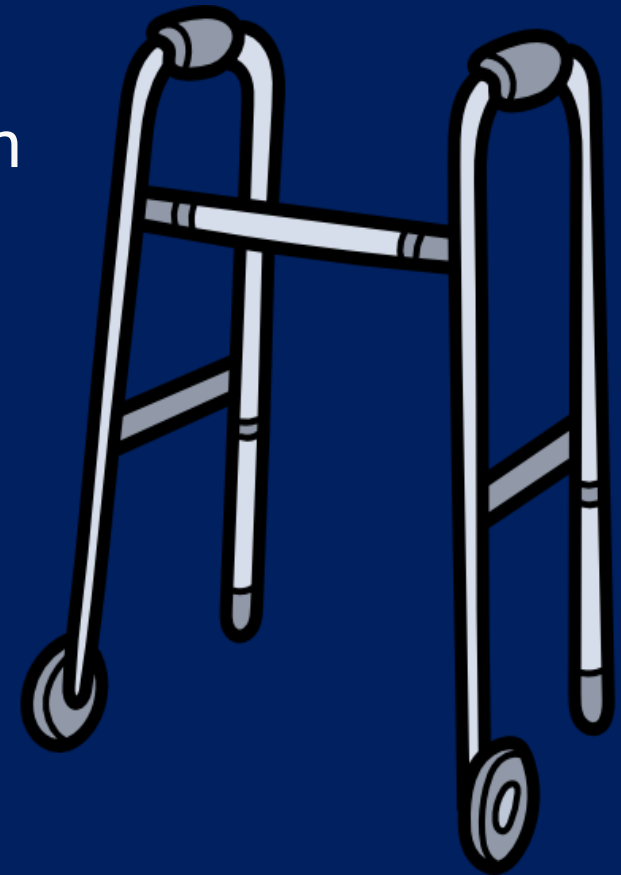
- The damaged cartilage and bone are **removed**
- Metal and plastic parts are used to **resurface** the femur, tibia, and patella
- The new knee joint helps:
 - Reduce or eliminate pain
 - Improve movement and function
 - Correct joint alignment



What Can You Expect After Surgery?

Immediately After Surgery (Hospital Stay or Outpatient)

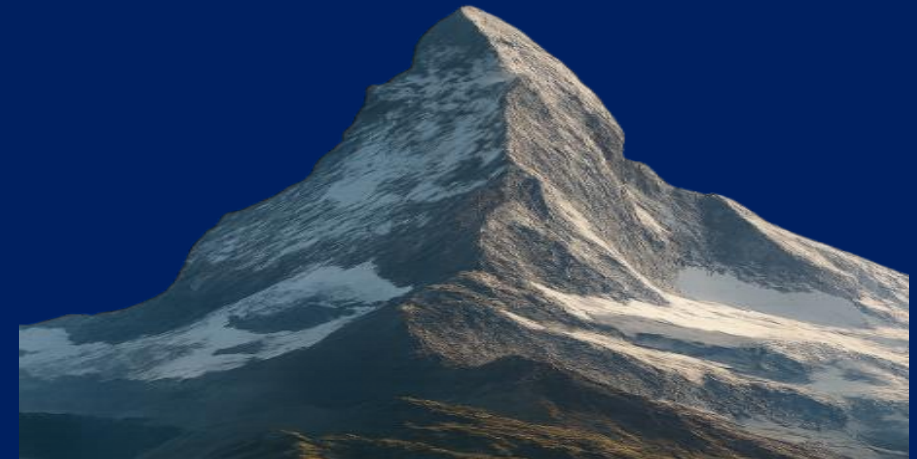
- Pain and swelling in the operated leg
- **Medications** for pain and blood clot prevention
- **A bandage and dressing** on the knee
- **A physical therapist** will help you:
 - Start moving the knee within 24 hours
 - Begin walking with a walker or crutches
- **Length of stay:** Typically, 1 night
 - Some patients go home same day
 - Some patients require longer hospital stay



What Can You Expect After Surgery?

At Home: First Few Weeks

- Use a walker and transition to a cane
- We will try to get home health physical therapy to visit you at your house
- Pain (managed with medications and ice)
- Swelling that improves slowly over weeks
- Daily home exercises with physical therapy and use of MyMobility App
- Help with daily tasks (cooking, bathing, etc.) for the first 1–2 weeks
- **Activity Goals:**
 - Walk short distances several times a day
 - Gradually climb stairs
 - Regain knee motion goal:
 - 0° extension to 90° flexion within 3 weeks



What Can You Expect After Surgery?

Mid-Term Recovery: 6 Weeks – 3 Months

- Improved walking ability (less use of walker or cane)
- **Better knee motion** and strength
- Starting to return to **daily activities**
- Light household tasks and driving (usually by 4–6 weeks)
- Some **stiffness, swelling, and fatigue** are normal, especially after activity



What Can You Expect After Surgery?

Full Recovery: 3 – 12 Months

- Most people return to **normal activities** by 3 months
- You'll keep improving in **strength, balance, and comfort**
- Final recovery may take up to 1 year
- Most patients return to:
 - **Walking, swimming, biking**
 - **Low-impact sports**
- Running or high-impact activities are **not recommended**



Risks of Surgery

All surgeries have risks and although all of these are VERY RARE the risk is not zero



1. Infection

- May happen at the incision site or deep in the joint
- Can occur soon after surgery or even months/years later
 - **Prevention:** Antibiotics during and after surgery, proper wound care

2. Blood Clots (DVT or PE)

- **Deep vein thrombosis (DVT):** A clot in the leg
- **Pulmonary embolism (PE):** A clot that travels to the lungs
 - **Prevention:** Blood thinners, walking early, compression devices

3. Implant Problems

- The artificial parts can wear down or loosen over time
- May require **revision surgery** in the future (especially in young or very active patients)

4. Stiffness or Limited Motion

- Some patients may have trouble bending or straightening the knee fully
- May require additional physical therapy or, rarely, further procedures

Risks of Surgery

All surgeries have risks and although all of these are VERY RARE the risk is not zero



5. Nerve or Blood Vessel Injury

- Rare, but nerves or blood vessels near the knee may be injured
- Can cause numbness, weakness, or circulation issues
 - It is NORMAL to have to some numbness on the side of your knee
 - This will get small with time, but you may always have a numb spot on the side of your knee

6. Persistent Pain

- Some people continue to feel pain even after healing
- May be due to scar tissue, nerve sensitivity, or unrelated causes

7. Less Common but Serious Risks

- **Anesthesia complications** (nausea, breathing issues, allergic reaction)
- **Fracture** of bone during or after surgery
- **Dislocation** of the kneecap or instability

8. Other Imponderables – Things can happen that cannot be predicted