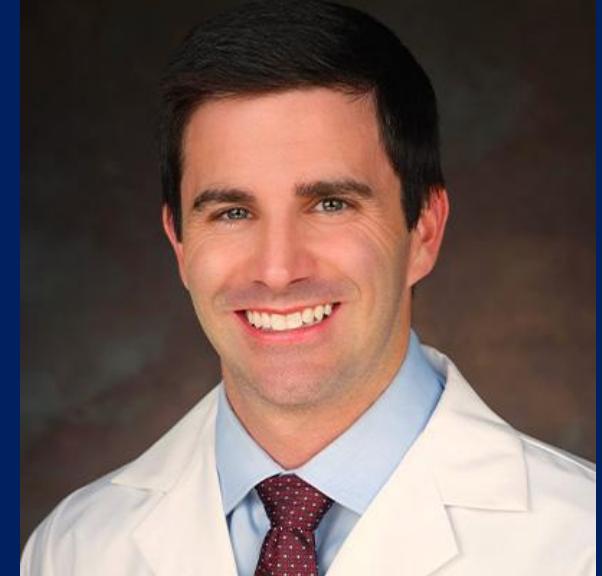


Dr. Burrow's Pre-Operative Knee Replacement Information



Much of this information can also be found at:

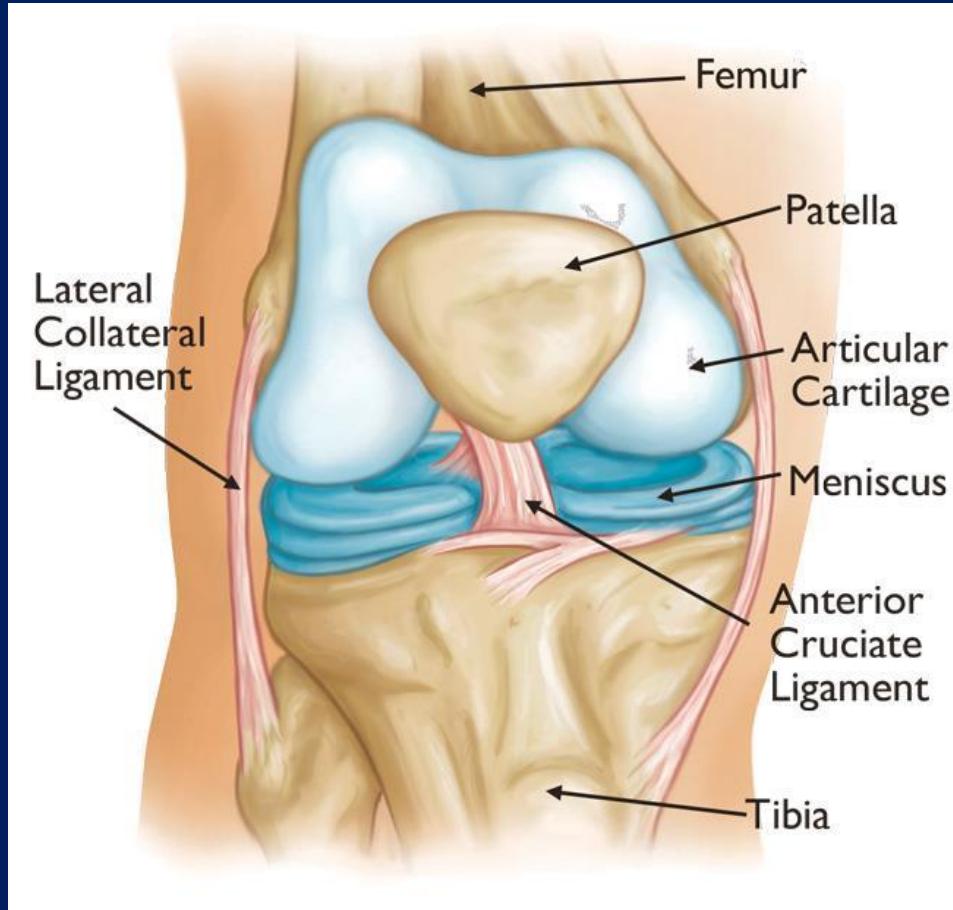
Total Knee Replacement - OrthoInfo – AAOS

<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

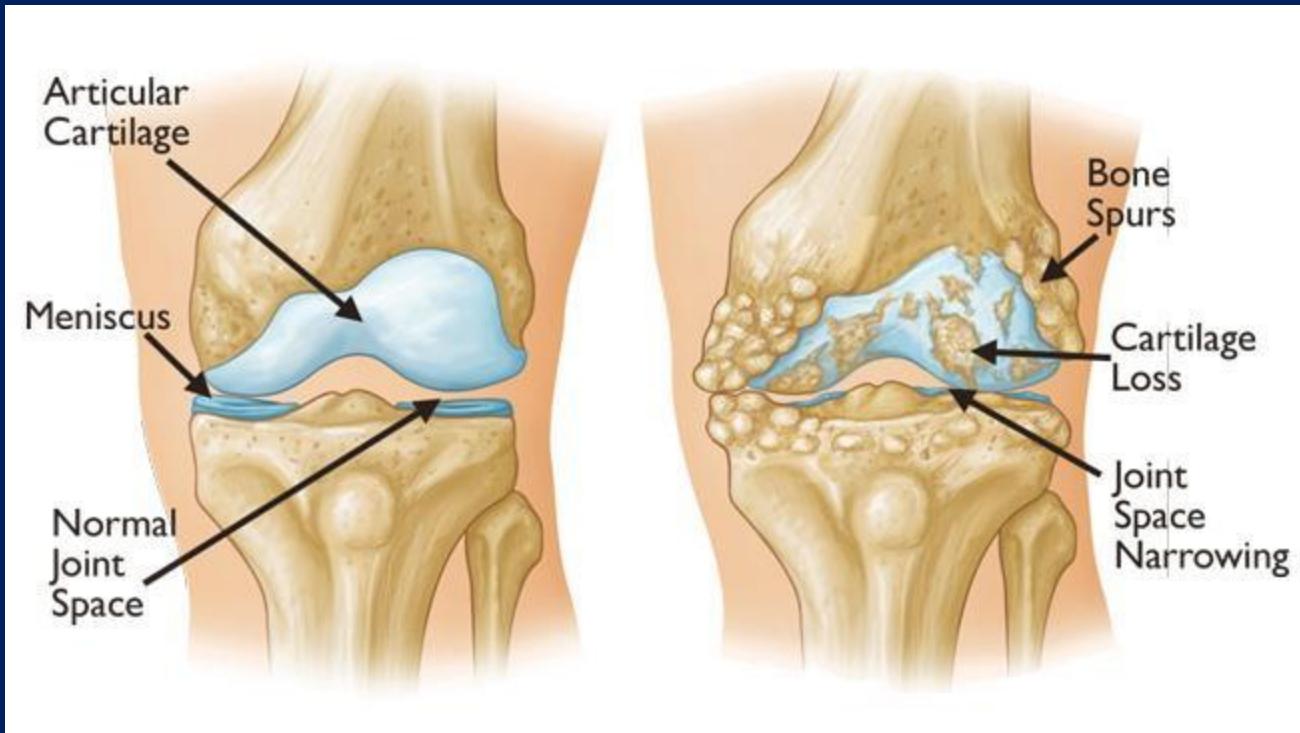
- **Ligaments** connect bone to bone, providing stability
- **Tendons** connect muscles to bone

5. Muscles

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

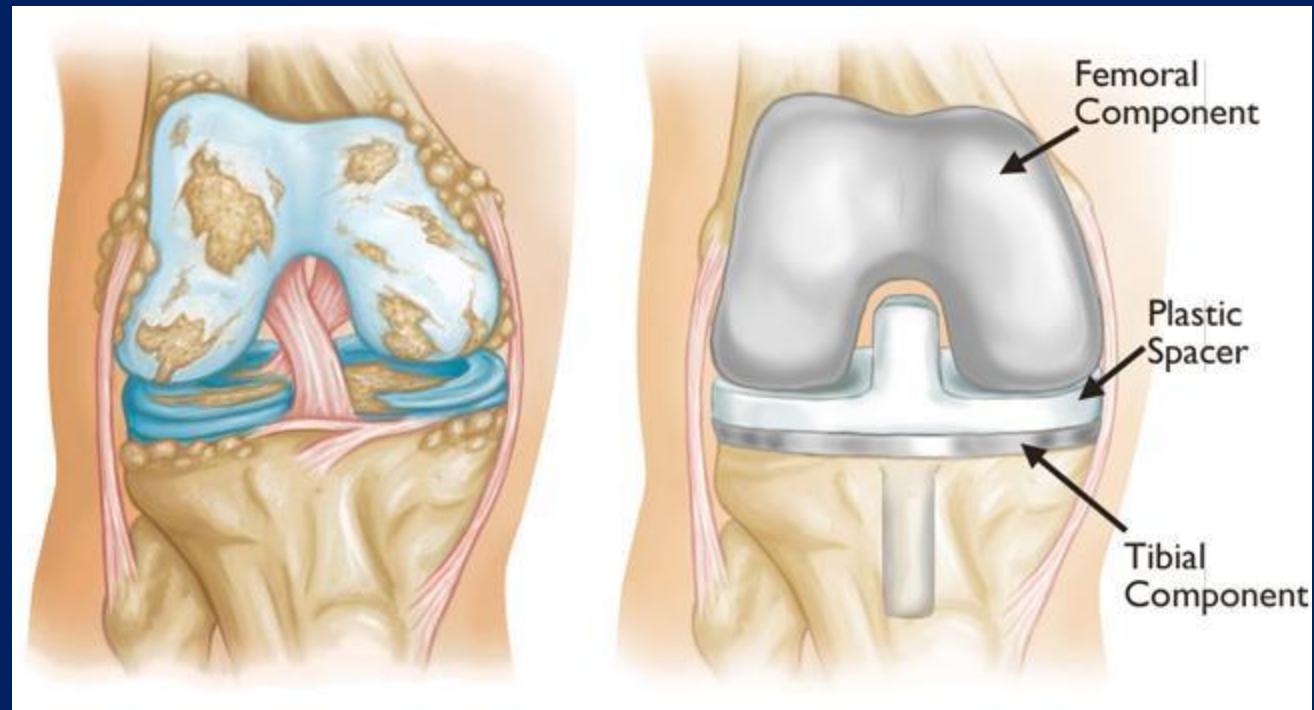
What Happens in Knee Arthritis?

- 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 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