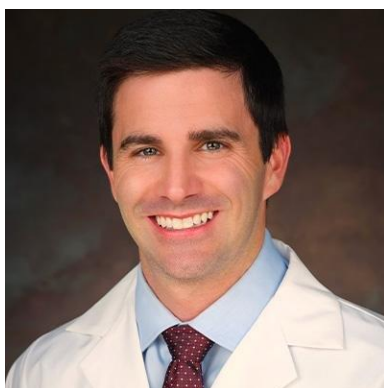


Planning for Knee Replacement Surgery



Zac Burrow, MD, DPT

I want you to know that I understand this is a big decision, and it often comes after months or even years of pain, limitation, and frustration.

My goal is simple: **to help you feel better, move better, and get back to the life you enjoy.**

I care deeply about your outcome—not just in the operating room, but in your recovery and long-term success. Every decision we make is centered around what is safest, most effective, and best for *you* as an individual.

This guide is designed to walk you through the process, answer common questions, and help you feel confident and prepared every step of the way. You are not going through this alone—we are a team, and I am committed to supporting you throughout your entire journey.

Thank you for trusting me with your care!

Pictures in this guide were obtained from AAOS, HEP2Go.com, or generated with ChatGPT

General 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/>
- Video - Total Knee Replacement Animation - OrthoInfo - AAOS
<https://orthoinfo.aaos.org/en/treatment/total-knee-replacement-animation/>

Important Phone Numbers

Dr. Burrow Direct Line: 918-927-3258

- Call for refills of medications, general questions/concerns
- May also use online patient portal
 - MyMobility App is not monitored

Surgery Scheduling: 918-927-3301

- Scheduler will call you to schedule surgery once all clearances are obtained
 - Call for any surgical scheduling questions
 - Cancel, reschedule, etc.

Billing Department: 918-927-3737

- Any billing questions for AOOK

Brace Shop: 918-927-3308

Hospital Pre-Admission Testing:

- Oklahoma Surgical Hospital: 918-477-5073
- St. John Broken Arrow: 918-994-8045

Urgent Surgical Problem: 918-494-2665

Emergency: 911

Your Surgery Journey: Step-by-Step Guide

This section will walk you through what to expect before, during, and after your knee replacement.

Initial Visit

- Your first visit will be in the clinic and we will:
 - Discuss your symptoms
 - Review treatment options
 - Decide if surgery is the right choice for you

Scheduling Surgery

- Dr. Burrow's surgery scheduler will call you within 1 week.
- She will help find a surgery date that works for you
- All clearance letters from outside physicians will need to be obtained prior to scheduling

Pre-Operative Labs & Medical Clearance

- You will have lab work done before surgery
- This helps ensure surgery is safe
- Depending on your medical history, you may need clearance from:
 - Your primary care doctor
 - A cardiologist
 - Another specialist

Joint Camp (MyMobility App)

- Download the MyMobility Patient App on your smartphone or tablet
 - A link will be sent to your phone on the week of your preoperative visit
- This app will:
 - Give step-by-step instructions before and after surgery
 - Provide daily exercises

Important:

- Messages in the app are **not checked**
- Please use the patient portal or call 918-927-3258



Pre-Operative Appointment (2 appointments [1 at clinic, and 1 at hospital])

- This is your final CLINIC visit before surgery
 - We will review the surgical plan and answer any questions/concerns
- You will also have a pre-operative appointment at the HOSPITAL to:
 - Meet with the anesthesiologist and obtain pre-operative lab work

Prepare Your Home

- Remove rugs and tripping hazards
- Make space to safely use a walker or crutches
- Arrange for a **family member or friend to help you at home**

Day of Surgery

- The hospital will call you with:
 - Your arrival time one business day before surgery
- Most patients stay **1 night in the hospital** (*some patients wish to go home the same day*)
 - Additional time can be arranged if needed

After Surgery (In Hospital)

- You will work with **physical therapy the same day**
- They will teach you:
 - Exercises and how to get around safely after your surgery

Returning Home

- Home health services are often arranged for:
 - Nursing care
 - Physical therapy
- This usually starts about **a few days after you return home**
- Home health is **optional**
- Continue your **home exercises as instructed or use the MyMobility App**

Follow-Up Visit

- You will see Dr. Burrow about **2-4 weeks after surgery**
- This visit will:
 - Check your incision, range of motion, X-Rays, and answer questions

Physical Therapy

- After home therapy is complete, you will start outpatient therapy

Before Your Surgery: What You Need to Know

- Please follow these instructions carefully to help your surgery go safely and smoothly.

The Night Before Surgery

- **Do not eat or drink anything after midnight**, unless your anesthesiologist tells you otherwise.
(This includes gum, mints, hard candy, and tobacco.)

Transportation & Planning

- Arrange for a **family member or friend** to:
 - Take you to the hospital on the day of surgery and to pick you up after your hospital stay
- Most patients stay **1 night in the hospital**

What to Wear & Bring

- Wear **loose, comfortable clothing** that is easy to put on and take off
- You will change into a hospital gown for surgery
- You will have a **bandage after surgery**, so plan accordingly
- **Bring with you:**
 - Photo ID
 - Insurance card(s)
 - A list of your current medications and allergies

Personal Items

- Leave **valuables at home** (jewelry, watches, etc.)
- **Remove all jewelry**, including body piercings

Eye Care & Personal Care

- **Do not wear eye makeup**
 - If you wear **contacts or dentures**, bring a container for them
 - You will need to remove them before surgery

Medical Conditions

- **Diabetes:** Check your blood sugar the morning of surgery and bring your glucometer and insulin
- **Asthma:** Bring your **inhaler**

Medications ****If you are unsure, please ask before surgery****

- **Stop these medications 1 week before surgery** (unless told otherwise):
 - Aspirin and aspirin-like medications (Advil, Motrin, Aleve, Ibuprofen, etc.)
 - **Weight loss products** (including GLP-1 medications [hold 1 dose before planned surgery])
- Tell your doctor if you take:
 - **Blood thinners** (such as Plavix, Pradaxa, Eliquis, Xarelto, Coumadin, etc)
 - **Herbal supplements or vitamins**

Pre-Operative Knee Exercises

Exercise pictures and instructions adapted from HEP2go.com

1. Straight Leg Raise

- **Frequency:** 2 times per day
- **Repetitions:** 10
- **Hold:** ~2 seconds

How to perform:

- Lie on your back
- Keep your knee **straight**
- Slowly raise your leg up
- Hold for 2 seconds, then lower slowly



2. Hamstring Stretch

- **Frequency:** 2 times per day
- **Repetitions:** 3
- **Hold:** ~30 seconds

How to perform:

- Sit with your heel resting on the floor
- Keep your knee straight
- Gently lean forward until you feel a stretch in the **back of your thigh and knee**
- Keep your **back straight** (do not round your spine)



3. Heel Slides

- **Frequency:** 2 times per day
- **Repetitions:** 10
- **Hold:** ~2 seconds

How to perform:

- Lie on your back
- Slowly slide your heel toward your buttocks
- Bend your knee as far as comfortable
- Return your leg to the starting position



Nutrition Before and After Surgery

Good nutrition helps your body heal, reduces complications, and improves recovery.

General Guidelines

- If you are on a **specific diet**, continue following it
- Focus on **whole, healthy foods**
- Avoid highly processed foods (fast food, boxed, canned food, etc.)

Recommended Nutrition Timeline

- Start **2 weeks before surgery**
- Continue for **at least 6 weeks after surgery**

Hydration

- Avoid **alcohol and soft drinks**
- Drink **water or tea**
- Goal: **5 servings of 12 oz per day**

Recommended Foods

- **Berries** (1–3 servings/day)
 - Blueberries, Blackberries
 - Frozen options are okay
- **Fruits** (1–2 servings/day)
 - Apples, Avocados
- **Beans** (1-2 servings/day)
 - Green beans
 - Pinto beans
- **Whole Grains** (3 servings/day)
 - Brown rice, Oatmeal
- **Vegetables** (1–2 servings/day)
 - Broccoli, Sweet potatoes
- **Greens** (2 servings/day)
 - Spinach, Kale
- **Nuts** (1 serving/day)
 - Walnuts, Pecans



Protein (Very Important for Healing)

- Lean meats:
 - Grilled chicken / fish
- Whey or soy protein supplements

God Bless your recovery! I have already prayed for you during your surgery and will continue to do so. ZPB