

## Knee Replacement Surgery

### How does it help?

- Decrease pain
- Improve alignment & stability
- Improve mobility

### What is the process?

#### Physiotherapy:

*Bilateral knees*— in home for 2 weeks then transition to outpatient

*Single knee*--out patient

**Post-op follow-up:** 4 weeks and 3 months, then as needed

- **Surgical consult:** to discuss whether you will need surgery, decision to treat
- **Pre-operative appointment:** occurs 2-3 weeks prior to surgery. You will be given forms to be completed and bring back with you to the pre-op appointment
- **Surgery:** Approximately 2-4 hours in duration
- **Hospital stay:**
  - **Bilateral knee replacement** = 3 days then home
  - **Single knee replacement** = same day or 1-2 days then home
  - **Oxford/partial** = same day/1 day then home

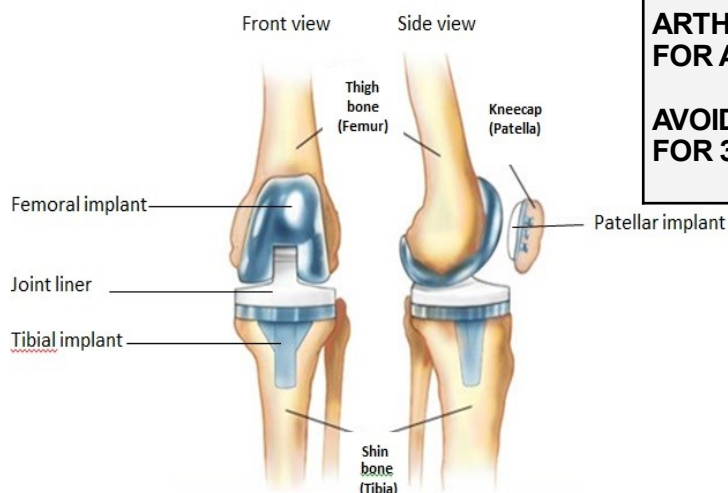
### Important

- You will walk with a walker and do stairs with a cane
- Discuss when you can return to work with your surgeon
- **Driving Restriction:** Right knee = 6 weeks; Left knee variable
- **Dental work should NOT take place 6 weeks before and 3 months after surgery**
- Avoid flying for 3 months after surgery

### Risks

- Infection
- Stiffness
- Longevity of prosthesis
- Anaesthetic
- Blood transfusion
- Blood clots
- Post operative confusion

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**ARTHROSCOPY IS NOT A TREATMENT OPTION FOR ADVANCED ARTHRITIS.**

**AVOID INJECTIONS INTO THE AFFECTED JOINT FOR 3-6 MONTHS PRIOR TO SURGERY**