

Discover a Renewed You

KNEE REPLACEMENT SURGERY GUIDE



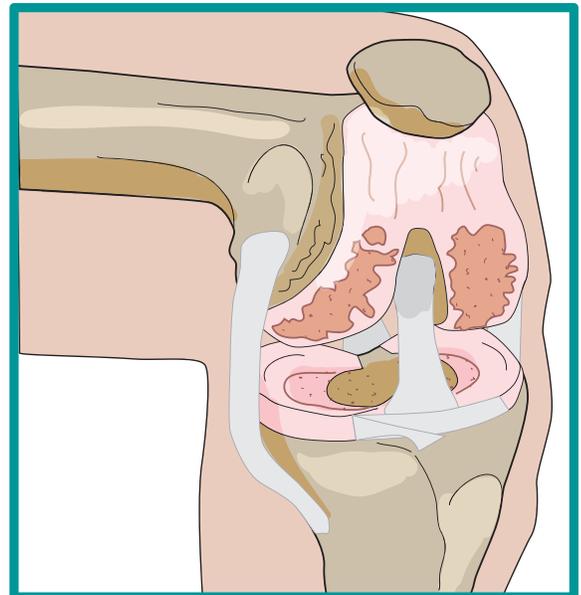
Your Guide to Knee Replacement Surgery

REASONS FOR SURGERY

The most common cause of knee damage that leads to knee replacement is osteoarthritis. Osteoarthritis is a degenerative disease of the bones of the knee. It causes the surfaces of the knee joint to become irregular and rough, preventing smooth painless motion of the knee joint.

Knee joint replacement may be recommended for:

- Knee osteoarthritis or arthritis which causes knee pain that has failed to respond to conservative therapy (NSAID medication for six months or more)
- Decreased knee function caused by arthritis
- Inability to work because of knee pain
- Inability to sleep through the night because of knee pain
- Inability to walk more than three blocks because of knee pain
- Loose knee prosthesis
- Some knee fractures

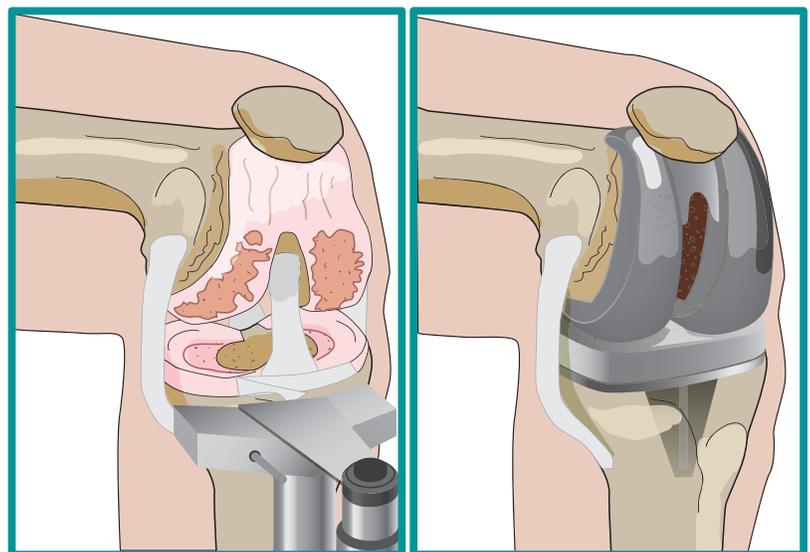


Osteoarthritis of the knee

PROCEDURE

Knee joint replacement is surgery to replace all or part of the knee joint with an artificial joint. The artificial joint is called a prosthesis.

The operation is performed under general anesthesia. After you receive anesthesia, the orthopedic surgeon makes an incision over the affected knee. The patella (knee cap) is moved out of the way, and the surgeon shaves the heads of the femur and tibia to remove any rough parts. This allows the prosthesis to adhere better. The two parts of the prosthesis are then implanted into the thigh bone and the tibia bone using a special bone cement. Once the procedure is complete, the incision will be closed.



Shaved head of tibia

Prosthesis in place

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AFTERCARE

You will return from surgery with a large dressing on the knee area. A small drainage tube may be placed during surgery to help drain excess fluids from the joint area.

You will have some pain after surgery. However, you may receive intravenous (IV) medicine to control your pain for the first three days after surgery. The pain should gradually get better. By the third day after surgery, you should be able to manage your pain with oral medication. You will also receive antibiotics to reduce the risk of developing an infection.

You will return from surgery wearing special stockings. These devices help lower your risk of getting blood clots, which are more common after lower leg surgery. When in bed, bend and straighten your ankles often. This can prevent blood clots from forming.

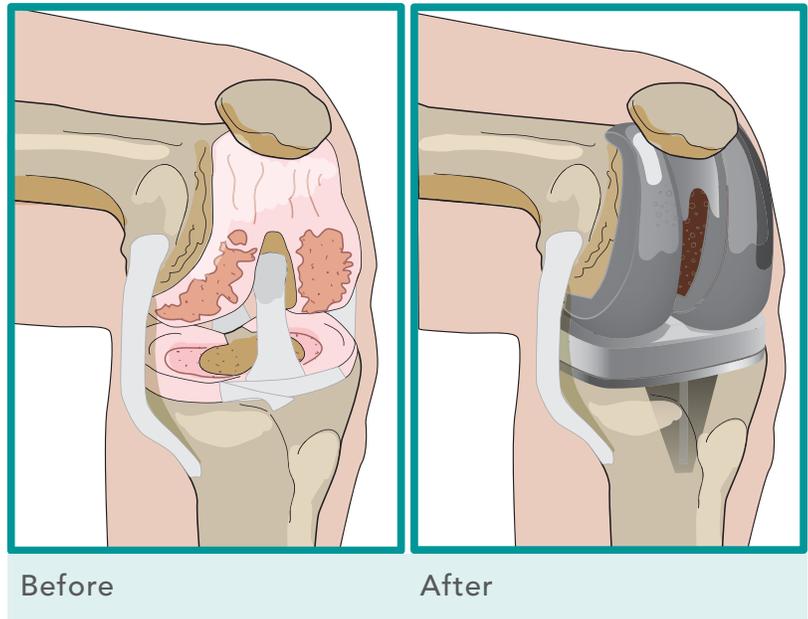
Early after surgery, you will be asked to begin moving and walking while working with a physical therapist. You will be helped out of bed to a chair on the first day. The therapist will also evaluate your range of motion, and assist you in certain exercises. The goals of your physical therapy prior to discharge include independent walking with a walker; independent and safe bed, chair and automobile transfers; proper knee flexion (bend) and extension; and proper performance of exercises.

WHAT TO EXPECT AFTER KNEE REPLACEMENT SURGERY

- Knee replacement surgery results are usually excellent. Typically, the new joint will relieve your pre-surgical pain, and your range of motion should be restored over a short period of time.
- Therapy is a crucial component to regaining range of motion. If completed successfully, one can expect to return to normal activity level, aside from high-impact sports or activities.
- The average knee flexion (bend) obtained post surgery is 120 degrees or more.

SCHEDULE A CONSULTATION

To schedule a consultation with an orthopedic surgeon, call **704-512-6506**.



Carolinas HealthCare System