



Knee Surgery



TOTAL KNEE REPLACEMENT

Knee Replacement Surgery also known Total Knee Arthroplasty is a cure of painful knees, knee arthritis and other knee related issues. *Knee Replacement* is a surgical procedure during which the bones of the knee are resurfaced with metal and plastic implants. The weight passing through the knee should be well distributed for which the bones of the knee are well aligned.

In total knee replacement surgery, the parts of the bones that rub together are resurfaced with metal and plastic implants. Using special, precision instruments, your surgeon will typically remove the damaged surfaces of all three bones. The replacement surfaces will then be fixed into place.

Sometimes also called "**resurfacing**", this operation involves the removal of the damaged, worn ends of the thigh (femur), and leg (tibia) bones that make up the knee joint, as well as the back of the kneecap (patella). The bone ends are precisely reshaped and recapped with metal surfaces, with special plastic liners added as a bearing surface that promotes low friction gliding between metal and plastic.

Who is an ideal patient for a Total knee replacement?

- According to enquiry among surgeons, the patient with best chances to succeed with Total knee replacement should.
- Have severe pain in the knee joint.
- Have the diagnosis of osteoarthritis.
- The knee joint should be stable or only slightly unstable.
- The musculature around the knee should be reasonably strong.
- The patient should weight less than 100 kg.
- The patient should not have other serious diseases.
- The patient should be greater 60 years old.
- The patient should be well motivated and informed about the possibilities and risks of the surgery.



Risks

Total knee replacement is a major operation. About one patient in four develops one or more complications. The effect of most complications is that you must stay in the hospital longer.

The most common complications are not directly related to the knee and usually do not affect the result of the operations. These complications include urinary tract infection, blood clots in a leg, or blood clots in a lung.

Complications affecting the knee are less common, but in these cases the operation may not be as successful. These complications include:

- some knee pain
- Loosening of the prosthesis
- Stiffness
- Infection in the knee

A few complications such as infection, loosening of prosthesis, and stiffness may require reparation. Infected artificial knees sometimes have to be removed. This would leave a stiff leg about one to three inches shorter than normal. However, your leg would usually be reasonably comfortable, and you would be able to walk with the aid of a cane or crutches, and a shoe lift. After a course of antibiotics the surgery can often be repeated.

Diet

You should follow your regular diet on the day before your surgery

Night before Surgery

- Shower (with 5 minute scrub to surgical area with brush provided)
- Nothing to eat or drink after midnight.

After surgery you will be taken to the Recovery Room for a period of close observation, usually one to three hours. Your blood, pressure, pulse, respiration and temperature will be checked frequently. Close attention will be paid to the circulation and sensation in your legs and feet. It is important to tell your nurse if you experience numbness, tingling, or pain in your legs or feet. When you awaken and your condition is stabilized, you will be transferred to your room.

Possible Complications of Knee Replacement Surgery

No procedure is ever completely free of risks; however, total knee replacement surgery has been performed for many years with successful results and limited complications.

Minor complications are usually temporary, and are often easily treated by your healthcare providers. These minor complications can include:

Infection

- Infection
- Numbness around the incision area
- Minor bleeding or bruising
- Allergic skin reaction to tape, dressing, or latex
- Abnormal or painful scar formation
- Urinary tract infection

Several major complications can also occur. These are uncommon; however, your overall health will play a role in your likelihood of developing any of these complications and how well you recover. For example, patients with severe heart disease, diabetes, lung, or kidney disease may have a higher chance of complications occurring than those who are healthier.

The knee replacement will give 12 to 15 years of service. When they become worn, they can be replaced with anticipated good functional results.