

# Knee Replacement

Knee replacement is surgery for people with severe knee damage. Knee replacement can relieve pain and allow you to be more active.

When you have a total knee replacement, the surgeon removes damaged cartilage and bone from the surface of your knee joint and replaces them with a man-made surface of metal and plastic. In a partial knee replacement, the surgeon only replaces one part of your knee joint. The surgery can cause scarring, blood clots, and, rarely, infections. After a knee replacement, you will no longer be able to do certain activities, such as jogging and high-impact sports.

Joints may need to be replaced when they are damaged from:

- Arthritis.
- Years of use.
- Disease

Your doctor will likely first suggest other treatments to reduce pain and help you move better, such as:

- Walking aids, such as a cane or walker.
- An exercise program.
- Physical therapy.
- Medications

## What can I expect after joint replacement surgery?

With knee or hip surgery, you will probably need to stay in the hospital for a few days.

You and your team of doctors will determine how long you stay in the hospital.

After hip or knee replacement, you will often stand or begin walking the day of surgery. At first, you will walk with a walker or crutches. You may have some temporary pain in the new joint

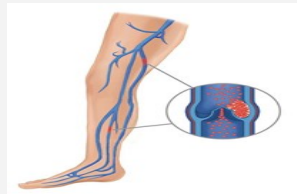
Physical therapy can begin the day after surgery to help strengthen the muscles around the new joint and help you regain motion in the joint.



## Deep Vein Thrombosis

Deep vein thrombosis, or DVT, occurs when a blood clot forms in one of the deep veins of the body. This can happen if a vein becomes damaged or if the blood flow within a vein slows down or stops.

If a blood clot breaks free, it may travel through the bloodstream and block blood flow to the lungs.



## Getting your home ready - knee or hip surgery

Before you go to the hospital for surgery, set up your home to make your recovery and life easier when you come back. Do this well in advance of your surgery.

Ask your health care provider or physical therapist about getting your home ready.

Make sure everything you need is easy to get to and on the floor where you will spend most of your time. Limit your stair use to once a day.

- ◆ Have a bed that is low enough so that your feet touch the floor when you sit on the edge of the bed.
- ◆ Set up your bed on the first floor if you can. You may not need a hospital bed, but your mattress should be firm.
- ◆ Have a bathroom or a portable commode on the same floor where you will spend most of your day.
- ◆ Stock up on canned or frozen food, toilet paper, shampoo, and other personal items.
- ◆ Make or buy single meals that can be frozen and reheated.
- ◆ Make sure you can reach everything you need without getting on your tiptoes or bending down low.
- ◆ Put food and other supplies in a cupboard that is between your waist and shoulder level.
- ◆ Place glasses, your teapot, and other items you use a lot on the kitchen counter.

◆ Make sure you can get to your phone. A portable phone can be helpful.

◆ Place a chair with a firm back in the kitchen, bedroom, bathroom, and other rooms you will use. This way, you can sit when you do your daily tasks.

◆ If you will be using a walker, attach a sturdy bag or a small basket. Put in it the things you need to have close by such as your phone, a notepad, a pen, and other necessary items. You can also use a fanny pack.

You may need help bathing, using the toilet, cooking, running errands, shopping, going to provider visits, and exercising. If you do not have someone to help you at home for the first 1 or 2 weeks after surgery, ask your provider about having a trained caregiver come to your home. This person can also check the safety of your home and help you with your daily activities.

Other items that may help:

- A shower sponge with a long handle
- A shoehorn with a long handle
- A cane, crutched, or a walker
- Reacher to help you pick up things from the floor, put on your pants, and take off your socks
- A sock aid to help you put on your socks
- Handle bars in the bathroom to allow you to steady yourself

People who have a prosthesis, such as an artificial joint, need to carefully protect themselves against infection. You should carry a medical identification card in your wallet that says you have a prosthesis. You may need to take antibiotics before any dental work or invasive medical procedures. Make sure to check with your provider, and tell your dentist or other surgeons about your knee replacement .

### **When to Call the Doctor**

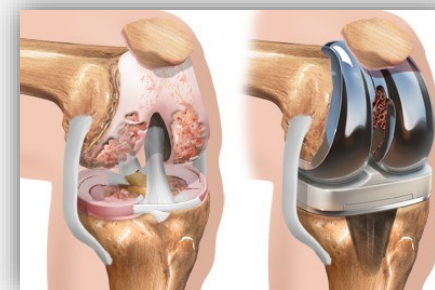
- ◇ Blood that is soaking through your dressing and the bleeding does not stop when you put pressure on the area
- ◇ Pain that does not go away after you take your pain medicine
- ◇ Swelling or pain in your calf muscle
- ◇ Darker than normal foot or toes or they are cool to touch
- ◇ Yellowish discharge from your incision
- ◇ A temperature higher than 101°F (38.3°C)
- ◇ Swelling around your incision
- ◇ Redness around your incision
- ◇ Chest pain
- ◇ Chest congestion
- ◇ Breathing problems or shortness of breath

**Sources :** [Www. Medline Plus](http://www.Medline Plus)

**Website :** <https://motherhospital.ir/health-pamphlets>



## **Knee Or Hip Replacement**



**Document code :** MH\AM\PT\020

**Set Date :** 2019/01/05

**Date of notification :** 2023/08/20

**Date of revision:** 2024/08/20

### **Mother Hospital**



#### **Unit of Education**

**You can access the educational electronic file by scanning this QR CODE**