

A PIKEVILLE MEDICAL CENTER PUBLICATION

TOTAL KNEE REPLACEMENT GUIDE



**Orthopedic Surgery
& Sports Medicine Institute**
OF EASTERN KENTUCKY
AT PIKEVILLE MEDICAL CENTER

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SPECIALIZING IN:

Knee Arthroscopy
Joint Pain
Total Knee Replacement
Partial Knee Replacement
ACL Reconstruction
Sports Medicine
Shoulder Arthroscopy

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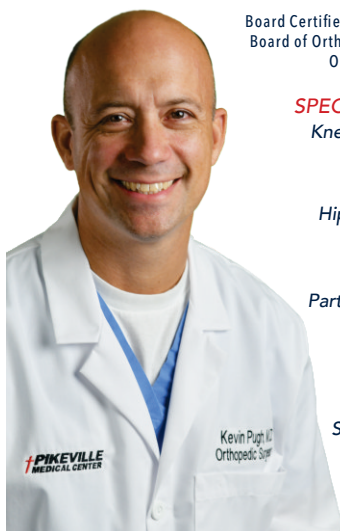
SPECIALIZING IN:

Knee Arthroscopy
Joint Pain
Total Hip Replacement
Total Knee Replacement
Partial Hip Replacement
Partial Knee Replacement
Fracture Care

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SPECIALIZING IN:

Knee Arthroscopy
Joint Pain
Anterior Total Hip Replacement
Total Knee Replacement
Partial Hip & Knee Replacements
Hip & Knee Revisions
CORI Surgical System Robotic Hip Procedure
Hip Fracture Care

The Orthopedic Surgery & Sports Medicine Institute of Eastern Kentucky at Pikeville Medical Center is staffed with highly trained surgeons, physician assistants, nurse practitioners, nurses and numerous support personnel. The team utilizes cutting-edge imaging technology including ultrasound-guided injections and digital x-rays plus offers the latest advancements in procedures. These techniques include direct anterior hip replacements, shoulder replacements, anatomic ACL surgery, fracture care, arthroscopic rotator cuff repair and full knee replacements including the new Persona IQ® smart knee.



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Total Knee Replacement

If walking supports and/or medications no longer help your knee pain, you may need a total knee replacement. Knee replacement is also known as “knee resurfacing” because only the surface of the bones are replaced.

This safe and effective surgery can:

- Relieve pain
- Correct leg irregularities
- Help resume normal activities

You may be recommended for total knee replacement surgery if you experience:

- Severe knee pain/stiffness limiting everyday activities including: walking, climbing stairs and sitting/standing
- Moderate/severe knee pain while resting
- Chronic knee inflammation (not improved by medications/rest)
- Knee deformity
- No improvement from anti-inflammatory medications, cortisone injections, lubricating injections or physical therapy

Consult with your primary care physician and orthopedic surgeon to determine whether you should have total knee replacement surgery.

Are you a candidate for Surgery?

To determine if total knee replacement surgery is right for you, your physician will:

- Gather your medical history
- Complete a physical examination to assess motion, stability, strength and alignment
- Order x-rays to determine the amount of damage

Surgery Day

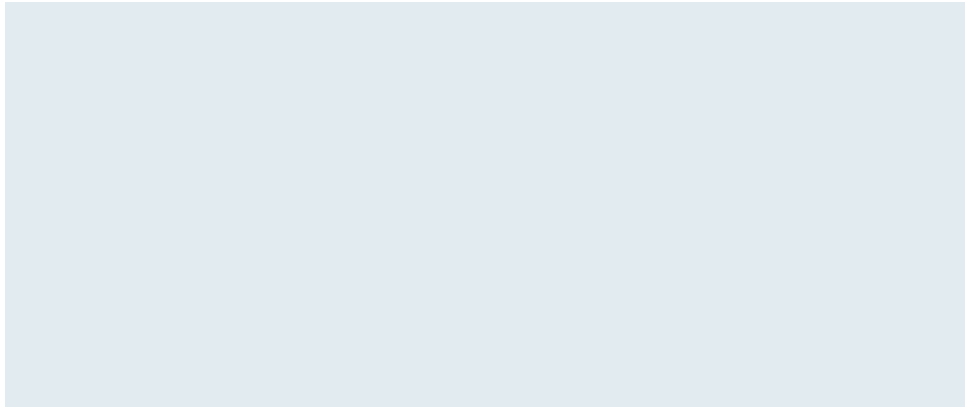
- You will register at the hospital
- Surgery usually takes one to two hours

- The knee's damaged cartilage and bone will be removed and an implant will be positioned into place
- Monitored during recovery from anesthesia
- Some patients go home the same day

Implant Options

Your orthopedic surgeon will discuss implant options and determine individualized treatment plan.

PMC offers:



Surgery Results

- The main goal of surgery is to improve the knee's range of motion. Most patients can fully straighten and bend the knee when doing daily activities such as getting in and out of vehicles and climbing stairs. It is important to exercise your knee regularly to see best results.

After surgery, it is normal to experience these side effects:

- Numbness of skin around the knee
- Stiffness, especially during excessive bending
- The feeling of or sound of "clicking" when walking or bending the knee

Benefits of surgery

- Reduction or elimination of joint pain
- Increased leg strength
- Improved quality of life
- Better range of movement
- To enjoy a more active lifestyle

After Surgery

Pain management

- Medications will be provided to help ease your pain and make you more comfortable
- Once your pain level decreases, you can begin increasing your movement

Physical therapy

- Most patients start exercising their knee one day after surgery
- Your physical therapist will work with you on specific knee strengthening/restorative exercises
- You may use a continuous passive motion machine (CPM) to move your knee while resting, which decreases swelling and improves circulation

At home

Wound care

- Stitches and staples will be removed a few weeks after surgery
- Do not soak the wound in water until it is completely sealed and dried. The orthopedic team will let you know when it is ready.
- Keep the wound bandaged to prevent irritation from clothing/support hose

Activity

- Exercise is critical during the first weeks after surgery
- You may resume normal activities within three to six weeks

The complication rate is low after Total Knee Replacement Surgery

- Knee joint infections occur in fewer than 2% of patients
- More serious complications have an even lower occurrence rate
- Chronic illnesses may increase the possibility of complication

Infection

Preventative antibiotics taken before certain procedures may prevent bacteria from entering the bloodstream and causing an infection.

Contact your physician immediately if you experience:

- Continuous fever (>100 degrees Fahrenheit)
- Intense chilling and shivering
- Increased redness, tenderness or swelling of the knee
- Knee wound drainage
- Increased knee pain during activity/rest





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Treatment of Arthritis and Chronic
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