

FAQS Total Knee Replacement

What is the purpose of Total Knee Replacement?

The purpose of Total Knee Replacement is to eliminate the pain that limits the ability to stand and to walk.

When do I need Total Knee Replacement?

You need Total Knee Replacement when you have significant arthritis of the Knee joint and pain arising from the Knee joint that has not been controlled by other measures including medication, exercise and weight control.

How long will I be in Hospital?

Usually, between 4 and 6 days.

Will I need to use crutches?

Yes. You will need crutches for 2-5 weeks depending upon whether other joints cause limitation or other physical problems are present.

Will I need physiotherapy?

The hospital physiotherapist will help you initially after the operation and will give you guidance about exercises to do both in hospital and when you go home. Some patients need further physiotherapy as an outpatient and a recommendation will be made about whether this is needed at the time you go home.

How long will it take to recover?

The initial recovery occurs over 3-4 months. There is a continuing slower steady improvement for more than 12 months.

When will the swelling go down?

The swelling will steadily improve in the first 6 weeks. The Knee may swell up periodically after prolonged activity and go down overnight.

When can I go back to work?

For light office or sedentary work, it is likely that you can return to limited work at about 6-8 weeks. If you stand for long periods or have a heavier job, then your return to work can be longer at 3- 4 months.

How much walking can I do?

The Knee Replacement is designed to allow you to walk and stand without pain. Even at an early stage, you can level walk as much as the Knee comfortably allows. You can gradually increase this walking. If the knee swells or becomes sore, you may need to modify your walks to a comfortable level for a short time before gradually increasing again.

How will I get on going through metal detectors at Airports?

There are literally thousands of people passing through airports and security everyday with joint replacements. It is unlikely that your total knee joint replacement will set off the detector. If you do set off the detector, then the security staff are very used to simply confirming that you have a joint replacement. You will also have been provided with a joint replacement card further documenting your implant.