
Knee Replacement

Knee Replacement is a common orthopaedic procedure and is used primarily to treat knee arthritis and cartilage damage of all causes. The Surgery involves removal of arthritic bone surfaces and replacement with metal and plastic leading to improved pain and function in the large majority of patients.

Knee Replacement is a major surgery, however, advances in techniques, such as computer navigation, have led to successful outcomes in around 90% of patients who undergo Knee Replacement surgery.

Damage to the knee that is likely to benefit from Knee Replacement surgery is usually diagnosed both clinically, with pain, stiffness and swelling of the knee, and with x-rays. Occasionally an MRI may assist in the diagnosis of Knee Arthritis.



Because a Knee Replacement is a mechanical device it is subject to wear over time and Knee Replacement is still a procedure that is used for the end stage of arthritis when other treatments have failed. Appropriate patient selection is also important and your surgeon will work with you to improve any conditions which may make you a higher risk of not obtaining the desired outcome post-surgery.

Patients undergoing knee replacement surgery will be directed to have appropriate imaging, blood tests and other pre-surgical investigations as required. Blood transfusion post-surgery is occasionally needed.

The goals of knee replacement surgery are to reduce pain, increase mobility and function and to restore alignment to limbs with preoperative deformity.



Complications

Knee replacement is very successful most patients however complications can occur. Occasionally implants may wear out with time, or the knee may be stiff or loose requiring further intervention. Infections are a rare but serious complication and blood clotting is also occasionally reported despite the use of medications to minimise this risk. Surgical risks will be explained to you at length prior to your operation.



Recovery Times

Hospital stay	1 - 4 night
Rest & elevation	14 days
Crutches/frame	1-2 weeks
Time off work	
- Seated	3-4 weeks
- Standing	6-12 weeks
Result times (<i>pain relief & function</i>)	
- Good	3 months
- Better	6 months
- Best	12 months

This brochure is a brief overview of the surgical management of Total Knee Replacement and not designed to be all-inclusive. If you have any further questions, please do not hesitate to contact your surgeon.