



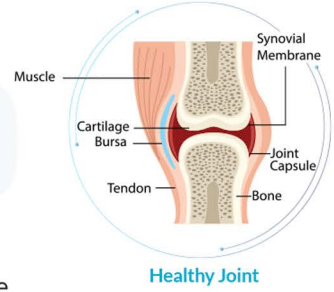
# KNEE REPLACEMENT SURGERY

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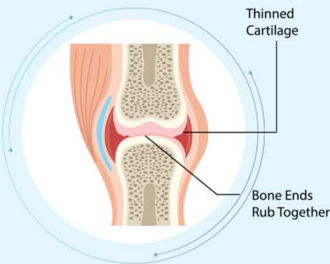
'Knee replacement' is also called as 'knee arthroplasty' or 'knee resurfacing'. In this procedure, the damaged ends of the bones that form the knee joint are capped with metal or plastic implants along with the knee-cap, which enables the proper movement of the knee.

The aim of a knee replacement surgery is to resurface the damaged parts of the knee joint and relieve pain that cannot be controlled by other treatments and medications.

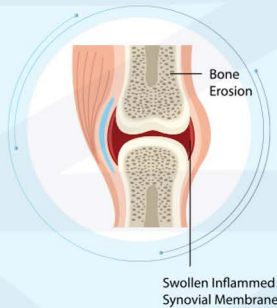
We at nulife Geriatric Center perform simple and complex knee replacement surgeries using the best of equipment and modular operation theaters.



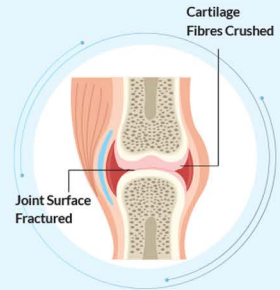
Knee replacement surgery can help to treat patients with chronic knee pain due to:



**Osteoarthritis:**  
Normal wear and tear of knee joint with age



**Rheumatoid arthritis:**  
Inflamed membrane around knee joint



**Post-traumatic arthritis:**  
Severe knee injury

# BENEFITS OF KNEE REPLACEMENT SURGERY

More than **90%** of the patients who have undergone knee replacement surgery experience improved quality of life.

## TYPES OF KNEE REPLACEMENT SURGERIES

- **Total Knee Replacement (TKR):** Replacement of total knee joint (all of the damaged knee cartilage and bones)
- **Partial/Unicondylar/Uni compartment Knee Replacement surgery (PKR):** Replacement of only one section/compartment (Medial or lateral part) of the knee that is severely damaged
- **Bilateral/Double Knee Replacement:** Both the knees equally damaged are replaced at the same time
- **Minimally invasive Knee Replacement (MIS):** Knee replacement surgery with minimal incision (cut) of only 3-5 inches
- **Computerized/ Navigated Knee surgery:** Improved precise positioning of the implant during surgery using Computer-assisted surgical (CAS) navigation system
- **Revision Knee Replacement:** Removal and replacement of a previous prosthetic knee joint that has worn out or failed

The two main benefits of knee replacement surgery are:



Pain relief



Improved knee movement and function



# PREPARING FOR KNEE REPLACEMENT SURGERY



Before the surgery, the doctor will carry out a complete physical examination and take note of your medical history (e.g. previous surgeries performed, other health disorders like diabetes, hypertension, etc.).



The doctor will take a few X-rays of your knee joint to identify the damaged areas.



You would be required to undergo full medical examination including blood tests, an electrocardiogram (ECG) and urine test before surgery, as per requirement.



You may be asked to not eat or drink anything for at least 8 hours before the surgery.



Your doctor may advise you to stop taking certain medications and dietary supplements before the surgery.

## RECOVERY AND POST SURGICAL CARE

- You need to be hospitalized for 1 to 5 days, depending on how well you follow and respond to rehabilitation.
- We usually prefer all inside sutures (under the skin), depending on the skin condition, that gets absorbed with minimal scar/suture marks. Hence, there is no need to remove sutures after surgery.
- You can expect to be up on your feet within a day or two using some kind of walking aid.
- It is important to follow the instructions for rehabilitation.
- Physiotherapy and training on knee strengthening exercises are required.



# SUCCESS RATE OF KNEE REPLACEMENT SURGERY

The surgical success rate in India is **96-98%** with a satisfaction rate of 90%. The replaced knee lasts for about 25-30 years for most of the patients.

## RISKS OF KNEE REPLACEMENT SURGERIES

Risks associated with knee replacement surgery depends on the age and overall health of the patient. Individuals with chronic health conditions (e.g. heart disease, diabetes) are at increased risk of complications. As with any surgical procedure, some common and severe complications possible related to knee replacement may include:



Infection



Blood clots in leg veins  
(Deep Vein Thrombosis) or  
lungs (Pulmonary Embolism)



Bleeding



Stiffness or fracture



Failure or wearing out  
of the prosthesis with time




Nerve damage

*However, less than 2% of the total knee replacement surgeries result in serious complications.*

# PREVENTION OF COMPLICATIONS

- Post-surgery and during hospitalization, the blood pressure, temperature, and the pulse is observed frequently.
- A thorough check-up of the operated leg for movement, feeling, circulation, and the pulse is required.
- Anti-coagulants are administered to avoid blood clots.
- The sutures or staples are removed when the patient visits the hospital for follow-up
- A small tube is placed at the site of the incision to drain excess fluids or blood. This tube is removed 1-2 days post-surgery.
- IV (intravenous) fluids and medications are provided for 1-2 days post-surgery.
- Restricted activities, movement and the use of analgesics may lead to constipation, therefore high fiber diet with an increased amount of fluids is advised.
- Thigh squeezes, buttock squeezes, ankle pumps and ankle circles exercises are advised to improve circulation and strength.
- DO NOT KEEP your knee in one position for too long, as it will stiffen.
- DO NOT FORCE your knee to extremes. Avoid kneeling down, climbing a lot of stairs, lifting heavy objects and twisting your operated leg until your knee is fully healed.



Carefully following your physiotherapy, exercise, and medication schedules with proper rest will help in faster recovery and prevent complications

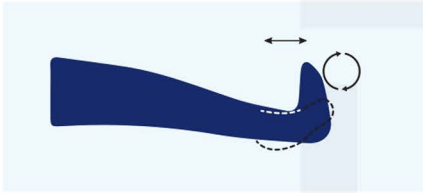
# KNEE STRENGTHENING EXERCISES

Less activity because of knee pain, causes muscle weakness. Therefore, these exercises are to be performed to strengthen the muscles and enhance recovery. If any exercise causes discomfort or pain, stop doing that exercise as it may aggravate joint discomfort. Also, consult your physiotherapist. Start with five repetitions of each exercise per week increasing it by five more if you are comfortable doing it.

TIP

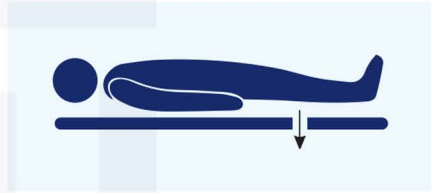
A preferred position to perform any exercises would be in lying position

## Ankle Pumps and Circles



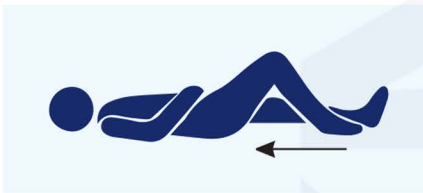
- Bend both ankles up with toes pointing towards you, then ankles down with toes pointing away from you
- Point ankles towards the ceiling and rotate clockwise and anti-clockwise

## Thigh Squeezes (Quadriceps Sets)



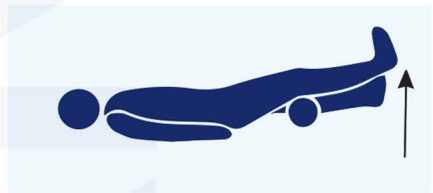
Tighten the upper part of thigh muscles by pushing the back of your knee down towards the bed. Hold for 5 seconds and relax

## Heel slides (hip and knee flexion)



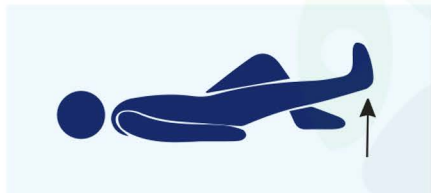
Lie flat on the bed, bend the knee, hip and slide the heel towards your buttocks. Get back to the starting position and relax

## Lying kicks (Short Arc Quadriceps)



Keep a rolled blanket under the knee and straighten the leg. Hold for five seconds and then relax

### Straight leg raises



Bend the leg with foot flat on the ground and raise the other affected leg in knee straight position. Lower the leg and relax

### Knee bending stretch (sitting knee flexion)



Sit on a chair, bend knees back as much as you can and hold for 30 seconds. Come back to the original position

### Knee Straightening stretch (sitting knee extension)



Sit on a chair with the heel up on another chair in front of you. You should be able to feel the stretch at the back of your knee

### Chair push-ups



Sit on a sturdy chair with arms. Grasp the arms of the chair; pull your body up taking the buttocks off the seat, hold for 5 seconds. Lower the back and relax





# TOTAL KNEE REPLACEMENT SURGERY- BEFORE YOUR SURGERY CHECKLIST

The following checklists will help you to prepare for the surgery. Careful preparation improves the chance of a complication-free recovery.

## *To do before surgery:*

- I have verified with my insurance company that I have coverage for my surgery
- I have collected information regarding Total Joint Replacement Surgery and have cleared my doubts
- I have completed all the lab tests requested by my surgeon
- I have not shaved my legs for 3 days before surgery
- I have arranged for someone to drive me home after surgery and for follow-up appointments

## *To improve my health before surgery:*

- I have quit smoking to improve healing and reduce the risk of infection after surgery
- I am having a light diet including fibers and have increased fluid intake the week before my surgery to prevent constipation
- I had my diabetes checked, and it is under control (If applicable)

*What to bring to the hospital:*

- The current list of medications and supplements noting which ones have been stopped
- Loose clothes
- Slippers with rubbered sole or walking sneakers/shoes with socks
- Personal toiletries (toothbrush, toothpaste, deodorant, electric or other razors, shaving cream, comb, denture cleanser/ cup)
- Eyeglasses
- Hearing aid with batteries
- CPAP machine with tubings (if applicable)
- Cell phone
- Photo Id, insurance card, Medicaid/policy card
- Important telephone numbers:
  - Person driving you home, TEL NO.: \_\_\_\_\_
  - Close relative/guardian, TEL NO.: \_\_\_\_\_
- This information booklet
- Walker/walking aid
- DO NOT bring valuables like jewellery

# GET TO KNOW ABOUT OUR EXPERT



## DR. RAHUL BADE

MBBS, DNB (Ortho)

FELLOWSHIP IN JOINT REPLACEMENT SURGERY.

FELLOWSHIP IN ARTHROSCOPY AND SPORTS INJURIES, BARCELONA.

Dr. Rahul Bade is a specialist Knee & Shoulder Surgeon. The founder of Sparsh Hospital & KNEE-O foundation, his practice covers all areas of Knee and Shoulder surgery i.e. Arthroscopy, Arthroplasty, Complex ligament reconstruction and Sports injuries. Dr Rahul incorporates latest technology and scientific advances which has helped him achieve higher success rates and excellent patient satisfaction

**15300 +**  
Happy Patients

**12100 +**  
Treatments done

**10750 +**  
Knees helped

To know more kindly visit  
[drrahulbade.com](http://drrahulbade.com)

# OUR SERVICES

- **Joint Replacement**
  - 1) Total Knee Replacement
  - 2) Unicondylar Knee Replacement
  - 3) Unilateral/ Bilateral Knee Replacement
  - 4) Computerized/ Navigated Knee Replacement
  - 5) Patient & Gender Specific Implants
- **Joint Preservation / Regeneration**
  - 1) Osteotomy / Deformity Correction
  - 2) Meniscus Repair
  - 3) Cartilage Treatment / Transfer
- **Joint Reconstruction**
  - 1) ACL Reconstruction / Repair
  - 2) Complex Multi-Ligament Reconstruction
  - 3) Sports Injuries
- **Patella Surgery Or Kneecap Surgery**
  - 1) Patellar Maltracking Correction
  - 2) Surgeries of Recurrent Dislocation of the Patella
  - 3) TBL Tubercle Osteotomy
- **Complex Fractures Around Knee**
- **Other Arthroscopic or Keyhole Surgeries**



## ABOUT US

Kneeo brings you one of a kind Healthcare solution for you. It gives you the best of everything:- Best Healthcare Advancement and innovations, Best Doctors, Best Nature, Best Infrastructure, Caring & Supportive staff. We are committed to Quality Life!



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The leaflet is intended to create awareness regarding healthcare by providing information about various diseases, their symptoms & the treatment options available.

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## CONTACT US

Balewadi | Baner | Maval | Lonavala  
kneefoundation@gmail.com

Emergency Contact Number: +91 83 83 83 83 71  
Appointment Contact Number: +91 77 69 88 11 88