



# KNEE REPLACEMENT

A GUIDE TO KICKSTART SURGERY



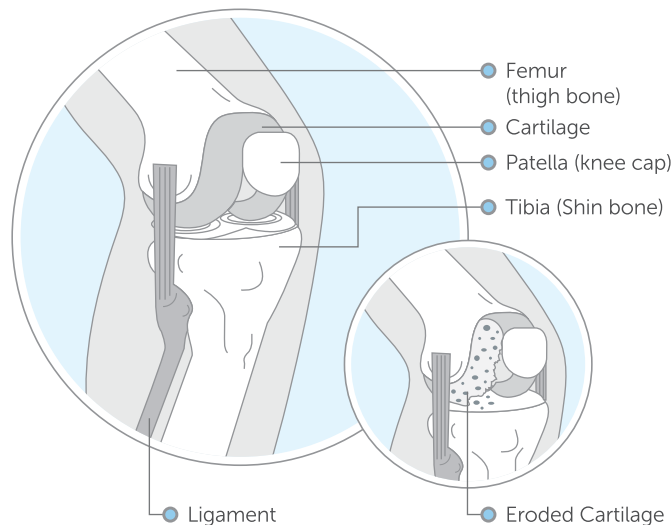
## Finding a solution to your knee pain

Knee pain is caused by injury, arthritis or infection. Depending on the problem, it could be treated through rehabilitation and may even require surgery.

### Total Knee Replacement Surgery or Total Knee Arthroplasty

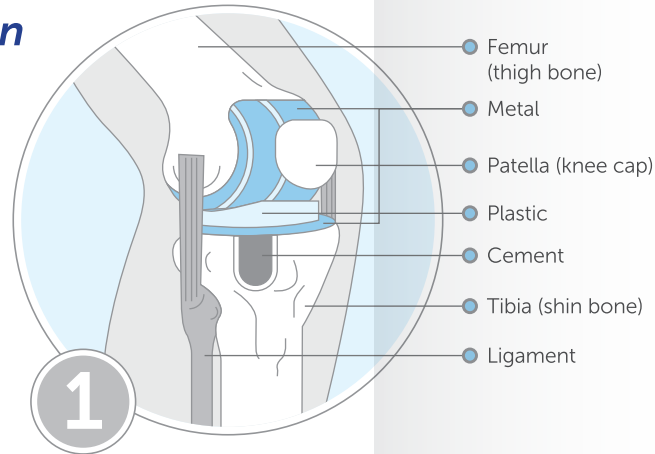
In this surgery, the parts of the bones that rub together are resurfaced: damaged surfaces of bones are removed and replacement surfaces fixed into place. The surface of the femur is replaced with a rounded metal component, to match the curve of your natural bone, while the surface of the tibia or leg bone is replaced with a smooth plastic component. This flat metal component holds a smooth piece of ultra-high molecular weight polyethylene plastic, that serves as the cartilage. The undersurface of the knee cap may also be replaced with this plastic implant.

### Healthy Knee



### When do you need knee replacement surgery?

It is required when the joint is completely worn out, if you find it difficult to walk or perform everyday activities. While doctors may try less invasive treatments before surgery, for patients with advanced joint disease it is the ideal solution.



### THE PROCEDURE

#### Before your surgery, your doctor may ask you to:

- Do a pre-operative check-up which includes a physical examination and tests
- Your friends or relatives may need to donate blood for your procedure if the surgeon feels that you need a blood transfusion

#### When you're in the operation theatre:

- An intravenous line will be inserted into your arm to administer antibiotics and medication.
- Epidural and spinal anaesthesia is given in most instances and the epidural catheter may be left in situ for pain management. Nerve blocks may also be given for pain relief. We take pains to make your surgery relatively painfree. We even use ultrasound machines in the operating room for effective nerve blocks to minimise pain in the post operative period.
- Computer assisted surgery- state of the art computer navigation is available with us to give you optimum placement of your artificial knee so that the joints last longer. The procedure generally takes about 1 and a half to 2 hours per knee joint.
- Special precision guides, computer navigation and instruments are used to remove damaged surfaces and shape the ends of the bones so the implants can be secured. Once your surgeon is satisfied with the fit & function of the implants, the incision will be closed. This procedure usually takes between 2-3 hours.

2

### AFTER CARE

- You will be closely monitored and given the necessary pain relief
- Once the anaesthesia wears off, try to cough or breathe deeply to help clear the lungs
- You may have a little discomfort in the knees for few days
- You may stand in the first 24 hours of surgery
- In the next 24 hours, you may move with a walker with a physiotherapist's assistance
- To regain strength, balance, and range of movement, practice rehabilitation exercises with your physiotherapist
- You could be discharged in 3 days or as soon as your surgeon advises
- Continue exercising at home as per your physiotherapist's instructions

3

### LEADING A NORMAL LIFE

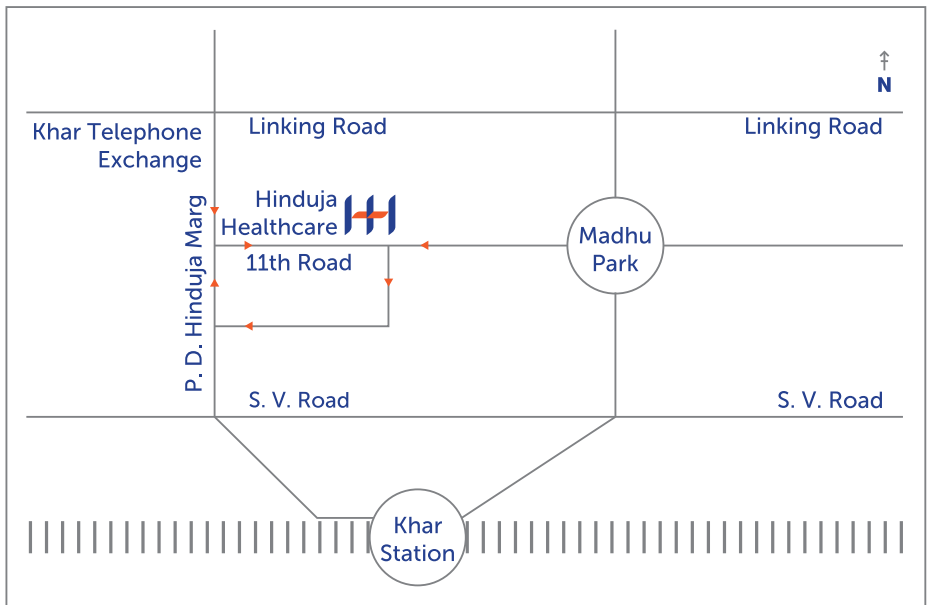
Most patients can walk with a cane within 6 weeks of surgery, and drive within 7-8 weeks. Joint replacement surgery should relieve pain and stiffness so you lead a normal life, but there may be restrictions on contact sports or activities that put excessive strain on your joints. You may even resume sex when you feel comfortable. Do check with your doctor on what you can do.

### How long does a knee replacement last?

A replace joint could last anywhere between 15 to 20 years or longer if done well. Also it depends on your physical condition, activity level, weight, and the accuracy of the implant. The natural fluid in the joint space, called synovial fluid, helps lubricate implants just as it lubricates the bones and cartilage in a natural joint. A prosthetic joint isn't as strong or durable as a natural, healthy joint and its components wear out as they roll and slide against each other over time.

Computer assisted knee replacement may last longer than conventionally done knee replacements as ligament balancing and the alignment of components is more precise.

Today, total Knee Replacement Surgery is common and reliable. It not only relieves the pain but also improves knee function so you can lead a healthy, normal life again.



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