

# KNEE REPLACEMENT - Your Questions Answered

## How do I know if I need joint replacement surgery?

First, discuss your knee pain with your primary care doctor or consider seeing an arthritis specialist. You might benefit from non-surgical treatment. If your joint pain is severe, don't delay seeking care. Many joint replacement patients wish they had their surgery sooner.

## Should I exercise before my joint replacement?

Yes, if you are able. Your surgeon will review appropriate activities and specific exercises that are best for you.

## How long will recovery take?

With most patients discharged 1-2 days after surgery, recovery begins while you're still in the hospital. Within a few days, most patients are completing their exercises, and then walking without a limp within a few months. Most patients receive about 80% of the benefit of a joint replacement within the first three months of surgery.

## What happens during joint replacement surgery?

Generally speaking, your surgeon removes the arthritic surfaces of your joint where the bones rub against one another and replaces them with a combination of parts specific to your needs.

## How long does the surgery last?

Your time in the operating room is about 3 hours. And, the total amount of time until you are in the post-anesthesia care unit, where you will recover from anesthesia, will be about 4 hours.

## What are the major risks to joint surgery?

Infection and blood clots are two possible complications. Your care team will share exercises, medications, and other treatments to help prevent these complications.

## Will the surgery be painful?

Recovering from any surgery will involve some pain, and managing that pain begins with you. We rely on a close partnership between you and your nurse and for you to tell your nurse about your pain.

## What type of anesthesia will be used?

The type of anesthesia used will depend on your type of surgery, your overall health, and other risk factors. In every case, you will be able to talk with your anesthesiologist the day of your surgery.

## How often will I need to be seen by my surgeon following the surgery?

You'll first see your surgeon about 2 - 6 weeks after surgery. The frequency of follow-up visits will depend on your progress. Many patients are seen at 6 weeks, 12 weeks, and then yearly.

**If you have more questions or want to take steps to deal with your knee pain, call us, and together we'll form a plan. (585) 275-5321**