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## **A Patient's Guide to Knee Replacement Surgery**

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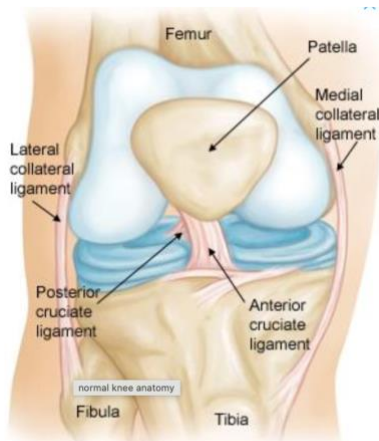
# Understanding Your Knee Replacement Surgery

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## INTRODUCTION

A Knee replacement is an operation for serious **arthritis of the knee**. To prepare for your **total knee replacement** you should first understand a little about the structure of the knee joint. The knee joint is a hinge joint between the thigh bone (the femur) and the shin bone (the tibia). It also incorporates the kneecap joint (the patella). Between these three bones the knee bends like a hinge but also rotates slightly to allow greater flexibility. Where the thighbone and shinbones meet, they are covered by a slippery material called cartilage. This allows the knee to glide easily when bending. The whole knee is held together with ligaments. Arthritis damages the surfaces where the three parts of your knee slide over each other. The worn cartilage no longer serves as a cushion and as the damaged bones rub together, they become rough, with a surface like sandpaper. This hurts, and stops your knee bending the way it should. It also makes your knee weak and sometimes bends it out of shape.

This is a picture of a healthy knee, and Xray of arthritis and a total replacement



## **BEFORE YOUR KNEE REPLACEMENT SURGERY**

It is important that, despite the discomfort in your knee, you remain as mobile and active as possible.

This will maintain your muscle strength and improve the speed and quality of your recovery from the surgery. If you smoke, then this is an ideal opportunity to consider giving up. Smoking significantly increases a number of potential complications following surgery and to gain the full benefit you should stop at least 6 weeks before your surgery.

### **The pre assessment visit before surgery**

You will undergo a number of tests, scans and x-rays and you will have had a clinical examination and a consultation with me. I will make sure you understand the procedure, its alternatives, benefits and most importantly any potential complications. You will then be asked to sign the consent form. This is a document stating you understand what is involved and that you want to proceed with the surgery. You will receive a copy of this document. If you do not understand something, you must ask me.

### **The Night Prior to Surgery**

You will be asked not to eat or drink anything for 6 hours prior to your surgery. We will advise you one week before surgery of your admission time and the time to stop eating, drinking and drinking.

## **THE OPERATION**

### **What type of anaesthesia is used in my Knee Replacement Surgery?**

Most of our knee replacement patients receive spinal anaesthesia however, general anaesthesia is also used in certain patients. Your anaesthetist will discuss the type of anaesthesia used with you prior to surgery.

With spinal anaesthesia, the method we strongly recommend, a narrow catheter is placed between two bones of your spine. A controlled flow of anaesthetic goes through the narrow catheter, anaesthetising your body from the abdomen down so you will not feel anything during surgery. You will also receive a sedative so that you are 'asleep' and completely unaware of proceedings.

If you are undergoing general anaesthesia, you will first be put to sleep by intravenous medication. A mask or a breathing tube then gives an anaesthetic gas to keep you asleep.

## What is involved in my Knee Replacement Surgery?

A knee replacement is a big operation. It generally takes 1 to 1½ hours. I will make an incision over the front of your knee and remove the damaged / arthritic ends of the thighbone and shinbone. I will then replace these with a metal knee resurfacing that has a polyethylene bearing, your new cartilage, to allow low friction between the components. I may also replace the undersurface of your kneecap if this is worn. The components are held in place by a medical glue we call cement

Explain to your relatives / friends that you will be away from the ward for up to 4 hours.

The theatre schedule is flexible and no specific time can be given to you as to when in the day your surgery will occur. After surgery is completed you will be moved to the recovery area in the operating department for a short time. You will then be transferred to your ward bed where your relatives and friends will be allowed to be with you.

## Is there much Pain with Knee Replacement Surgery?

Normally following your surgery you will experience some pain. If following the surgery you are experiencing severe pain, please inform the nurse. The nurse will notify the Doctor who will then make an assessment and provide you with appropriate pain medication. We aim to keep your pain score at or below 4 out of 10.

## RECOVERING FROM YOUR KNEE REPLACEMENT SURGERY

- A dressing and tight bandage will be over your whole leg. The bandage will be removed after 48 hours and the dressing changed at this stage if there is any staining. Normally this is left untouched and will be changed on the day prior to your discharge or left and removed by me in your post operative follow up appointment. Staining of the dressing with blood is completely normal and as long as this is not excessive, there is nothing to worry about.



- An IV (intravenous infusion) will be running into your arm via a cannula.
- Vital signs taken which consist of blood pressure, pulse, respiratory rate and temperature
- You can normally drink fluids and eat as soon as your appetite returns.
- You will be encouraged to mobilise, with the aid of a physio, on the day of surgery. . You should expect to go home within 2 days of your surgery .

Please remember that each person is different so times will vary, if you are older, in poor physical condition, or not very mobile it may take longer to recover from your surgery.

- **Please note that after Knee Replacement Surgery, depending on which knee and if you drive an automatic car, it is not recommended to drive for 4-6 weeks. You must be able to perform an emergency stop before attempting driving.**
- **Flying after surgery increases your risk of blood clots. The advice is to avoid flying or travelling for more than 4 hours, for six weeks after surgery. You should also avoid flying for 2 weeks prior to surgery**

## REHABILITATION AND PHYSIOTHERAPY

Your participation in physical therapy is essential to the success of your surgery. The more committed and enthusiastic you are, the quicker your improvement and recovery will be. You will receive extensive physiotherapy during your stay in the hospital, and we will make sure you are safe and mobile prior to your discharge. A physiotherapist will visit you on the day after surgery and will start to instruct you on the exercise program. You will receive physiotherapy each day following the surgery and we strongly encourage you to achieve three goals before discharge.

1. Be able to lift your leg straight off your bed.
2. Achieve a full straightening of the leg
3. Be able to bend the knee to at least 70 – 90 degrees

The physiotherapist will guide you through your recovery. Please take note of the ward staff and physiotherapists advice when you commence your mobilisation for the first time. These sessions are normally one on one with a physiotherapist but **I would encourage you to practice and continue your exercises in between visits**. You will not damage the knee or split open the wound. It is safe to move around and bend your knee. You will need postoperative outpatient physiotherapy local to where you live and this should be commenced 10-14 days after your surgery.

## **ALTERNATIVES TO KNEE REPLACEMENT**

### **• Do I need this operation ?**

A lot of people have arthritis in their knees but only a small number need a knee replacement. Total knee replacement surgery is successful in eliminating pain from an arthritic knee. When your pain has reached a level where your knee wakes you from sleep, restricts your mobility, or stops you from doing things you enjoy doing, such as working, going out with friends and family, gardening, housework or shopping, you are suitable for a knee replacement surgery. It will reduce / eliminate your pain and improve your mobility.

- If you have reached this stage, the only alternatives to replacement surgery are continued non surgical treatment with pain killers, weight loss, walking aids and physiotherapy.
- Occasionally injection therapy is offered but this usually only provides temporary relief of pain.
- If you choose not to have this operation, your arthritis will not get better and the disease usually progresses very slowly, often over many years. Your pain and stiffness may even ease a little with time. Having arthritis can make your life more difficult, but it's unlikely to make it shorter.

If you are younger (< 60 years old) or have less severe arthritis, alternatives which may exist include keyhole surgery to wash out the knee (arthroscopy), re-setting your bone and the alignment of your leg (osteotomy) or a partial replacement of the knee (unicompartmental knee replacement). Not all patients are suitable for these procedures though, but I would be happy to discuss any of them with you.

## **BENEFITS**

Knee replacement surgery is continually evolving and with the advent of robotic assisted replacement surgery, the outcomes and results are improving all the time. It is important to note that although successful at eliminating your pain, it is not an operation to give you back a 'normal' knee. The main aim is to provide a painless knee with adequate movement for the majority of daily activities. Success of knee replacement surgery depends upon many factors of which rehabilitation is of utmost importance. The most perfectly performed surgery can be quickly undone by inappropriate or unsupervised rehabilitation, particularly in the early stages following surgery.

## POTENTIAL COMPLICATIONS

These are uncommon, but do occur occasionally.

### **Bleeding**

into the knee joint is common and causes swelling. Very rarely it may require draining in the immediate postoperative period. It is very rare also require a blood transfusion.

### **Bruising**

around your knee, thigh, calf and even ankle, is common and not of great significance. It can be quite dramatic, but is of no consequence and will disappear within a couple of weeks. These are examples of the type bruising you might experience



### **Thrombotic disease.**

Blood clots in the legs (3%) and in the lungs (1%) can occur. We take precautions to minimise the risks of these and after the surgery will give you medication to thin the blood slightly. We will also ask you to wear anti-thrombotic stockings for a few weeks following your surgery.

Becoming active and mobile soon after the surgery will reduce your risks. If these clots do occur you will be prescribed Warfarin (a blood thinning medication) to take.

### **Infection**

(3%) may result in redness / heat in the skin around the knee or ongoing discharge from the wound. **DO NOT TREAT WITH ANTIBIOTICS** until you have contacted your surgeon.

### **Nerve injury**

(0.1%) may result in weakness of your calf muscle leaving you with a 'dropped foot'. This is usually temporary but very rarely permanent.

### **Loosening**

This is an artificial joint. It has a finite life span and although techniques and implants are constantly evolving the recognised life span of most knee replacements is 20yrs in 90% of patients. If the replacement wears out you may experience further discomfort and require a revision (re-do) procedure.

### **General medical / anaesthetic problems.**

This is a big operation and may put strain on your lungs and heart. A small number of people have serious problems such as a heart attack, a stroke, or a bad chest infection soon afterwards. These things are more likely to happen if you already have heart disease, or a bad chest. It is a good idea to stop smoking before an operation because smoking makes all these problems more likely.

## **QUESTIONS**

If you have questions about your surgery please ask one of my team at the pre-assessment clinic or once admitted for surgery.

If you have questions about your rehabilitation please contact your **physiotherapist**.

If you have any problems, especially if you experience any excessive skin redness, persistent wound discharge, excessive swelling, or severe pain during or after exercise, call Mr Houlihan-Burne's secretary on the numbers given on the front of this pack.

Call your **GP** if you develop calf pain and tightness, shortness of breath, or if you develop a fever and feel unwell.



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