

Orthopaedic Procedure

Total Knee Replacement

1. What is a total knee replacement?

Total knee replacement (TKR), also known as knee arthroplasty, is a surgical procedure that involves replacing a damaged or deteriorated knee joint with an artificial implant or prosthesis. This procedure is primarily performed to alleviate chronic pain, restore knee joint function, and improve the overall quality of life in individuals suffering from severe knee conditions.

2. What are the advantages of total knee replacement?

- **Restored knee stability:** ACL reconstruction restores stability to the knee, allowing patients to return to physical activities and sports that require agility, pivoting, and sudden stops and starts.
- **Reduced risk of further damage:** By reconstructing the torn ACL, patients are less likely to experience further damage to the knee joint, such as meniscus tears or articular cartilage injuries.
- **Improved quality of life:** Patients often experience significant improvements in their overall quality of life and the ability to engage in sports and activities they enjoy.
- **Decreased pain and swelling:** The surgery can alleviate pain, swelling, and discomfort that patients may have experienced due to their ACL injury.

3. What are the possible risks?

While TKR is generally considered a safe and effective procedure, there are potential risks and complications. These may include infection, blood clots, nerve or blood vessel damage, implant wear or loosening over time, or instability in the replaced knee joint. Risks associated with anesthesia must also be taken into account.

4. What happens after?

Recovery following total knee replacement is a staged process. After the surgery, patients typically remain in the hospital for a few days to ensure proper wound healing and manage pain. Physical therapy plays a vital role in restoring knee strength and function. Patients are encouraged to engage in exercises and activities to regain mobility and range of motion.

Full recovery and the ability to resume daily activities and even return to low-impact sports can take several months. Following the surgeon's post-operative instructions, including medication, wound care, and rehabilitation, is essential to minimize risks and achieve the best outcome. Total knee replacement often leads to a significant reduction in pain, improved knee function, and an enhanced quality of life.