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# Arthritis and Joint Replacement

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Questions You Wanted to Ask About

# **Total Knee Replacement (TKR)**

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# What is TKR Surgery?

- A Total Knee Replacement (TKR) - Is a Surgical Procedure That Re-forms the Knee Joint
- A thin layer of bone is removed from the damaged surface of the thigh bone (femur) and replaced by a thin layer of metal,
- In a similar fashion the upper end of the shin bone (tibia) is removed and is replaced with a wafer of plastic.
- The knee cap (patella) may also be resurfaced with a piece of plastic.



# Who Needs TKR?

- *Osteoarthritis*
- *Rheumatoid Arthritis*
- *Traumatic Arthritis*



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# Do you need TKR?

- Severe knee pain that limits your everyday activities
- Pain at rest , either day or night
- Knee deformity
- Knee stiffness



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## Permissible Activities

- Recreational Walking,
- Swimming, Golf, Driving,
- Normal Stair Climbing,
- Ball Room Dancing



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## Activities Exceeding Usual Recommendations

- Squatting, Sitting Cross legged,
- Tennis,
- Repetitive lifting of weight  $> 50$  Kgs,
- Repetitive Aerobic Activity



# You should not do after TKR?

## Dangerous Activities

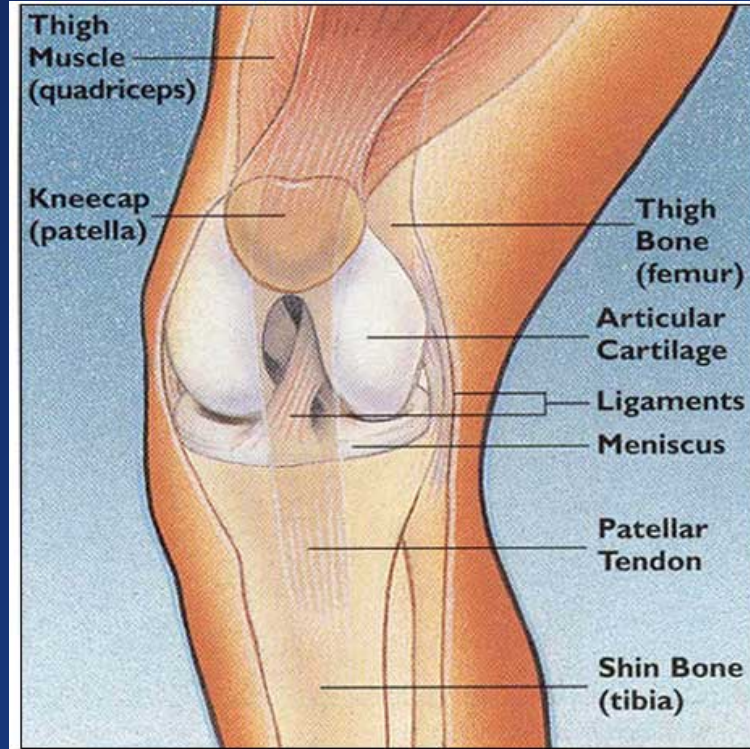
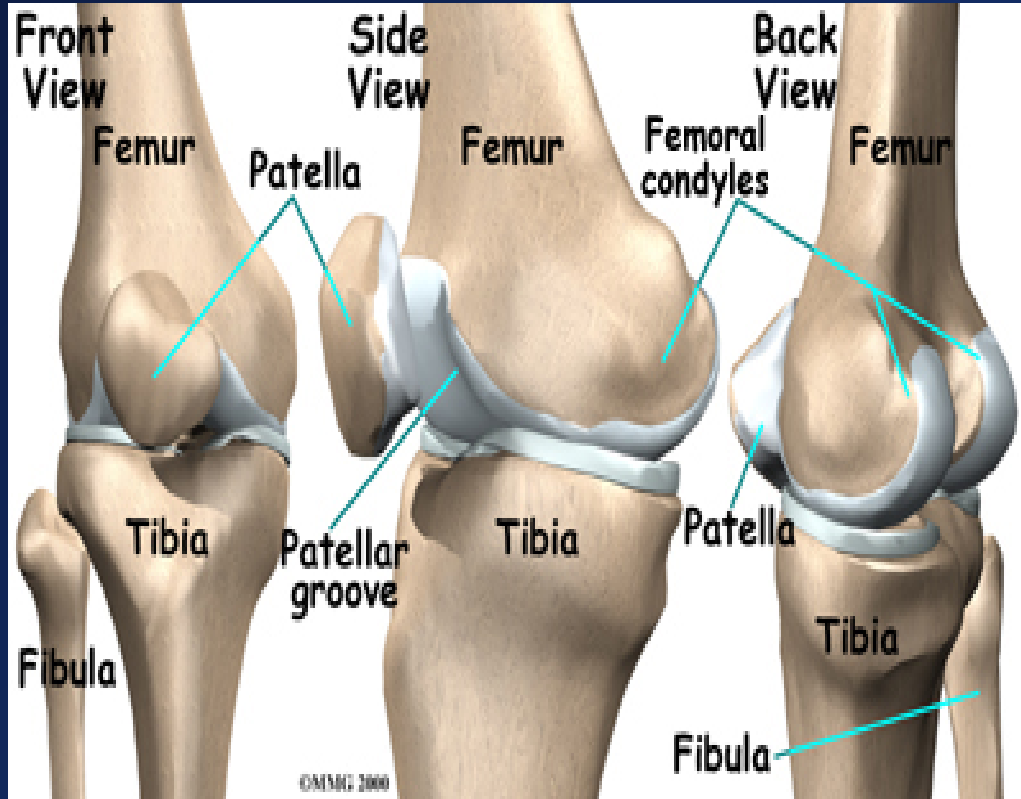
- Fast Running,
- Contact Sports,
- High Impact Aerobics,
- Jumping Sports



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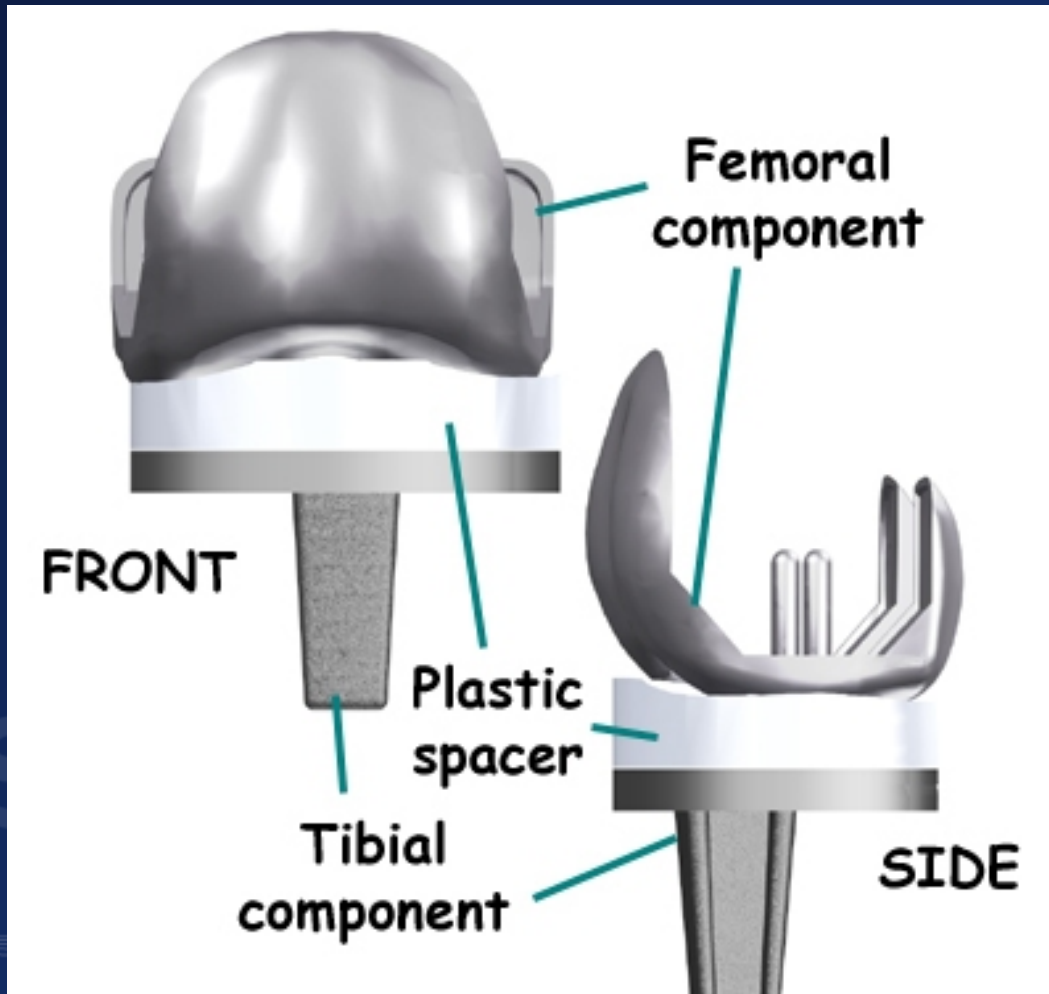
# Anatomy of The Knee?



**Normal Knee Anatomy**



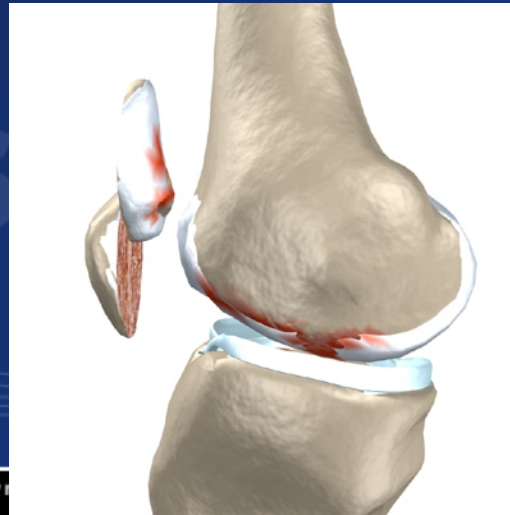
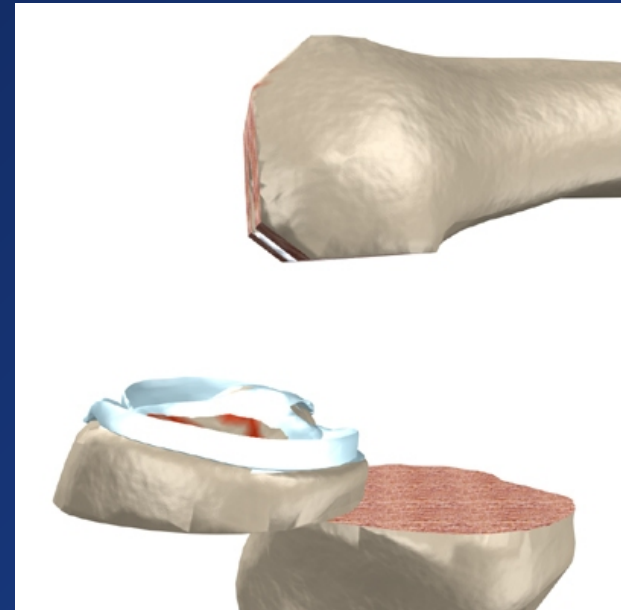
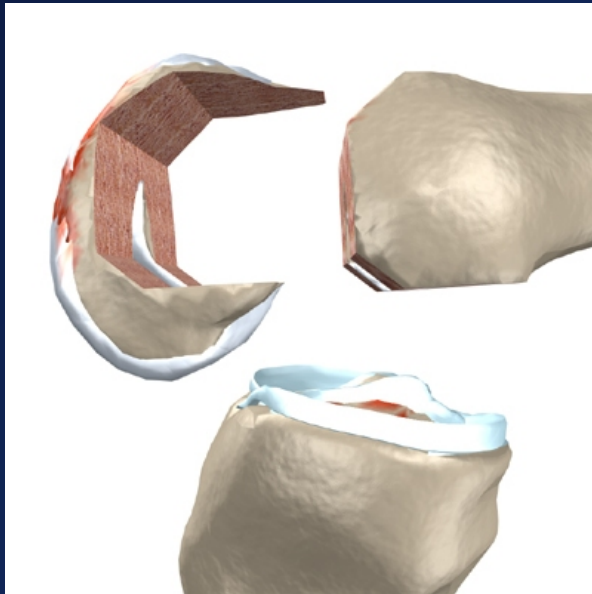
# What Are The Implants Used?



Patellar component



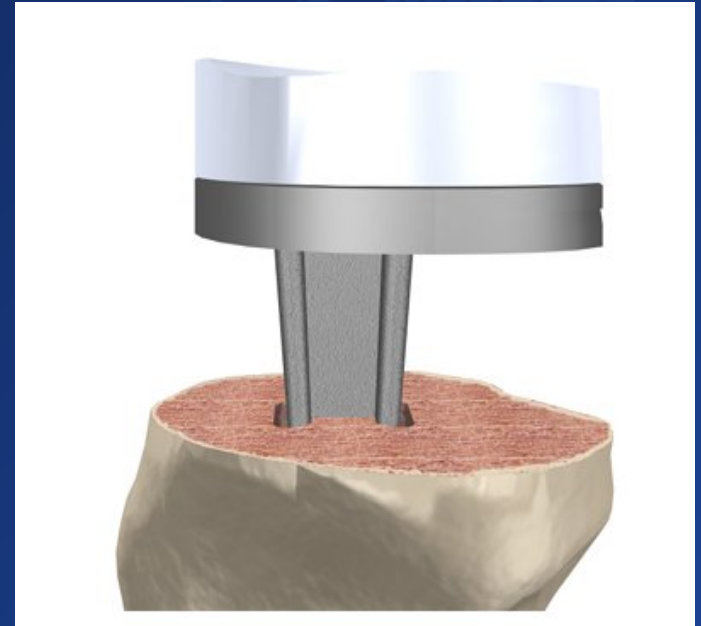
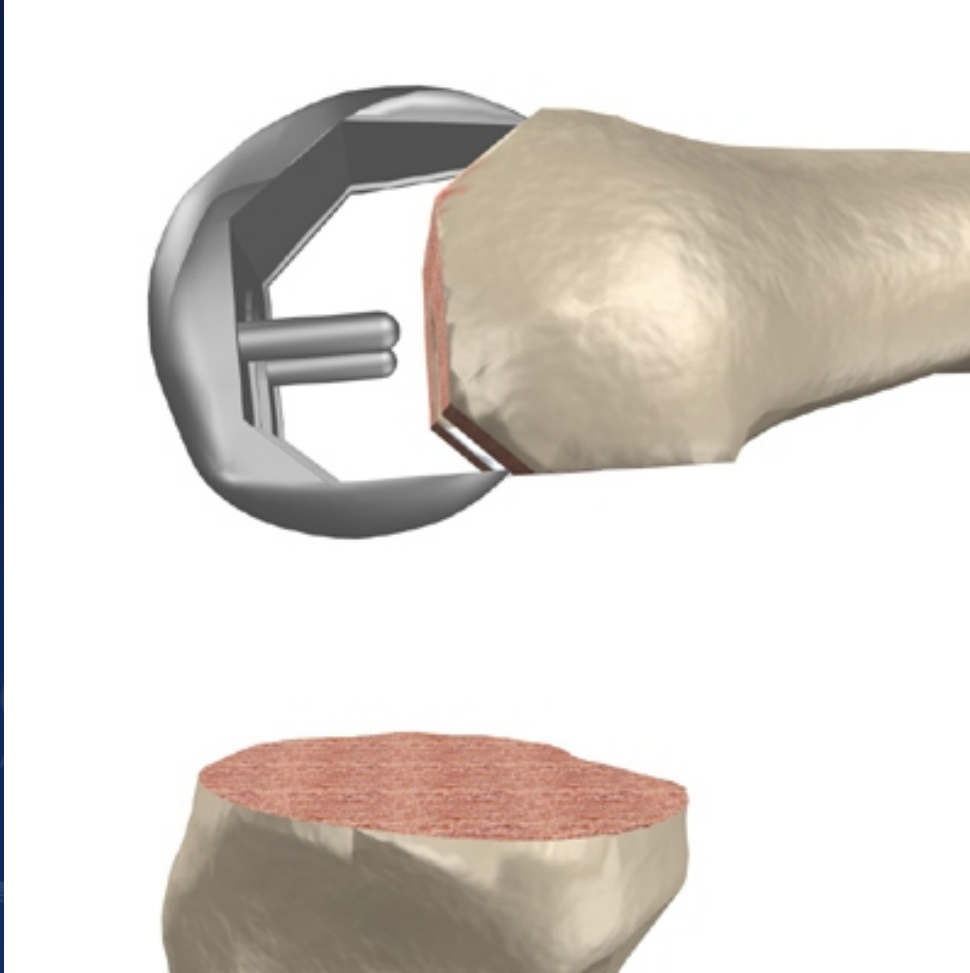
# How is TKR done ?..



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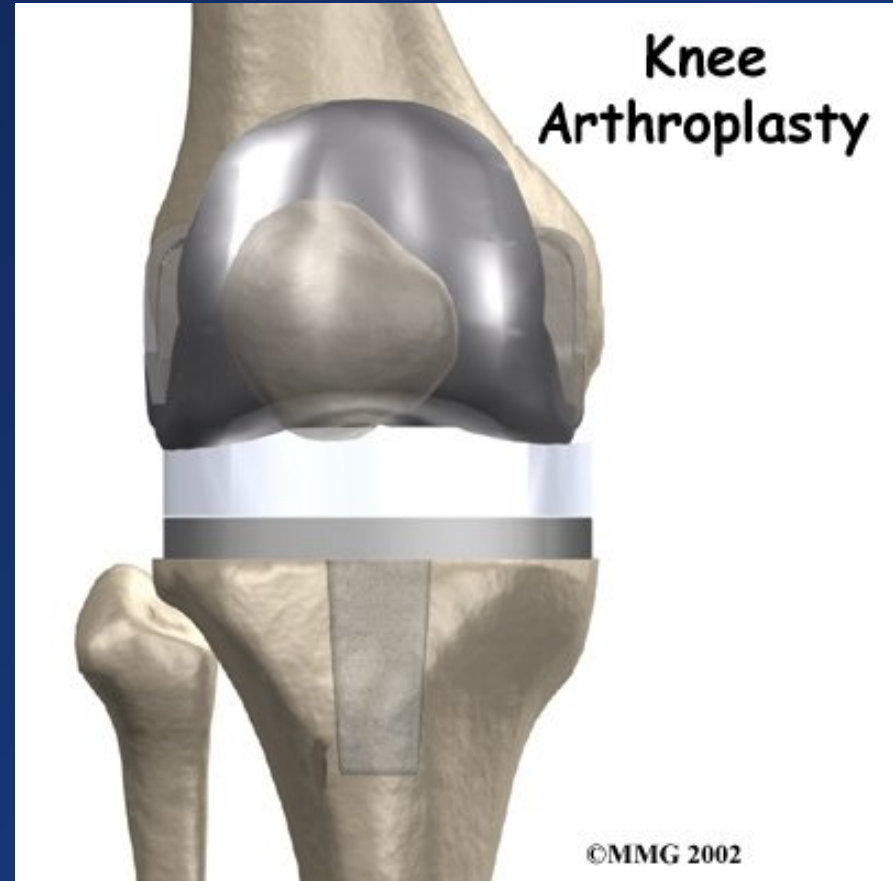
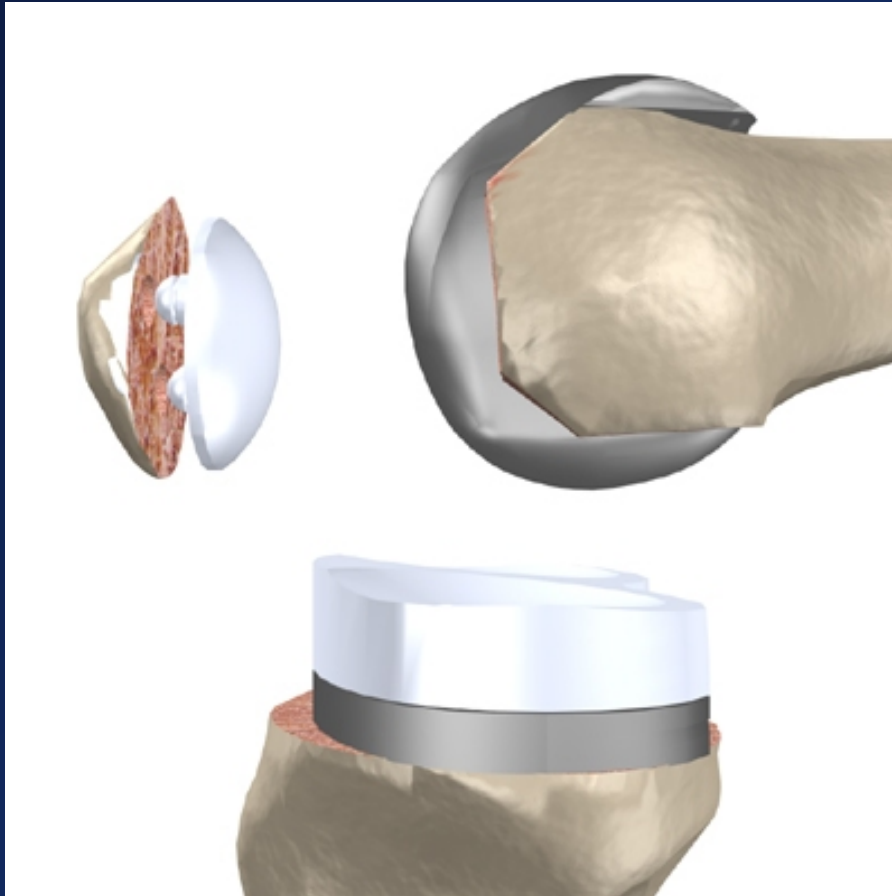


# ..How is TKR done ?..





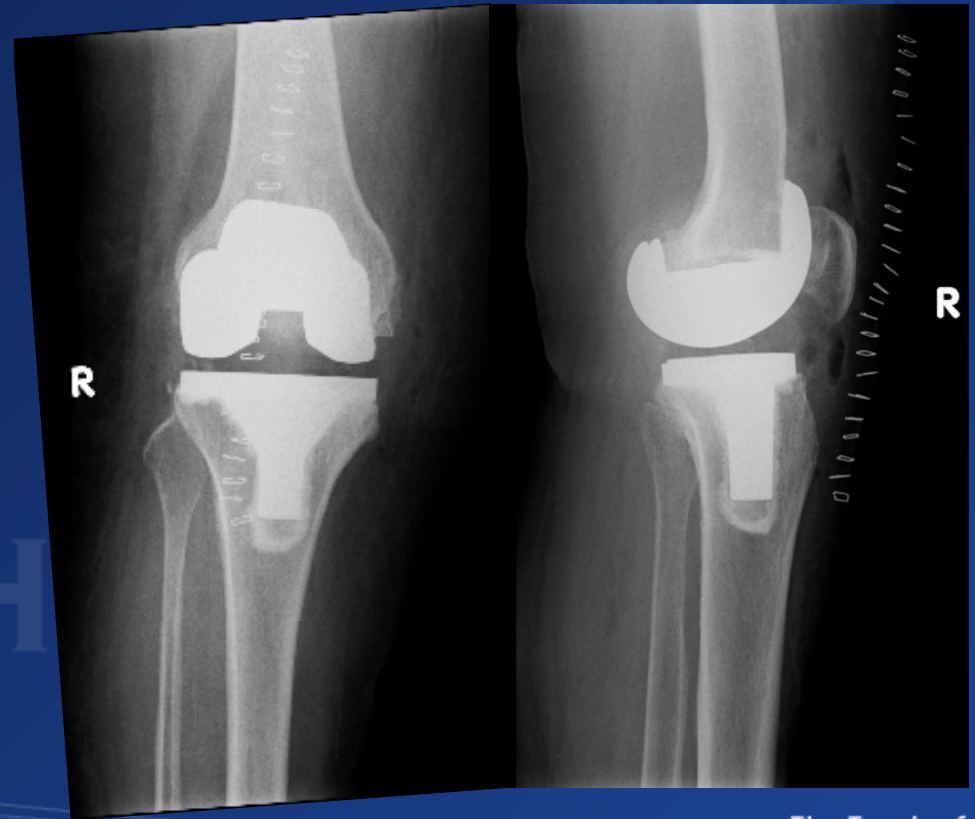
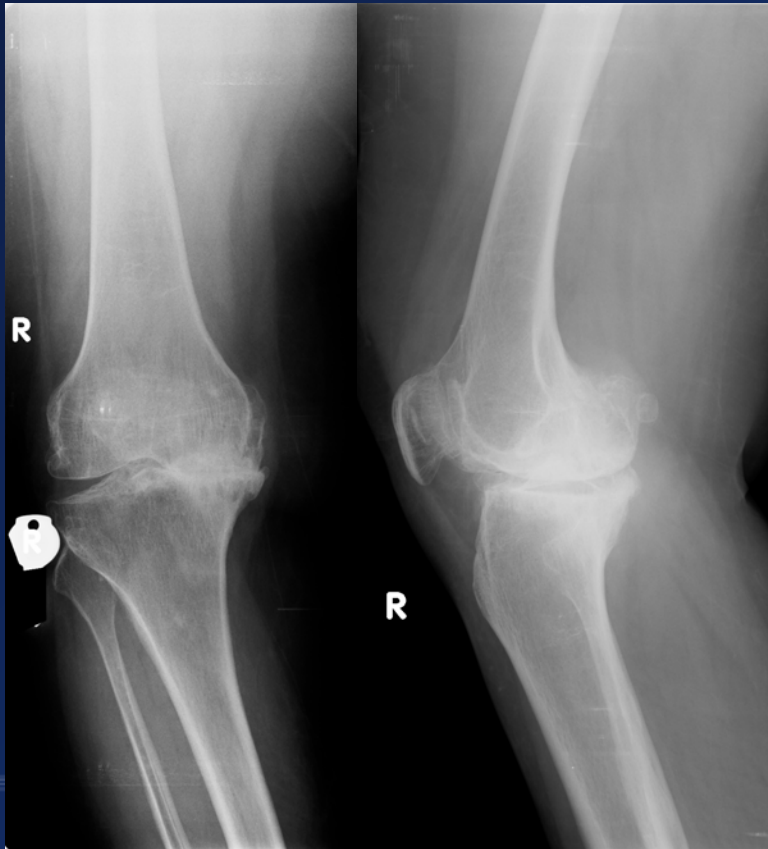
# ..How is TKR done ?



# How Will the X-Rays Look?

Before

After





# What is the Success Rate...?

- The operation has become fairly routine and is successful around **96- 98%** of the time.

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# What about Complications ..?

- **Blood clots in the veins of the legs**
- **Infection.**
  - laminar air flow operating room
  - Antibiotics
- **Loosening of the prosthesis**
- **Wound healing problems**
- **Nerve damage**



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# What about Complications ..?

- Injuries to the arteries of the leg
- Knee Stiffness
- Fracture of the knee bones
- Bleeding complications
- Allergy to the metal parts
- Numbness around part of the wound



# What happens soon after surgery ?

- You will wake up in the recovery room
- You will be in the recovery room for about 2 hours.
- However you can not be visited in the recovery room
- Some patients are admitted to the Intensive Care Unit (ICU) for 24 hours



# What About Pain Control?

Most patients are surprised at how little pain they have after the operation!!

- PCA Unit (Patient Controlled Analgesia).
- Pain Management Team

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# ...Any Other Drugs?

- All Patients Are Given **Antibiotics** and Medication to prevent Blood Clots
- Medications that you are already on may have to be continued
- Drugs may also be given for Nausea, Constipation, Fever and Sleep
- Suction drainage tubes, Catheters



# The Operative Wound?

- The wound is over the front of the knee - about six inches in length.
- The dressings are usually changed after the drainage tubes are removed.

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# When Do I Go Home ?

You will be allowed to go home when

- your temperature is normal,
- you are able to get in and out of bed by yourself, and
- You can go to the bathroom by yourself.

Some patients reach this goal within five days, others may take longer.



# What about Physiotherapy?

- The Physiotherapist will Get You up on the First or Second Day After Surgery, and Will Teach You the Right Amount of Weight to Put on Your Operated Leg.
- Physiotherapy will continue while you are in the Hospital

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# What Do I Need At Home?

- Crutches or a Walker
- Toilet Seat Extension
- Shower Stool
- Thermometer



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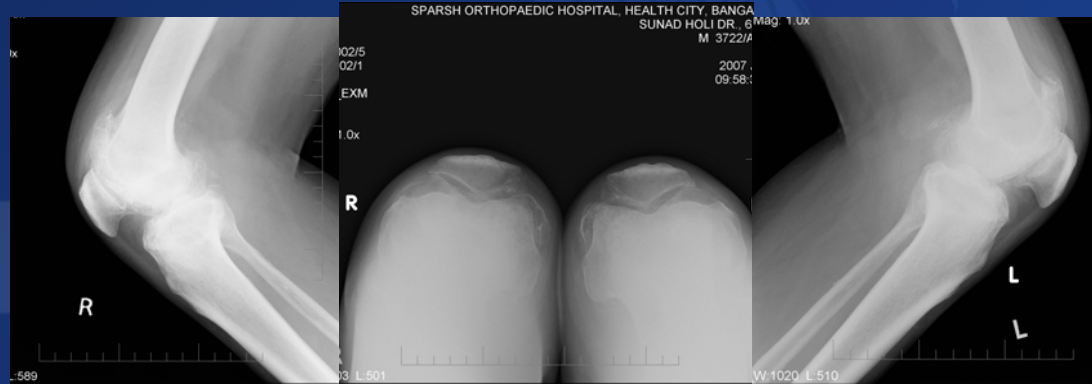
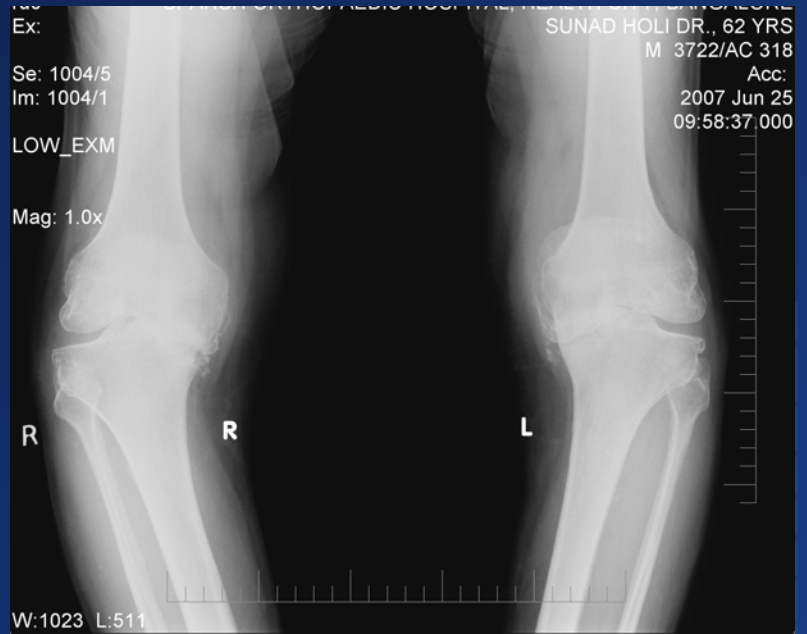


# My Next Appointment ?

- 10-14days -Sutures/Clips Are Removed
- 6 Weeks -You Will Again See Us in.
  - At 3,6 and 12 Months
  - Yearly Once



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# Post Op / Follow up





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**Any more questions... ! ?**

**Please contact Dr Chandrasekar C**

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