

TOTAL KNEE REPLACEMENT MYTHS AND REALITIES



FREEDOM
FROM PAIN,
MOVEMENTS
FOR LIFE



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TOTAL KNEE REPLACEMENT

Healthy knee joints give us active lifestyle and freedom to stand, walk, run, & exercise. However, deterioration of our knee joints affects every aspect of our life. Not only joint movements, but our life also becomes **MORE STRESSFUL..... MORE AGONIZING..... MORE DIFFICULT.... TO LIVE!**

Total knee replacement is a well-accepted, safe and very successful Orthopedics procedure as it corrects the deformity, provides dramatic relief of pain and significant improvement in life by regaining most activities as one was accustomed to.

I believe the information in this booklet will help clear all your misperception / myth or fear regarding TKR surgery and help us achieve our goal. Our endeavour - **“FREEDOM FROM PAIN, AS MOVEMENT IS LIFE”**
“movements without pain after TKR”

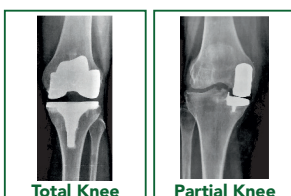
Q.1: WHAT IS TOTAL KNEE REPLACEMENT?

A: Total knee replacement is a procedure where a mechanical implant is used to replace a damaged knee joint. It's only a surface replacement, where the rough & irregular surfaces of the damaged joint are cut and then covered by an implant, which is fixed to bone with bone cement (just as cap is fixed on a damaged piece covering femur and tibia bone and a plastic cushion in between).



Q 2: WHAT ARE THE TYPES OF TOTAL KNEE REPLACEMENT?

A: Knee Replacement can be **Total or Partial** (also known as **Unicondylar** knee replacement). Unicondylar knee replacement is most suitable when all knee



ligaments are intact & damage is limited to only inside (medial) portion of the knee joint, as in young or very elderly people. The Total Knee Implants can be of many types:



All Poly Tibia Knee



Oxinium Knee

High-Flex knee, Gender specific knee, All poly tibia knee, Oxinium knee, Gold knee, Bi-cruciate knee, Constrained or Rotating Platform Revision knee. Total Knee Surgery itself can be Conventional knee replacement, Minimally invasive MIS knee replacement, Patient specific implant PSI knee replacement, Computer assisted knee replacement or Robotic assisted knee replacement. A discussion with your surgeon will help you understand better, what suits you most.

Q.3: WHEN DO I NEED A KNEE REPLACEMENT?

A: Symptoms of knee arthritis can occur at any age, but more commonly affects people of middle age group. Initial symptoms of arthritis are pain, stiffness or swelling and majority get relief from change in activity level, physiotherapy, glucosamine, injections in the knee joint and use of cane. However, as the arthritis advances, the symptoms worsen considerably making it difficult to perform even activities of daily living. We offer Total knee replacement only when all of the above conservative measures have failed and there is:

Persistent pain

Painful restriction of activities of daily living/work

Knee Deformity

Knee instability and a tendency to fall



Q.4: WHAT IF I CONTINUE WITHOUT TOTAL KNEE REPLACEMENT?

A: *Most common reason to avoid knee replacement surgery are FEAR and MYTHS. For sure knee arthritis will worsens with age and so will be the pain, deformity and instability in knee, thereby affecting your ability to move. This leads to perpetual dependence on pain-killers, which may damage your kidneys and gastric mucosa. To make the matter worse any injury or slip during these times may cause major fractures especially around hip or spine, causing bedridden state till fully recovered.*

Before Surgery



Total Knee Replacement avoids all of the above complications and will change your life for good.

Q.5: WHAT ARE THE BENEFITS OF TOTAL KNEE REPLACEMENT?

A: *Total knee replacement ushers a new hope in the life of people crippled with arthritis. Once they have recovered from the total knee replacement surgery, large majority of patients experience substantial or complete relief of pain and do not require pain-killers. With improvement of movement, limp disappears and so is the instability or tendency to fall. The need of walking support stays no more. There is independent resumption of most of routine, religious and recreational activities including active social life.*

Same Patient After Surgery



In short: Total Knee Replacement surgery appreciably improves quality of your life.

Q.6: SURGERY IS VERY PAINFUL? HOW LONG DOES IT TAKE FOR PAIN TO SUBSIDE?

A: *'Its A Myth, That Surgery Is Painful'. On the contrary operation theatre experience is quite pleasant for most patients. Surgery takes approx. 45*

minutes for one side for primary TKR. However, patient stay in operation theatre complex for longer time for preoperative preparations and postoperative monitoring. All patient stays in ICU on the day of surgery for close observation.



After surgery you will not feel the earlier pain of arthritis any more, however the surgical pain will be there and needs few days to settle. Appropriate intravenous & oral analgesics, skin patches, PCA pump, Adductor canal blocks are given to help you stay and sleep comfortably.



They also allow early exercise, ambulation in / outside room, going to washroom during the hospital stay. At discharge most patients walking independently without or minimal support, using washroom as per their need and are comfortable on oral pain-killers & skin patches.

Q.7: WHAT HAPPENS IN HOSPITAL?

A: All patients are admitted a day before surgery. We prefer certain essential test such as Stress Echo for heart, blood & urine test along with anesthetist & cardiologist (if required) clearance a week before surgery so as to prevent any unnecessary postponement of surgery.



After surgery you will spend first night in intensive care as a protocol. Round the clock antibiotics and pain-killers medicines are given. Almost all



patients' get up & walk on the next day. Hospital stay varies from 5 to 6 days. Before going home all walk in room / corridor, toilet trained, climb stairs. There are many who can do exercycling, besides sitting cross-legged in bed.

Q.8: HOW LONG DOES THE IMPLANT LAST AFTER TOTAL KNEE REPLACEMENT?

A: *Knee replacement is not only a successful operation but a very durable one, providing years of pain relief and active life style to those suffering with arthritis. Current generation of knee implants are going strong even after 20 years after implantation. Some implants like Oxinium knee have shown even longer survivorship in laboratory condition for over 30 years. It's our strong belief that 75% to 80% of the surgeries performed today will remain successful for 25 - 30 years if proper care is taken by patients.*

Q.9: WHAT AGE IS SUITABLE FOR UNDERGOING TOTAL KNEE REPLACEMENT?

A: *The average age for total knee replacement in our setting is 60 to 70 years. However, very young people or people older than 85 years also undergo this surgery. If your joints are damaged early, and you are disabled or crippled because of arthritis (like in rheumatoid disease or post- infection or post-trauma) then you may require knee replacement at an early age. On the contrary, if you have noticed above symptoms very late in your life and medically you are fit to undergo surgery, then even very elderly can also undergo total knee replacement. In nutshell, it is the severity of symptoms, damage to the joint and failure to respond to all other methods and surgical fitness that dictate the surgery, rather than the age. Surgery is well monitored so as you stay safe across all ages.*

Q.10: WHAT DO I EXPECT AFTER TOTAL KNEE REPLACEMENT?

A: In hospital: *you will start with range of motion and strengthening exercises and use walker initially. You will also be doing exercycling and stairs climbing with help.*



At discharge and at home: *most of our patients are independent for self- work including getting in and out*

of bed, walking and going to toilet. As you continue with range of motion and muscle strengthening exercise (as per exercise chart), with stairs climbing, exercycling and walking in and outside house, progressive improvement and normalcy in life will be seen.



Once recovery achieved, we encourage people to regularly do walking, cycling and low impact sports like golf. People usually progress to regain all the activities they were doing before surgery even including yoga or sitting cross legged. But a word of caution if wants to do simple yoga or sitting of floor cross-legged: always remember to keep your knee muscles extra strong and flexible, to avoid joint laxity in future. However, squatting, Indian toilet position, high impact or contact sports, jumping sports are not permitted at all.

Ours ultimate goal is to resume a healthy and active social life style, with pain free and deformity free joints, **OUR ENDEAVOUR** is **“FREEDOM FROM PAIN, AS MOVEMENT IS LIFE”** pain free movements after TKR

Q.11: WHEN CAN I START DRIVING AFTER SURGERY?

A: Ideally as soon as you are comfortable with knee and can start bending freely. However, most patients feel confident enough to drive car between 4 to 8 weeks after surgery.

Q.12: WHEN I NEED TO VISIT YOU AGAIN?

A: Your first appointment will be 2 weeks after the day of surgery, for removal of sutures. Sometimes sutures are removed in 2 sittings (5-7 days apart) especially in obese patients. Thereafter you visit after 1 month for assessing your overall progress, when x-ray of the operated knees will be repeated. Subsequent appointment will be at 3 months (if required), or usually at 1 year after operation.

Q.13: HOW CAN I TAKE CARE OF MY KNEES AFTER OPERATION?

Exercises: Foremost and most important is do regular exercises atleast twice a day for stronger muscles with weights; regular walking every day for stronger bones and if possible daily cycling for flexibility of knee. Do all of them for rest of your life.

Weight Control: keep your weight under control, as it will reduce pressure and stress on your implant.

Watch for Infection: As knee is a foreign body, it is susceptible for infection. Hence if you run fever, have toothache, have throat or urinary tract infection then contact your physician or us right away.

FREEDOM FROM PAIN, MOVEMENTS FOR LIFE™

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