

Knee replacement

If a person's knee is severely damaged for any reason, such as osteoarthritis, arthritis, or any other physical injury, the person will not be able to perform simple daily activities such as walking and climbing stairs. They will feel severe pain in the knee area, even when sitting or lying down. If medication, reduced levels of physical activity, or the use of props while walking do not work to cure the disease, knee surgery and a complete patellar replacement are the last resort that can save the patient from suffering and discomfort.



Knee replacement is helpful in the following areas:

- ❖ Severe knee pain that limits activity
- ❖ Chronic swelling of the knee that limits activity
- ❖ Knee deformation by rotation in or out of the knee
- ❖ Knee stiffness and inability to bend and straighten the knee

Actions to be taken before surgery:

- ❖ Perform blood and urine tests according to your doctor
- ❖ Perform ECG and check cardiovascular status
- ❖ Perform knee radiography to determine the extent of injury and deformity of the knee

- ❖ Perform MRI or bone scan as directed by your doctor and examine the soft tissue around the knee if necessary
- ❖ Any infection, skin allergies or swelling in the legs should be reported.
- ❖ Tell your doctor about all medications you are taking.
- ❖ Perform dental examination and treatment of any dental problems
- ❖ Treat any urinary tract, bladder and other body infections.

How to operate

- ❖ The surgery takes about 2 hours, and the surgeon removes the affected area of the knee and then places a new joint surface.
- ❖ After the surgery, you will be transferred to a room called Recovery and you will be monitored in this room until you regain consciousness.
- ❖ You will be hospitalized for a few days after surgery, depending on your general condition.
- ❖ Remember to take deep breaths after surgery and gently shake your ankles and toes so that the blood flow to your lower limbs does not slow down and you do not have more problems.

What should be considered after knee replacement?

- ❖ Use varicose socks and blood thinners as prescribed by your doctor to prevent blood clots in your legs and reduce foot inflammation.
- ❖ Proper use of antibiotics according to the doctor's instructions and examining the surgical site for swelling, stiffness, discharge and rapid notification of these cases to the doctor to prevent infection after surgery.
- ❖ Follow your doctor or physiotherapist's advice for walking and use a cane or walker.
- ❖ Move your ankles and toes while you sleep.
- ❖ Sutures at the surgical site heal within a few weeks of surgery and do not need to be removed.