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Provider No: 274316L

KNEE JOINT REPLACEMENT FAQ'S INFORMATION SHEET

Soon you will be having a total knee replacement. We have decided to put together this information sheet to help you prepare yourself, and as a guide postoperatively.

The following are answers to our most frequently asked questions:

- **TED STOCKINGS**

TED stockings are prescribed for you to wear for 4 weeks postoperatively. These are usually a below knee heavy weight stocking that helps prevent clots forming in your calf. These will be put on your legs immediately postop whilst you are in hospital.

- **CAR TRAVEL**

Short trips are a good idea for car travel.

- **DRIVING**

If you have had a left knee replacement then you can commence driving an automatic car once you can sit comfortably in the vehicle. If you have a manual car or you have had your right knee operated on you should not drive until you have good control of the knee. In other words you should be able to walk well without walking aids and be able to bend the knee to at least a right angle.

- **CRUTCHES**

These are required for several weeks following the surgery, although it is acceptable if you are comfortable on one crutch or walking stick.

- **WEIGHT BEARING**

As tolerated or when you are comfortable taking weight through your operated side.

- **EXERCISING**

It is important to continue with straight leg raising exercises and knee bends as much as possible. Swimming is allowed once the wound has healed.

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Bike Riding: An exercise bike can be used once the knee bends to a right angle and bike riding once the patient is able to walk without crutches.

- **SHOWERING**

You may find a shower stool or plastic chair in the shower recess beneficial in the early stages.

- **SLEEPING POSITION**

You may sleep in any position, as long as you do not put a pillow under your knee.

- **BENDING**

The knee can be bent as much as possible after knee surgery.

- **SEXUAL INTERCOURSE**

This is usually best avoided for the first 6 weeks.

- **GARDENING**

Kneeling can be difficult after knee replacement surgery and approximately 50% of patients will have ongoing difficulty permanently.

- **DENTAL WORK**

Make your dentist aware that you have had a total joint replacement. Antibiotic cover will be required for more major dental surgery. This is to prevent the prosthesis becoming infected.

Please do not hesitate to contact Mr Dunin or his staff if you have any questions regarding your surgery.

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