Do you want to know?

Knee Replacement

K03
sheet 1/1

What is it?

Knee replacement is a surgical procedure whereby the diseased knee joint is replaced with prosthesis (artificial material).

What do you need to know?

Drugs

- Take medications (pain killers and non steroidal anti-inflammatory drugs) as ordered by your physician to control pain and reduce inflammation.
- Take medications with a full glass of water or other fluid and with food. This will decrease gastric irritation.

Diet

Follow a weight –control diet. Obesity can contribute to additional stress on the weight-bearing joints.

Activity

- Alternate periods of rest and activity depend on the extent of pain.
- Upon the physician's request, the physical therapist will assess your pain, joint's mobility, muscle strength and personal abilities. Accordingly, he/she will provide you with flexibility and strengthening exercises for the operated extremity.
- Following your physician's advice, the physiotherapist will instruct you on weight bearing limits and the use of crutches or a walker to keep weight off your healing knee.

Therapeutic Measures

- Wiggle your toes or do other easy exercises to improve the circulation in your legs.

Considerations

- Call your surgeon if you have:
  - Severe pain
  - Signs of infection (excessive swelling or drainage from your incision)
  - Temperature equal or greater than 38.5°C
- Keep in mind that your prosthesis is designed for activities of daily living and not for sports.
- Rearrange your house in a way to make it easier and safer to get around.

INSTRUCTIONS

The content of this educational leaflet is of general information. Ask your physician or health care provider if this content applies to you.

Prepared by the Nursing Services in coordination with other health care disciplines.

© 2005 American University of Beirut Medical Center