



## **Frequently asked questions in TKR**

### **How does the doctor decide if I need a knee replacement?**

This decision is based on how much pain you have, your X-ray results, how difficult it is for you to walk, and how much these problems interfere with your day to day activities or quality of life.

### **How long does the surgery take?**

Approximately 80 minutes.

### **How long will I be in hospital?**

Normally 2-3 days. You are ready for discharge when your pain is under control and you can manage safely at home.

### **What type of replacement will I have?**

All implants have a proven track record and excellent results in the National joint registry. The most commonly used is the Stryker Triathlon total knee replacement.

I also use the Stryker Triathlon Knee.

### **When Can I walk normally again?**

The knee replacement is designed to take your full weight straight away. Using enhanced recovery protocols the physiotherapists and nurses will get you up and walking within hours of your surgery.

### **How long will it be before I can take a shower or bath?**

You will have a waterproof dressing on your knee which enables you to shower. Keep water exposure to a minimum and dry when you get out. Do not bathe or swim (do not submerge the incision) until after review in outpatients.

### **When can I drive a car?**

The average time to return to driving is around 6 weeks.

### **What follow-up appointments will I have?**

You will generally have outpatient consultations at 6 weeks, 6 months and 1 year after surgery.

### **Are there activities I should do?**

A number of activities and exercises will be recommended by your physiotherapist. Additionally, an exercise bike can be quite helpful. Use low resistance, low speed and short durations initially. After a while, you can start to add a little resistance and duration as you can tolerate it. Additionally going out for walks will help strengthen the leg muscles.

### **When will I be able to return to work?**

This varies depending on the demands of your job. Some patients return to desk jobs / administrative type work as early as 1-2 weeks after surgery (but usually more like 1 month). For active work or heavy labour, it may take 3 to 6 months to return to work.

### **When can I start playing tennis or golf or other sports?**

Active sports should be delayed until you have weaned off of crutches and are walking comfortably. For golf, patients can usually get back to practicing their 'short game' around 1 to 2 months after surgery and get back into the full swing after 3 to 6 months. Tennis usually takes a little longer because it is higher demand. Start slowly to be sure that you have regained adequate strength and gradually increase your activity as tolerated.

### **Can I kneel afterwards?**

Most patients don't like kneeling after their total knee replacement although it's fine to do it if it feels comfortable.

### **Will the implant set off metal detectors at airports?**

Yes, they usually do.

### **When can I resume sexual activities?**

There is no specific time frame. Basically, you can resume such activities when your hip is comfortable enough to allow it. Of course, you should avoid positions that place too much stress on the hip.

### **How long should I keep doing the prescribed post-operative exercises?**

You should continue to exercise until your muscles are pain-free, have regained your range of motion and you can walk without a limp. It is a good idea to continue your exercises as a lifetime commitment to keep your muscles strong.

**If you are interested in making an appointment to discuss a treatment,**

**Please click [here](#) to contact us, or telephone 01215807406**

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