



WHAT TO DO FOR YOURSELF

- Stay healthy
- Look after your skin
- Discuss all blood thinning medications before surgery

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TOTAL KNEE REPLACEMENT

WHAT IS IT?

A knee joint replacement involves removing the damaged cartilage and bone from the end of the thigh bone and the top of the shin bone. The joint is replaced with metal and plastic components, recreating a new joint. The aim is to reduce knee pain arising from the damaged joint and improve ability to return to normal activities.

EXPECTATIONS OF SURGERY AND REHABILITATION

Total knee replacement is a procedure designed to improve your quality of life by relieving pain and improving function. It will not allow you to do more than you could before surgery. Many patients find it hard to kneel after a knee replacement. Physiotherapy is important in each phase and keeping the joint moving will help you get the most out of your new knee. Everyone is different and each patient will experience a different rehabilitation pathway. We will navigate this together.

RISKS

- Infection – This is rare at 1% but is a serious complication and may require a joint revision.
 - Blood clots – The risk is reduced by taking a blood-thinner after surgery.
 - Stiffness – Some patients experience limited motion.
 - Pain – Some patients may continue to experience pain after surgery.
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