

3 Will I experience pain after the surgery?

Analgesics (painkillers) will be prescribed to help you cope with normal postoperative pain and swelling. This will subside as you progress with rehabilitation exercises taught to you by your physiotherapist. Most patients experience less pain and swelling between 6 weeks to 3 months after surgery.

4 How should I take care of my knee after the surgery?

For routine knee replacements, you are allowed to bear your full weight on the operated knee after surgery. Knee replacements are designed for the normal activities of daily living. Avoiding trauma, unnecessary kneeling and squatting are all helpful in caring for your new knee.

5 When should I call my doctor after discharge?



You develop a fever (over 38°C)



Your knee is suddenly in pain



You experience pain in your calf or chest



Your operation site becomes red, swollen, or shows any discharge

6 Do I need to take any precautions before future medical procedures?

From now on, you must inform any doctors (including dentists) treating you that you have undergone knee replacement surgery.

7 How long does a Total Knee Replacement last?

The lifespan of a total knee replacement implant varies, but it can last for 15 to 20 years or more with proper care and maintenance. Factors such as activity level, weight, and overall health can affect the longevity of the implant.

Our Orthopaedic Centre is located at Level 4, Tower D

Operation Hours:
Monday – Friday: 8:30am-5:30pm
Saturday: 8:30am -12:30pm
Closed on Sundays & Public Holidays

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TOTAL KNEE REPLACEMENT SURGERY

Restoring mobility to do what you love in life



UNDERSTANDING TOTAL KNEE REPLACEMENT

What is Total Knee Replacement Surgery?

Total knee replacement surgery, also known as total knee arthroplasty, is a procedure to replace a damaged or worn-out knee joint with artificial parts. Most people who undergo this surgery have advanced knee arthritis, in which the knee cartilage is worn away and the surface of the knee becomes pitted, eroded, and uneven. Knee replacement surgery can also help those with a damaged knee joint caused by injury or other conditions. People who need knee replacement surgery usually have problems walking, climbing stairs, and getting up out of chairs.

What happens during a Knee Replacement Surgery?

The damaged areas of the knee are removed, and your doctor will replace your knee joint with an artificial prosthesis. Your surgeon chooses the components that are best for you. Once the prostheses are inserted into the different bones, the surgeon checks to ensure that the pieces fit properly and that the new joint moves correctly.



Benefits of Total Knee Replacement Surgery

The main benefit of the surgery is to relieve pain. The majority of patients experience significant pain reduction and improved function after knee replacement surgery. Daily activities such as walking should become more comfortable, and patients report an improvement in their overall quality of life.

Before Surgery

You and your surgeon have decided that a knee replacement is suitable for you. The indications and risks of the surgery will be discussed with you, and it is important to compile a list of medications that you are currently taking and inform the doctor. Your written consent will be taken and further instructions will be communicated to you by the doctor.

Making your home safer and more comfortable while you heal is important. Therefore we recommend you do the following:



Move tripping hazards to avoid falls



Clear a walking path around all furniture to move around easily



Place items you will need within reach to lessen the need to bend down

After Surgery

The hospital stay for knee replacement surgery varies. Some patients may stay longer or shorter depending on their specific condition. Your knee rehabilitation begins right after surgery, as instructed by your doctor, with full recovery typically expected to take between 3 to 6 months.

A physiotherapist will attend to you after surgery to start the rehabilitation process, with the goals of:



Improving muscle strength



Advising you on suitable exercises for your knee



Increasing movement in your knee joint



Ensuring that you walk safely with an appropriate walking aid, if needed

Discharge

Discharge from the hospital will be done after the doctors and rehabilitation team are satisfied with your progress. A follow-up appointment will be arranged by your doctor at the orthopaedic clinic to monitor your recovery from surgery. You will be advised about further physiotherapy rehabilitation services depending on your needs. It is important to attend all follow-up sessions to maximise recovery and prevent further pain and stiffness in your knee.



Frequently Asked Questions

1 How long will the surgery take?

The surgery takes about 1 to 2 hours from the time you enter the operating theatre to the time you are moved to the ward.

2 What should I do if I am not feeling well before the surgery?

Please inform our hospital as soon as possible.

