Total Knee Replacement (Expectations)

Aim
Total knee replacements are done to remove the arthritic pain from your knee. They may also:
- Increase your walking distance if this is limited by pain.
- Straighten your knee if it is bent due to the wear from the arthritis.
- Improve the range of movement in your knee.

Range of movement
The average range of movement after a knee replacement is 0 – 95° (Straight to just past a right angle)
The best predictor of movement after surgery is how far your knee moves before the surgery. The aim is to keep the movement you have before surgery or improve on it. Mr Lavender will document at surgery how much your knee bends and your knee will go straight at the time of your surgery. It is up to you, and your physiotherapist, to keep this movement.

Crutches
You can stop using these when you have the muscle strength and control to walk normally.

Success Rate
90% Get relief of their pain.
5% Get an improvement in their pain, but it is not perfect.
5% Are unhappy with the result of their surgery.

Continued improvement
Total knee replacements continue to improve for up to 2 years after the operation.

Swelling, Warmth & Numbness
The swelling in the operated knee and leg improves for up to 6 months.
The operated knee is warmer than the opposite knee for up to 6 months.
There is an area of numbness next to the scar that gets smaller over 18 months.

Driving
You should inform the DVLA, your insurer and not drive for 6 weeks.
Left leg  Automatics can be driven when able to get in and out of the car.
Right leg  Return after practicing / be able to do an emergency stop.

Work
This depends upon the type of work you do and should be discussed with Mr Lavender.
Rough guide:  Light work  6 weeks.
               Heavy work  12 weeks.

Kneeling
This can be done as soon as you feel comfortable.

Flying
Flying immediately after surgery risks blood clots going to the lungs (PE) and even death.
Under 4 hours  6 weeks
Over 4 hours  12 weeks

Sport
See separate sheet.