Mr Andrew Lavender
Consultant Knee Surgeon

Patello-Femoral Knee Replacement
(Expectations)

Aim
Patello-Femoral knee replacements are done to remove the arthritic pain from between the patella (knee cap) and femur (Thigh bone) in your knee.

Range of movement
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. Your knee will go straight at the end of your surgery. It is up to you, and your physiotherapist, to keep this range of movement.

Crutches
Stop using when you have the muscle strength and control to walk normally.

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

Continued improvement
Patello-Femoral replacements improve for up to 2 years after surgery.

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	After 6 weeks return once able to do an emergency stop.

Work
Depends upon the type of work you do. 1 in 200 do not get back to work.

Rough guide:	Light work	6 weeks.
	Heavy work	12 weeks.

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

Flying
Flying straight after surgery risks blood clots in the lungs (PE) and even death.

Under 4 hours	6 weeks
Over 4 hours	12 weeks

Sport
See separate sheet.