

What is Arthritis?

Why Does My Knee Hurt?

In the knee joint, there is a layer of smooth cartilage on the lower end of the femur (thigh bone), the upper end of the tibia (shin bone), and the undersurface of the kneecap (patella). This cartilage serves as a cushion and allows for smooth motion of the knee. Arthritis develops when the smooth cartilage wears away. The knee can then become stiff, swollen and painful. Eventually, the cartilage can wear down to the bone and the bones can rub against one another, causing more pain.



What is a Total Knee Replacement?

A total knee replacement is really cartilage replacement with an artificial surface. The knee itself is not replaced. An artificial substitute for the cartilage is inserted onto the end of each of the bones. This is done with a metal alloy on the end of the femur and tibia, with a medical-quality plastic inserted between them. The cartilage on the undersurface of the kneecap also can be replaced with plastic. Replacement of the worn cartilage with the metal and plastic implant creates a new, smooth cushion and a functioning joint. Although not a normal knee, a replaced knee provides relief from the arthritis pain. Most patients have a marked decrease in their pain with substantial improvement in function after a knee replacement, which allows them to remain active and enjoy activities that had been limited because of pain.



After surgery:

Prepare Your Home for Your Return from the Hospital:

Have your house ready for your arrival back home. Think safety by doing the following:

- Pick up throw rugs and tack down loose carpeting.
- Remove electrical cords and other obstructions from walkways.
- Install nightlights in bathrooms, bedrooms and hallways.
- Complete routine house and yard work.
- Prepare a few meals before your surgery.
- Place frequently used items within easy reach.
- Arrange to have someone collect your mail and take care of pets and loved ones, if necessary.



Caring for your Incision• You will be given specific instructions at the time of discharge regarding the care of your incision. • Notify your surgeon's office of any signs of infection. These could include increased drainage, redness, pain, and odor or warmth around the incision. • Take your temperature if you feel warm or sick. Call your surgeon's office if it exceeds 101°F.



You may need rehabilitation facility. Ask your doctor.



Preventing Blood Clots

- Take your aspirin or blood thinner as prescribed by your physician.
- Continue doing the foot and ankle pumps and exercises that you learned in the hospital.
- Walk throughout your day. Take walks around your home every 1-2 hours while awake.
- Continue to wear your special white compression stockings (TEDS) during the day. You may take them off at night while in bed and replace them in the morning when you first get up. Along with helping to prevent blood clots, they also help prevent swelling in your operative leg. We ask that you continue to wear your stockings for the first 5-6 weeks after surgery.

Warning Signs of Blood Clots and What to Do

- Swelling in the thigh, calf or ankle that does not go down with elevation
- Pain or tenderness in the calf
- Redness or warmth in the calf
- If swelling in the operative leg is bothersome, elevate the leg for short periods throughout the day. It's best to lie down and raise the leg above your heart level.
- Notify your physician immediately if you notice increased pain or swelling in either leg.
- Call your doctor or Kasra hospital.

Preparing: Group of patient education and health promotion of Kasra hospital

Do like these:

