



Total Knee Replacement Surgery

You might be a candidate for a total knee replacement if you have failed other treatments for osteoarthritis of the knee. This includes no improvement in your symptoms after trying any of the following; physical therapy, unloader knee braces, anti-inflammatory medication, cortisone injections and viscosupplement therapy. Additionally, if your pain is negatively affecting your activities of daily living and keeping you awake at night you may also be a candidate.

About the procedure

In a knee replacement, the old damaged bone of your joint surfaces are removed and replaced with metal, plastic and/or ceramic components. The joint surfaces of the femur (thigh bone), tibia (shin bone) and patella (kneecap) are all replaced with these new components.



In recent years, several new techniques have emerged in regards to total knee replacements. Traditionally a knee replacement has been performed through a long incision on the front of the knee. Recently, a new technique called "Minimally Invasive" surgery has become popular among Orthopedic Surgeons. In this technique the quadriceps muscle is spared, the incision is smaller and the patient may experience less scarring and pain post-operatively. In truth, all knee replacement surgeries have become more "minimally invasive." As medical knowledge in this area improves the Orthopedic Surgeons at Summit Orthopedics have become more efficient in their techniques, resulting in a better outcome for our patients.

The level of invasiveness of your total knee replacement surgery does not correlate to the size of your scar. Much of the minimally invasive technique is done beneath the skin and cannot be seen by superficial examination.

CLINIC LOCATIONS

Columbia Heights
Eagan
Forest Lake
Downtown St. Paul - Gallery
Downtown St. Paul - Ritchie
Hastings
Maplewood
Vadnais Heights
Woodbury - Allina
Woodwinds Health Campus

CONTACT INFORMATION

Main Line
(651) 842-5200

Appointment Line
(651) 842-5201

www.summitortho.com



**SUMMIT
ORTHOPEDICS**

Experience the highest level of care.

The second new development in the world of joint replacement has been the advancement of computers as a surgical tool. In the "Computer Assisted Total Knee Replacement" your surgeon utilizes a computer program to map the surfaces of your joint. This ensures a precise fit and alignment of the total knee replacement components.

If you need help with disability, Family and Medical Leave Act or report of work ability forms; please contact your physician's patient coordinator.

The NIH and American Academy of Orthopedic Surgeons both state that the risk of infection during total knee surgery is less than one and two percent respectively. Patients need to be aware of these risks so they can be actively involved in minimizing their risk of infection.

At Summit Orthopedics, we are committed to providing you with the most advanced surgical options available. Your physician will determine the surgical technique that will provide you with the best long-term outcome.

Prior to Surgery

The following will need to be done in the weeks before surgery:

- You **must** have a pre-op history and physical with your primary care provider within 30 days of surgery. The results should be faxed to the facility where your surgery is scheduled **and** you should hand carry the original form to surgery.
- There are several joint replacement education classes in the St. Paul area. In these classes fellow joint replacement candidates gather and learn about what to expect before, during and after surgery. This is a wonderful opportunity to become more comfortable with this period of transition in your life and we encourage our patients to participate. Your doctor's patient coordinator can help you find a class that works with your schedule.
- Discontinue the use of Vitamin E three weeks prior to surgery.
- Prepare your house for your return after surgery. Simple things like picking any clutter up off the floor, clearing space to maneuver a walker and placing a chair in your shower stall can all help decrease the risk of an accidental fall.
- Any dental procedures need to be done well in advance of your surgery. In these types of procedures bacteria can enter the bloodstream, causing infection and dramatically affecting your chances for a successful outcome.
- Notify your physician if you become ill with a cold, fever, congestions, etc. the week prior to surgery. These conditions may require the rescheduling of your surgery.

The following will need to be done in the days before surgery:

- Refrain from smoking after midnight the night before your surgery.
- Alcohol consumption is prohibited 24 hours prior to surgery.
- Do not take any Tylenol or other pain medications after midnight the night before surgery.
- A nurse from the surgery center will contact you 24 hours prior to surgery to tell you what time your surgery is scheduled for.

The Day of Surgery

Arrive at the hospital two hours prior to surgery. During this time your nurses may run some minor tests, check your blood pressure and take your pulse. Additionally, your anesthesiologist will meet with you to discuss the type of anesthesia you will receive.

Please refer to the Pre-Surgery brochure for more information regarding this topic.



**SUMMIT
ORTHOPEDICS**

Experience the highest level of care.

Contact your doctor immediately if you develop any of the following:

- Fever or chills
- Excessive pain or swelling that is not relieved by medication
- Excessive unrelenting drainage through the bandages
- Calf pain
- If you fall

Call 911 immediately if you experience any shortness of breath or develop chest pain.

Don't know where to go for physical therapy? Don't worry; your doctor's patient coordinator will help you find a therapist close to where you live or work.

Leaving The Hospital

Once discharged from the hospital, some patients wish to stay in a rehabilitation facility. This would allow you to be closely monitored and receive continued physical therapy. If you decide that you would like to go home, a physical therapist can come visit you at your house to facilitate your recovery. The decision to go to a rehabilitation facility or home is based upon several factors and your doctor and the patient coordinator can help you determine if this is the appropriate choice for you.

Your First Post-Op Visit

One to two weeks after surgery, your doctor will want to see you in clinic. At this appointment you can plan on having the staples removed (if they haven't been already), taking x-rays and receiving instructions and guidelines for the next four to six weeks. Your doctor will provide you a prescription for outpatient physical therapy and give you a referral to a physical therapy clinic if you need it.

Potential Complications During and After Surgery

It is important to have realistic expectations about your knee replacement surgery. Even though it is rare, there are potential complications with any surgery and you are expected to have a reasonable knowledge of these. Please refer to the Summit Orthopedics pre-operative informational brochure for further information regarding potential complications and the risks associated with surgery. Do not hesitate to discuss concerns with your physician at any time including the possibility of surgery not having the desired outcome.

Long-Term Outlook

The purpose of this information is to inform and ease any reservations you may have regarding surgery. This brochure should be thought of as educational and read with the understanding that any information your Orthopedic Surgeon provides you overrides this printed material.

The National Institutes of Health identify total knee replacement preoperative education as one of the main factors in increasing your chances of a positive outcome. Our goal at Summit Orthopedics is to assist you in this regard and help you have the best experience possible as you transition into this new phase of your life. Should you have any questions or concerns do not hesitate to contact your physician, their patient coordinator or the physician assistant. They are available to help you and address any questions or concerns that you may have.

For additional educational materials regarding this topic please visit our website, www.summitortho.com and click on the "Patient Education" quick link at the bottom of the page.



**SUMMIT
ORTHOPEDICS**

Experience the highest level of care.