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Spine Surgery • Orthopedic Surgery • Joint Replacement Surgery • Orthopedic Trauma

You're set for Total Knee Arthroplasty (TKA), also known as knee replacement, to restore your knee joint space. Here's what you need to know:

Procedure Overview:

- A 6-inch incision is made in the front of the knee.
- Arthritic bone is removed from the femur and tibia, and implants are cemented into each bone.
- The incision is sutured and glued, with a Prineo dressing placed over it.

Wound Care:

- No additional wound care is needed. The waterproof Prineo dressing protects your incision.
- Showering is allowed, but avoid submerging your knee in water. Pat dry; do not remove the tape.

Blood Thinner:

- If already on a blood thinner, resume after surgery.
- Otherwise, take the prescribed enteric-coated aspirin 81 mg twice daily for one month for DVT prophylaxis.

Mobility and Recovery:

- Expect a 3-month recovery on average.
- Use a walker or cane post-operatively until walking without assistance is comfortable.
- Physical therapy, including at-home exercises, begins after the incision heals.
- Work on "heel props" and "drop & dangle" exercises at home to work on extension and flexion until your formal physical therapy begins.

Risks of TKA:

- Surgery risks include bleeding, infection, wound healing issues, fractures, neurovascular injury, DVT/PE, joint-related complications, arthrofibrosis, and the potential need for revision surgery.

Non-Operative Risks:

- Without surgery, risks include worsening arthritis pain, decreased function, mobility issues, falls, fractures, and a reduced quality of life.

Pre-Surgery Preparation:

- If you smoke, cease for six weeks before surgery and throughout rehabilitation.

Feel free to reach out if you have any concerns or need further clarification.