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

You will be scheduled for Total Knee Arthroplasty (TKA)

What is a TKA?

A total knee arthroplasty (also called knee replacement) is a procedure to restore the joint space of the knee. An incision (on average 6 inches) is made through the front of the knee. The arthritic bone of the femur and tibia is cut away and implants are cemented into each bone. The incision is then sutured closed. The superficial layer is glued. A Prineo dressing is placed over the incision.

Will I require wound care?

No. Your incision is covered by a special dressing called Prineo. It looks like a big piece of tape that keeps your incision protected. It is waterproof, so you can shower, but avoid submerging your knee in water, as in a bath. Make sure to pat dry afterwards. Do not remove this tape.

Will I be placed on a blood thinner?

Yes. If you are already taking a blood thinner, you will resume after surgery. Otherwise, you will be prescribed enteric-coated aspirin 81 mg to be taken twice daily for one month for DVT prophylaxis.

What is my mobility?

On average, recovery is around 3 months. You will use a walker or cane post-operatively until you can tolerate walking without assistance. The aide can be weaned once your gait has normalized.

Will I participate in physical therapy?

Yes, you are expected to attend **outpatient physical therapy**, beginning after your incision has healed. You will work on "heel props" and "drop & dangle" exercises while at home to work on extension and flexion until your formal physical therapy begins.

What are the risks of TKA?

Risks of surgery include bleeding, infection, wound healing problems, fracture, neurovascular injury, DVT/PE, chronic joint pain/ stiffness/ dysfunction, arthrofibrosis, need for revision surgery.

What may happen if I do not proceed with this surgery?

Risks of non-operative treatment include worsening arthritis pain, decreased function, decreased ambulatory capacity, falls, fractures, decreased quality of life.

If you are a smoker, you must stop and be non-smoking for 6 weeks prior to surgery and throughout the duration of rehabilitation.

Please ask your surgeon if you have any questions regarding the above information.