

Same Day Total Knee Replacement

Burnaby Hospital

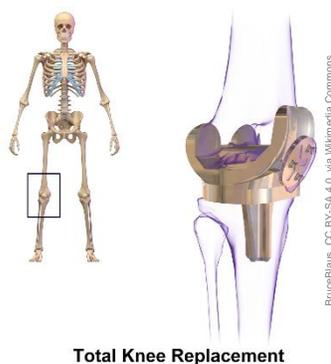
To help you prepare for your knee replacement, we gave you 3 booklets:

- Preparing for Your Surgery and Hospital Stay**
- Before, During, and After Knee and Knee Replacement Surgery** (from Vancouver Coastal Health)
- Exercise Guide for Knee Replacement Surgery**

There are different ways to do this surgery. Your surgeon will discuss the best approach for you.

How is the surgery done?

The surgeon makes an incision down the centre of your knee. The surgeon moves the muscles and ligaments away from the knee joint. Then the surgeon covers the end of the thigh bone (femur) and shin bone (tibia) with metal shells separated by a plastic liner. If your kneecap is damaged, it might be lined with a plastic disc.



Total Knee Replacement

Once everything is in place, the surgeon returns the muscles and ligaments into position and closes your skin. The surgery usually takes 1 to 1.5 hours.

Depending on your health before surgery, you might be able to go home the same day.

Before you leave, we teach you:

- ✓ How to safely get in and out of bed.
- ✓ How to walk and use your walking aid.
- ✓ How to safely go up and down stairs.
- ✓ How to do your daily exercises.
- ✓ How to get on and off the toilet by yourself.
- ✓ How to get dressed using your own clothes.

We also go over the booklet with your exercises.

Specific Instructions

Drinking and Eating

Return to your normal diet. You might feel sick to your stomach (nausea) or throw up (vomit). This should not last long. It is important to stay hydrated.

What to do if you feel sick or throw up:

- Drink 'flat' ginger ale, clear soups, and clear fluids, and eat mild foods until you feel better. Other good choices include dry toast, crackers, popsicles, and gelatin dessert (such as Jell-O). Stay away from caffeine, carbonated soft drinks, and acidic fruit juices while feeling sick.
- Drink and eat small amounts often.
- Rest in bed until you feel better. Place a cool, damp cloth on your face and neck.
- Try not to smoke or be around smoking. It can make your nausea worse.

Weight bearing

Normally, you can weight bear as tolerated. This means you are allowed to put as much weight on the leg with the new joint as you feel you can.

To begin with, you will use a 2-wheeled walker. As your walking improves, you can stop using the walking aid.

Managing pain

You will have some knee pain and you should be able to control it with pain medicines. Your pain should be at a comfortable level that allows you to move, deep breathe, cough, and to do every day activities.

We give you instructions to take pain medicine. This could be for non-prescription (over the counter) pain medication such as acetaminophen (Tylenol®) and/or non-steroidal anti-inflammatory drugs★ (NSAIDs) such as ibuprofen (Advil®, Motrin®) or naproxen (Naprosyn, Aleve®).

★ **NSAIDS are not for everyone after surgery.** If you have (or have had) health problems such as stomach ulcers, kidney disease, or a heart condition, speak with your surgeon or family practitioner before using NSAIDs.

Take your pain medicine as directed to stay comfortable. As your pain improves, take your pain medicine less often and/or a smaller amount until you have little or no pain, then stop.

Always read the label and/or information about how to safely take medication from the pharmacist.

Questions about medications? Speak to your local pharmacist. After-hours, call 8-1-1 and ask to speak to a pharmacist.

Your incision

Your incision is covered with a bandage.

Leave the bandage in place. Your surgeon removes the bandage at your 2 week follow-up appointment. We explain how to care for your bandage and incision before you leave.

For the next 2 weeks, unless your surgeon tells you something different, take only sponge baths. You can shower when your surgeon says you can.

For 4 weeks after the bandage is removed:

- **Do not** put any lotions, ointments, or creams on your incision.
- **Do not** take baths, go swimming, or use a hot tub.

For more information

- If you have any problems with your recovery the evening of your surgery, return to Burnaby Hospital Emergency.
- For information on blood thinners, managing pain, equipment, and what to watch for, refer to your booklet **Before, During, and After Knee and Knee Replacement Surgery.**

*Family practitioner refers to family doctor or nurse practitioner

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This information does not replace the advice given to you by your healthcare provider.