Patient Information Leaflet:

Knee Arthroplasty

Introduction

This leaflet provides information about knee arthroplasty, a surgical procedure to replace a damaged knee joint with an artificial one. It is designed to help you understand the procedure, what to expect before, during and after surgery, and potential complications.

The Procedure

Knee arthroplasty involves removing damaged cartilage and bone from your knee joint and replacing it with an artificial implant. The implant is made of metal and plastic.

LIMASSOL ORTHOPAEDIC CENTRE

Anaesthesia

Most knee arthroplasty procedures are performed under spinal anaesthesia, where the lower part of your body is numbed. You will be awake during the surgery but will not feel any pain.

Thromboprophylaxis

You will be given medications to prevent blood clots after surgery for at **least 14 days.**

Before Surgery

- You will be asked to undergo blood tests and other investigations.
- **You will meet with an anaesthetist for a pre-assessment appointment. It is important to bring all your medications to this appointment.**

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- You will see a cardiologist before surgery to assess your heart health.
- You may need to stop taking certain medications before surgery.
- You will be given specific instructions about fasting before surgery.
- It is important to inform your surgeon about any allergies or medical conditions.

The Operation

The surgery typically takes about 1-2 hours. You will be taken to the recovery room immediately after the surgery.

After Surgery

- You will be encouraged to move your knee as soon as possible to prevent stiffness.
- Pain management will be provided.
- Sutures will be removed approximately two weeks after surgery.
- Physical therapy will be essential for your recovery.
- You can expect to stay in hospital for approximately 2 days.

Potential Complications

- Infection
- Stiffness
- Blood clots
- Nerve damage
- Loosening of implants
- Instability
- Pain around the front of your knee cap (patellofemoral pain)
- Discomfort on kneeling
- Fracture
- Blood transfusion

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Approximately 10% of patients report dissatisfaction with the outcome of the surgery. This can be due to various factors, including persistent pain, limited mobility, or unrealistic expectations.

Conclusion

This leaflet provides general information about knee arthroplasty. It is essential to discuss your specific situation with your surgeon. Please do not hesitate to ask any questions you may have. Full recovery after knee arthroplasty can take up to 18 months, and regular physiotherapy is crucial.

Note: This leaflet is for informational purposes only and should not replace professional medical advice.





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