

# Recovery after KNEE replacement (total / partial/ revision)– Mr Rao's patients

1. Full weight bearing is allowed after surgery, unless there is a specific reason to not do so.
2. Remove all dressing and apply new dressings after 24 hours on the ward (water proof dressings will be given to you at discharge to change the dressing, if necessary)
3. All normal activity is encouraged but avoid kneeling or squatting from now on.
4. When home ONLY SHOWERS, NO BATHS, NO SOAKS till the wound has healed. NO SWIMMING till the wounds have healed. If the dressing is soaked please change it promptly.
5. Please follow the exercise sheet given at discharge
6. Post surgery, an appointment will be made for you to see Mr Rao about 2/3 weeks after surgery.
7. Staples are removed by Mr Rao or the outpatient nurses at about 2 weeks.
8. A full explanation of the findings is done after the operation but as you may not remember the details hence a full explanation will be given to you at the follow up consultation
9. Light gym activity can start at 3 weeks with generally return to full activity at 6 weeks.
10. Physiotherapy and other rehab measures are mandatory.
11. It usually takes about 6-12 weeks for the effects of the operation to fade even though you are mobile very quickly. Some clicking, swelling, pain and numbness is common near the incision (cut of the operation) but some numbness persists permanently.
12. Driving is possible as soon as you can handle the car safely, usually 5/6 weeks after surgery. Return to work depends on the work done. Generally office based work may need 5/6 weeks and if manual work is involved it can take longer.
13. It is common to get a feeling of tightness around the knee, warmth, swelling and discomfort at night for several months and it may take 6 – 12 months for all these symptoms to settle. Most problems usually resolve with time but keeping active and using your replaced knee despite the discomfort is very important.