

# Knee Replacement Surgery



## Benefits

Decrease pain  
Improve movement  
Improve quality of life

## Risks

Ask your surgeon and healthcare provider about the risks involved with your surgery



## Process

- 1 - **Meet the surgeon** to discuss if surgery is the best option at this time
- 2 - Attend pre-admission clinic visit and check up prior to surgery
- 3 - **Surgery** may take up to 2 hours
- 4 - Prepare to stay overnight in hospital after your surgery

- 5 - Physiotherapy will begin in the hospital after surgery
- 6 - Your physiotherapist will teach you how to use a walker, cane or crutches
- 7 - Plan to see a **physiotherapist once you go home**
- 8 - Attend **follow-up appointment** with your surgeon

## Preparation

### Try to quit smoking



### Stay Active



### Maintain Flexibility



### Control weight



### Control health issues



### Avoid joint injection 6 months before surgery

