

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

