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## **Frequently Asked Questions after Total Knee Replacement**

### **How long will I be in the hospital?**

2 to 3 days is the norm. Occasionally certain patients may need more time and will be transferred to a rehab facility for another week or two. Also, if being sent directly home from the hospital you may need home health. This will all be discussed while in the hospital.

### **Do I need Physical Therapy?**

The number one way to rehab your new knee is to have a stationary bike in your own home. The therapist can only help 2 or 3 times a week. Rehab needs to be a 2 or 3 times a day endeavor. We ask that you begin biking with no resistance 7 days after surgery, 10 minutes 3 times a day. Motivation and compliance is the key to a successful recovery.

### **What can I do and what shouldn't I do after surgery?**

Pts can expect to be back to full activity within a few months after surgery. You can hike, fish, swim, go for long walks, dance, bowl etc. We discourage aggressive skiing, jumping (basketball), and extensive running activities (marathons are out). Your knee will do anything you ask it to but there are things that are not advisable.

### **When can I drive?**

When you are off pain pills and you feel the leg muscles are back to full strength. Typically 2-4 weeks. Having a manual transmission and clutch makes it tougher to get back to driving.

### **What kind of exercise can I do?**

Biking is still the best. Water aerobics (after 4 weeks), walking, elliptical trainers, rowing machines, and even stair steppers are okay. You will work your way up to weight training after time. In the first few weeks just stick to the bike and then progress as you feel it's okay.

### **When can I expect to be back to work?**

Depending on the job (manual labor or desk work) some will get back to work in 2 weeks. Usually you will begin to go back gradually, half days for example. Normally by 4-8 weeks you can be at full time and effort.

**Can I kneel?**

Yes. Although this is reported by some to be uncomfortable you can kneel on the new knee. This can take several months because the incision will be tender for a while. You may consider getting kneepads for garden work and other such activities to help relieve the discomfort.

**When can I shower?**

You will learn how to shower while in the hospital. The important thing is to keep your incision clean and dry. Clear plastic wraps with tape are sufficient. We will evaluate your healing at your post-op visit and further educate you. No bathing, soaking, or hot-tubbing for 4 weeks after surgery.

**Who do I call after hours and on weekends?**

If there are any urgent concerns or questions that you may have during the after clinic hours (after 5:00pm) or on weekends please call the office number (323-2600) and you will be given a number where you can reach the call in service who will then put you in touch with the doctor on call. Every attempt should be made to contact us during office hours to ensure prompt response and resolution. If there is an emergency please call 911 or visit the nearest emergency room.

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