



Post-Operative Knee Replacement Advice

**Sulis Hospital Bath
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Inpatients telephone number: 01761 422201

Out of hours telephone number: 01761 422201

Physiotherapy Outpatients: 01761 422388

www.sulishospital.com

The booklet is not a substitute for professional medical care and should be used as guidance in association with the advice from your Orthopaedic Consultant and Physiotherapist

Individual variations requiring specific instructions not mentioned here may be required.

Although knee replacement surgery is routine it is still a major operation

Remember that the following is normal following your surgery:

Pain

This can radiate from the knee down the front of the shin into the ankle. It is normal to be woken in the early hours with knee pain or for the pain to be worse towards the end of the day. Try to time your medication so that you can take some just before going to bed. Gentle movement will help to ease the pain or try some ice – this may help to ease the pain. Please **DO NOT** put a pillow under the knee when resting as this could reinforce a bent position for the knee and make straightening the knee difficult.

Bruising

This can appear during the first few days after returning home. The amount of bruising developing can vary greatly.

Swelling

Due to the extent of knee replacement surgery your knee and leg may remain significantly swollen for up to 4-6 weeks after the surgery. It is therefore important to elevate your leg during the day. If you are worried about the level of swelling, please contact either the in-patient team or Physiotherapy department on the numbers on the first page.



Muscle tightness

It is quite normal to develop tightness in the calf or the upper thigh following knee replacement surgery. This is usually more noticeable when walking after periods of inactivity or first thing in the morning, it usually eases with taking a few steps – this is normal. However, if the tightness is associated with excessive pain in the calf and the calf is also swollen and red, please contact the In-patient team or Physiotherapy Department.

DON'T FORGET TO ICE YOUR KNEE EVERY 2HRS FOR 20MINS AND EXERCISE EVERY HOUR

If you are having your physiotherapy with the NHS, they will get in touch with you regards to your ongoing treatment.

If you are having your surgery privately, we will give you appointment details before you go home

If you have any concerns with regards to the surgery or the above appointment, please contact the Physiotherapy Department on: 01761 422388 or email physio.enquiries@sulishospital.com

Two weeks After Surgery

This is a very early stage of your recovery.

Should I still be experiencing pain and swelling?

Things that are normal

- Tight Calf
- Pain behind the knee, shin, or foot
- End of the day/night-time aching
- Bruising
- A warm wound/scar
- Area of abnormal sensation/numbness



Should the Wound be Dry?

Yes, although everyone heals at different rates so don't worry if it's not quite there yet.



Right knee = 2 weeks post-op

Left knee = 8 weeks post-op

Contact us immediately if you have any complications or concerns:

- An increase in temperature/fever greater than 38 C
- Increased pain not controlled by regular medication
- Marked increase in swelling or redness of wound
- Change in colour, amount of odour or drainage from the wound site
- Pain or tenderness in either calf muscle

Please refer to your Joint Replacement Patient Booklet for more information.

Should I still be on Medication?

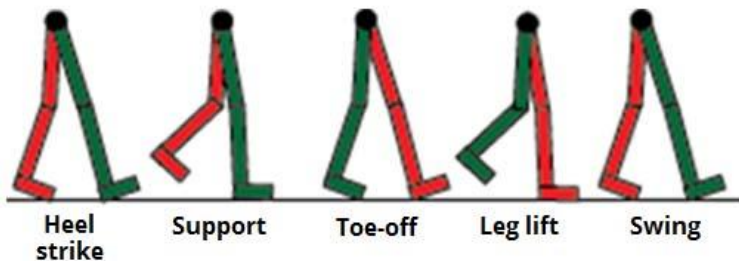
- Managing your pain is an essential part of your recovery and will help you to rest and exercise comfortably
- Don't try to stop your pain and anti-inflammatory medication too early
- Always finish the hospital prescribed blood thinners
- You will need to get any repeat prescriptions from your own GP surgery



Should I Still be Using Both Sticks?

You are likely to need your sticks for a few more weeks, remembering that everyone progresses at different rates. It is better to walk with a good pattern using a stick than to rush your progress

- The way you walk is very important now, try not to limp
- Use a heel-toe walking pattern
- Build up your distance gradually



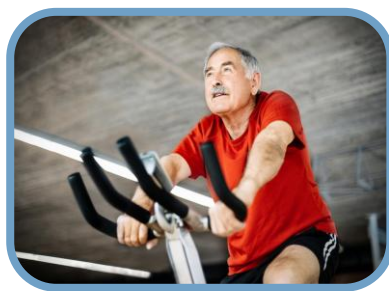
Practice Sit to Stand

This will build up your strength and balance



What's next?

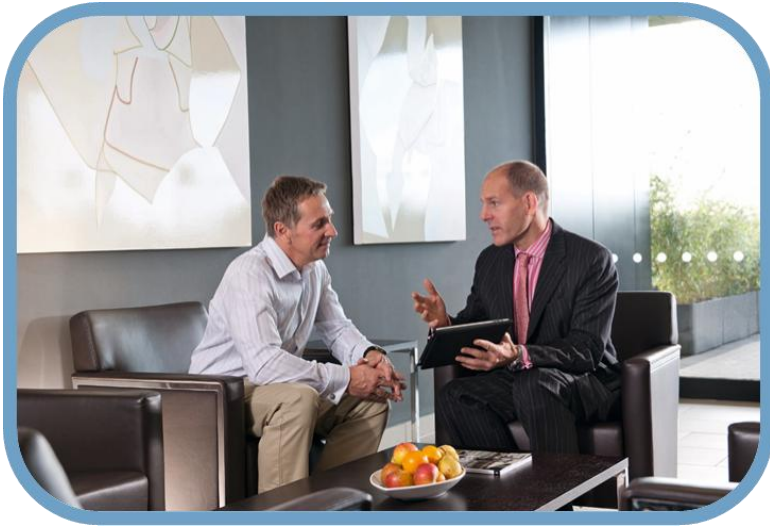
Continue with your post-operative exercises as advised on our website at [Joint School | Sulis Hospital Bath](#)



Remember to Rest...

It can take several weeks for pain and swelling to settle down.

Your Follow up Appointment



**Between 6 -12 weeks with Consultant or Specialist
Physiotherapist.**

**If you have any concerns call the Physiotherapy
Department on 01761 422388**

Maximum Input



Maximum Gain

[Joint School | Sulis Hospital Bath](#)



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