

Total Knee Replacement Surgery

Knee replacement surgery can ease pain and get you back to your daily activities. Your knee joint is made up of your thigh bone, or femur; your shin bone or tibia; and your kneecap, or patella. During this procedure, your surgeon replaces parts of these bones with a metal and plastic implant.

You will first be given anesthesia. This medicine will help you relax and not feel pain. You may fall asleep. Your surgeon will then make an incision, or cut, in your knee.

In traditional knee replacement, the cut is 8 to 10 inches long. During minimally invasive surgery, a smaller cut of about 4 to 6 inches is made. You and your surgeon will decide on the best approach for you.

Now able to see your knee joint, your surgeon will remove the damaged cartilage and bone from the ends of your thigh and shin bones. They may also smooth out the underside of your kneecap.

You are now ready for your implant. Your surgeon will place a metal cap on the end of your thigh bone. They will place another metal cap on the end of your shin bone. Bone cement may be used to hold the caps in place.

A plastic spacer will be put between the two metal caps. A plastic piece may also be put on the back of your kneecap. These parts help ease movement.

Finally, your surgeon will join all parts of the implant together, making a new healthy knee joint.

After surgery, your care team will put together an exercise rehab plan to help you fully recover.