Recovery After Knee Replacement Surgery

Congratulations on your knee replacement surgery! This leaflet outlines your recovery process, divided into three phases. Follow these guidelines to ensure a smooth recovery.

Phase 1: Acute Recovery (Days 1-14)

Goals:

- Pain Management
- Reduction of Swelling
- Wound Management and Healing

Key Points:

- **Pain Management:** Take your analgesia as prescribed. Managing pain effectively will help with your mobility and overall recovery.
- **Swelling Control:**
  - Elevate your ankle to the level of your heart to reduce swelling.
  - Use ice packs on the knee (avoid direct contact with the skin) to help minimize swelling.
- **Wound Care:** Keep your incision clean and dry. You will see the surgeon at 2 weeks for trimming or removal of sutures.
- **Mobility:**
  - Walk as much as pain allows. There are no restrictions on stairs or sleeping positions.
- **VTE Prophylaxis:** Remember to use your prescribed VTE prophylaxis and stockings (if recommended).

Phase 2: Early Rehabilitation (Weeks 2-10)

Goals:

- Continued Swelling Control
- Improving Leg Movement

Key Points:

- **Swelling Control:** Continue elevating your leg and using ice packs as needed.
- **Movement Goals:**
  - Aim for full extension of your leg and a minimum of 90 degrees of bend.
- **Physiotherapy:** Engage in physiotherapy sessions to support your recovery, but focus on self-exercising daily.
- **Daily Exercises:** Include gentle stretching and strengthening exercises as recommended by your physiotherapist.

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Phase 3: Advanced Rehabilitation (Weeks 10-1 Year)

Goals:

- Improve Walking Patterns
- Strengthen Quadriceps

Key Points:

- **Walking Patterns:** Work on normalizing your walking pattern. Pay attention to your gait and balance.
- **Strengthening Exercises:** Focus on strengthening your quadriceps to support your knee.
- **Ongoing Activity:** Gradually increase your activity level as you feel comfortable, but avoid high-impact activities until cleared by your surgeon.

Final Tips:

- Listen to your body and adjust activities based on your comfort level.
- Stay consistent with your exercises and follow up with your healthcare provider for ongoing assessments.
- Don’t hesitate to reach out to your healthcare team with any concerns or questions during your recovery.

Contact Information: If you have any questions, please contact our office

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