Knee Replacement Surgery
Knee joint before (left) and after (right) knee replacement surgery.
WHAT IS A TOTAL KNEE REPLACEMENT?

A total knee replacement is a surgical procedure in which one’s knee joint is removed and replaced with an artificial joint. Depending on your particular needs, the artificial joint, called a prosthesis, will be made of various materials including metal and plastic.

During knee replacement surgery, your surgeon will make an incision (cut) on the front of your knee. The end of your femur (thigh bone) is trimmed and resurfaced with a metal cover or shell. The end of the tibia (lower leg bone) is trimmed and resurfaced with a plastic and metal implant.

The surgery takes about two hours, but a successful knee replacement begins long before you enter the hospital.
Our nurses will be with you from the moment you arrive through surgery and until you are discharged. They work with your surgeon to make sure you are safe and on the right track toward recovery, while making sure your pain is under good control.

**R.N. Case Manager**

Your nurse case manager helps you make arrangements for going home, such as:
- Home therapy
- Medical equipment
- Discharge prescriptions
- Extra help at home

**Physical Therapist**

A physical therapist will visit you one or two times a day to teach you how to safely:
- Get in and out of bed
- Transfer in and out of a chair
- Walk with the appropriate assistive device (front-wheeled walker or crutches) on flat surfaces, stairs and curbs
- Get in and out of a car safely

**Occupational Therapist**

An occupational therapist will see you once a day during your hospital stay to teach you how to safely perform your activities of daily living:
- To sit down on/get up from the toilet
- Get in and out of a bathtub or shower stall
- Use adaptive equipment during hygiene care, dressing and bathing
- Simple activities at the sink or kitchen counter

**Visiting Nursing and/or Physical/Occupational Therapy**

You may need nursing and/or physical/occupational therapy on a short-term basis at home. The focus of home health care is to help you adjust to the physical changes following surgery. They will help you find out which services are covered under your insurance plan.
MANAGING YOUR PAIN

Although there may be some discomfort after your surgery, keeping your pain under control speeds your recovery. Less pain will make it easier to concentrate on getting around safely on your new knee. When you are comfortable, you are better able to walk, breathe deeply and cough.

You can help your doctors and nurses “rate” your pain using the pain scale. 0 means no pain and a 10 on the scale means the worst pain you can imagine.

Pain Tips

• Do not wait until the pain is severe (very bad).
• Tell your nurses and doctors if you have pain.
• If your pain suddenly gets worse or you experience chest pain or have trouble breathing, tell your nurses immediately.
MANAGING YOUR PAIN *(continued)*

We Manage Pain in Many Ways

We use several ways to help control your pain so you can focus on your physical and occupational therapy exercises.

- We may give you medications before surgery to help minimize the pain you would otherwise experience after surgery.
- We use different types of pain medications (“multimodal analgesia”) that work well together to control pain.
- Since pain medication can make some people feel nauseated, we also give you medications to prevent and control nausea.
- Ice and repositioning are also effective ways to control pain.

KNEE STRENGTHENING EXERCISES

You will recover from surgery faster if you begin strengthening your leg muscles before surgery with these special exercises.

Do 10 repetitions of each exercise below, two times a day, unless your doctor tells you otherwise.

**Ankle Pumps**
Bend ankles to move feet up and down, alternating feet.

**Quad Sets**
Slowly tighten muscles on thigh of straight leg while counting out loud to 10. Repeat with other leg to complete the set.
**Gluteal Squeezes**
Squeeze buttocks muscles as tightly as possible while counting out loud to 10.

**Heel Slides**
Make sure bed is flat. Bend knee and pull heel towards buttocks. Hold for 10 seconds. Return. Repeat with other knee to complete set.

**Short Arc Quads**
Place a rolled towel under your knee. Raise the lower part of your leg until your knee is straight. Hold for 10 seconds.
**Straight Leg Raises**
Bend one leg. Keep the other leg as straight as possible and tighten muscles on top of the thigh. Slowly lift straight leg 10 inches from the bed and hold for 10 seconds. Lower it, keeping the muscle tight for 10 seconds. Relax.

**Hip Abduction**
Keep your toes pointed toward the ceiling. Move your leg out to the side as far as possible. Slowly return to the starting position and relax.

**Long Arc Quads**
Straighten operative leg and try and hold it for 10 seconds.
Knee Slides
Slowly slide your foot forward in front of you until a stretch is felt in the knee and hold for 10 seconds. Then slide your foot back as far as you can and hold for 10 seconds.

PHYSICAL AND OCCUPATIONAL THERAPY GOALS

The focus of our rehabilitation program is to make you as independent as possible in your daily life activities. Therefore we will focus on the following goals during your physical and occupational therapy.

1. Get out of bed
2. Walk 50 feet with a walker or crutches
3. Climb up and down stairs safely
4. Get in and out of the car
5. Dress
6. Use the toilet
7. Stand at the counter for 10 minutes
8. Get in/out of the bathtub or shower stall
PRE-REGISTRATION FOR SURGERY

By Phone

Please call Sutter Health’s Patient Registration Line at 1-855-398-1637 1-2 weeks before your surgery to pre-register. The Patient Registration Line is open Monday – Friday, 8 a.m. to 5 p.m. Have your insurance information ready when you call. A nurse will take your health history, answer your questions and explain what tests are necessary before your surgery. The nurse may ask you to complete required testing before you come to the hospital.

Medications

Once your surgery is scheduled, CPMC will send you an information packet (Surgery, Tests and Procedures – A Pre-Registration Guide). Complete the Medication Form included in this packet and bring it with you on the day of surgery.

Note: If you have diabetes or are taking blood-thinning medicines, please tell your doctor. Before you are discharged from the hospital, your doctor will write a prescription for any medication you will need at home, including blood thinners and pain medication.

Blood Transfusions

Blood loss from surgery sometimes leads to the need for a blood transfusion. If you have any personal concerns about blood transfusions, speak with your doctor before surgery. Other choices may be available.
Anesthesia

Before surgery, the anesthesiologist works with you and your surgeon to choose an anesthetic. For joint replacement surgery, this is often a spinal block, also known as spinal anesthesia. A spinal block produces a rapid numbing effect from your waist down. It is given in combination with sedatives to relax you and put you in a light sleep. In some situations, your doctors may use general anesthesia.

PREPARING FOR SURGERY

Prepare Your Home

Housekeeping and Food

- Move furniture and clutter to make a clear path to your kitchen, bathroom and bedroom. The path should be wide enough for a walker.
- Remove any loose rugs or other items you may trip over.
- Buy groceries to prepare and freeze meals, and put cooking utensils within easy reach. Make simple meals that will be ready for you when you get home.
- Place items you need every day at arm level to avoid bending over or reaching too far overhead.

Bathroom

- Place a nonskid bath mat in your tub or shower.
- Purchase a raised toilet seat so that you can safely use your toilet.

These items can be purchased at your local pharmacy or online.

Furniture

- You will need a stable, high back chair with armrests. You should not sit on a chair that rocks, rolls or swivels during your recovery from surgery.
DETERMINE WHO IS GOING TO HELP YOU

Getting Around

Individuals who undergo joint replacement surgery typically are discharged from the hospital at 11 a.m. Arrange for someone to drive you home from the hospital and stay with you at home that day and possibly longer. You will not be allowed to take public transit or a taxi home alone. You will also need someone to drive you to appointments for several weeks.

Help at Home

You will need help with groceries, meal preparation and housekeeping for several weeks. Either find friends and family or consider hiring someone to help you until you’re ready to care for yourself.

Take Care of Your Health

- Make sure you understand your medications and wound care instructions.
- Know if and when you will have in-home physical therapy and/or outpatient physical therapy. Your case manager can answer these questions before you are discharged.

PREPARING FOR THE HOSPITAL

Cleaning Your Skin Before Surgery

Before you go to the hospital for surgery, it is important to make sure your skin is germ-free. Using a product with 4% Chlorhexidine Gluconate (CHG), an antiseptic solution, greatly reduces the amount of germs on your skin and has been shown to reduce surgical site infections. “Hibiclens” is a common brand name that can be found at most pharmacies.
Notes:

1. Do not shave legs for at least 5 days before surgery.
2. Do not use a loofah or wash cloth that has been sitting in the shower. It will recontaminate your skin.
3. Do not use CHG if you are allergic.
4. Do not use CHG on your face or genitals.

You will need to take three CHG showers at these intervals:

☐ 2 days before surgery

☐ Night before surgery

☐ Morning of surgery

Showering with CHG

1. Shower with warm (not hot) water
2. Shampoo hair and wash face with your regular products
3. Rinse hair and body well
4. Turn the water off
5. Pour the CHG onto a clean, wet washcloth
6. Apply CHG to your entire body from the neck down
7. Wash for five minutes, paying special attention to the area where your surgery will be performed
8. Turn the water back on and rinse thoroughly.
   Do not wash again with your regular soap after using CHG.
9. After you shower, pat dry with a clean towel
10. Do NOT apply any lotions, perfumes, powder, or deodorant to your body. This will inactivate the CHG. This is very important!
11. Wear clean pajamas after each shower and sleep on clean sheets
12. Wear clean, freshly washed clothes to the hospital
What to Pack

• Bring loose-fit clothing, nonskid, closed-toe slip-on shoes and toiletries.
• Bring cases for glasses, contact lenses and dentures. You will need to remove them before your surgery.
• Do not wear or bring wedding bands, jewelry or body piercings, or valuables such as cash, credit cards or checkbooks.
• Pack a small overnight bag with your personal items, if needed.

Medications

• Bring your completed Medication Form you received in your pre-registration packet.
• It is best not to bring your medications to the hospital. If you are concerned whether the hospital carries a special medication, bring it in its properly labeled pharmacy bottle so the hospital pharmacist can ensure it is safe to take during your stay.

The Day Before Surgery

• Before midnight, drink plenty of fluids to make sure you are hydrated.
• After midnight, do not eat or drink anything.
• Take only the medicines you were told to by the nurse or surgeon/primary doctor—with a sip of water.
• Shower with CHG the night before and morning of surgery, as described on p.11.

Going to the Hospital

• Patients are generally asked to arrive 1-2 hours before the scheduled surgery. Please confirm the arrival time with your surgeon’s office.
• Go directly to the CPMC campus where your surgery is scheduled.

California Campus:
3700 California St.
San Francisco, CA 94118
Check in at the Center for Outpatient Surgery on Floor 3

Pacific Campus:
2333 Buchanan St.
San Francisco, CA 94115
Check in at 2351 Clay St., Floor 6
Your care, comfort and privacy are our main concern. Our goal is to make sure your surgery is within 30 minutes of the scheduled time. Sometimes there are delays. We will keep you informed if delays occur.

FOLLOW-UP CARE

Your Surgeon

Before you go home, your case manager will help you make a follow-up appointment with your surgeon for 2-3 weeks after your surgery.

Date of appointment ________________________________

Physical Therapy

Depending on your needs, you may receive either in-home or outpatient physical therapy. Your care team will determine which physical therapy setting is best for you. Some patients may also need additional occupational therapy at home. Your care team will determine what type of physical and occupational therapy you need and whether you should receive it at home or in an outpatient setting.

Date of appointment ________________________________

Concerns

If you have any questions or concerns about your recovery or any health problems after surgery, call your surgeon or come to the emergency room, located at CPMC’s Pacific Campus at 2333 Buchanan Street in San Francisco.

Warning signs include:
• Temperature higher than 101°F or 38.5°C
• Increased redness and swelling around the incision
• Changes in the amount, look or smell of drainage from the incision
• Severe pain, difficulty breathing or swelling in either leg
TO-DO CHECKLIST

Before Surgery

☐ Preregister by calling our Patient Registration Line at 1-855-398-1637.

☐ Complete the Medication Form.

☐ Organize your house to make it easy to move around.

☐ Ask for help from friends and family.

☐ Buy groceries and prepare food for the first week home.

☐ Arrange transportation.

☐ Start washing with CHG (see page 11 for directions).

☐ Make sure you have slip-on shoes and clothes that are easy to put on.

☐ If you smoke, stop smoking as soon as possible.

After Surgery

☐ Schedule or confirm your postoperative office visit with your surgeon.

☐ Schedule or confirm your in-home or outpatient physical therapy session.
# HEALTH CARE PROVIDER CONTACT LIST

<table>
<thead>
<tr>
<th>Role</th>
<th>Name</th>
<th>Phone</th>
<th>E-mail</th>
</tr>
</thead>
<tbody>
<tr>
<td>Primary Care Physician</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Surgeon</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Physical/Occupational Therapist</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
LODGING AND TRANSPORTATION

If you or your family members require an overnight stay in San Francisco, Hotel Kabuki and Holiday Inn are the lodgings of choice for CPMC.

**Hotel Kabuki**
1625 Post Street
San Francisco, CA 94115
Tel. 415-614-5423
www.hotelkabuki.com

**Holiday Inn - Golden Gateway**
1500 Van Ness Avenue
San Francisco, CA 94109
Tel. 855-472-7645
www.goldengatewayhotel.com

To receive the discount CPMC patient room rate at Hotel Kabuki, call 415-614-5423. To receive the rate at Holiday Inn, call 855-472-7645 and reference CPMC.

In addition to discounted room rates, patients and their families have access to courtesy shuttle services from CPMC’s Pacific Campus to both hotels. Shuttle service is available Monday through Friday, from approximately 6:30 am - 6:00 pm.
Visit us at cpmc.org/jointcare.
To find a doctor call 888-637-2762.