Consent for Knee Replacement

Dear Patient Name:

You are going to be scheduled for_____

The purpose of this surgery is to try to give you relief from the pain you have been experiencing in your knee. Alternative treatment, such as pain medication, arthritis medication, and knee supports, and crutches are available options.

How long does it take to recover? Here are few important timelines:

- **You should be able to walk with the help of a walker on the same day of the surgery including up a flight of stairs.**
- **You will be seen by one of our physician assistants at 2 weeks and then sometimes at 6 weeks.**
- **You will be using a walker or cane for about 2 weeks.**
- **Physical therapy will be started from the day of the surgery and will continue for about 4-6 weeks.**
- **You will not be driving for at least 3 weeks. However, few patients may be able to drive sooner depending on how quickly they recover.**
- **You will experience some pain, bruising and swelling in your leg or entire lower extremity which may get worse by day 5 or 6. You will begin to see progressive improvement after 7-10 days.**
- **Somewhere between 4 to 6 weeks, you will be able to do your day to day activities including travel.**
- **Work or activities requiring standing 6-8 hours a day may take 3 months. You should plan on up to 3 months off work.**
- **Those who work from home can resume work by 3-4 weeks or sooner.**
- **Swelling may persist up to one year. Complete healing is usually achieved by at least one year.**

Rehab/Nursing Home: Overall, patients who recover at home experience less complications than those who recovered at any skilled nursing facility. Therefore, we recommend that you go home after surgery if you could. The decision to send to a rehabilitation/nursing home is made by a physical therapist based on your recovery after surgery on day 1 or 2 postoperatively. Please make sure that in case you are not admitted into a rehabilitation/nursing home, you have someone to help you for approximately 2 weeks.

Stairs: Before you are discharged from hospital, physical therapy will make sure that you are able to do 2-3 stairs. If you have multiple level houses, you may experience trouble with stairs. There will not be any restrictions on climbing stairs. If you take time and climb stairs in baby steps fashion, you might be able to get 10-15 step stairs with some discomfort.

Restrictions after Knee replacement: After knee replacement you should be able to walk, slow jog, play golf, bowl, play doubles tennis, swim, walk on the treadmill or elliptical. Getting on your **knees or kneeling** is usually not very well tolerated and it is not recommended. Sprinting, squatting, jumping or any other high distress contact sports are not recommended.

Implant: Implant/Prosthesis is made up of Titanium, Cobalt Chrome and Polyethylene. Those who are allergic to Jewelry or metal may experience an allergic reaction to prosthesis.

COMPLICATIONS: As with any surgery, there are complications that may occur. Complications are**rare** but some relatively frequent complications are the following:

Anesthesia: As in any major surgery there are always risks associated with anesthesia. Most procedures done with anesthesia have a low risk of complication, but occasionally there are patients that have heart or blood pressure issues and do not stand up well to the stress of surgery. In the case that an anesthesia complication may occur there is no guarantee that resuscitation measures will be successful.

Infection: There is about 1% chance of either superficial or deep infection. This can be either a superficial infection of the incision or a deep infection of the whole knee. A **deep infection** may require IV antibiotics for 4-12 weeks. You may have to go for a second or third operation over 2-6 months to clean up the infection.

Fracture: Occasionally, implant insertion can cause femur(thigh) or Tibia fracture. It is a rare complication which requires another surgery to fix the fracture.

Loosening: A small number of patients may have loosening of the prosthesis; this means that the implant can become loose from the bone, like a brick comes loose from mortar. This is usually a delayed complication.

Nerve Injury: There is an important nerve just beside the knee. If this nerve is injured during surgery, you will have areas of numbness in the foot and you will not be able to move the foot as normally as before. This is a rare complication but you will need to be aware that it is a possibility.

Vascular Injury: There is a major artery just behind the knee and in rare instances it may be injured or clots may block it during or after surgery.

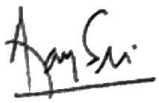
Blood Clots: Blood clots may form in the veins of the leg. Joint replacements are high risk surgery for blood clots. Treatment requires being placed on blood thinners or possible hospitalization. In order to help prevent this type of problem, you will be given either oral or injectable medication to prevent blood clot.

Motion: Patients usually get about the **same or less** range of motion in a replaced knee. The primary goal of the surgery is pain relief. The replacement knee may not bend as much as a normal knee. Between 2-3 months after surgery, if your knee continues to be stiff despite physical therapy you may need manipulation of the knee under anesthesia where your knee will be put through the range of motion to break up the scar tissue.

By signing here I acknowledged that I have read and understood the risks and benefits of the surgery and my questions have been completely addressed. Thank you for your attention. Please call our office with any questions that you may have regarding any of the above, or with any other surgical questions.

Sincerely,

Electronically Signed by: AJAY SRIVASTAVA, MD



Patient Signature: _____ Date: _____