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What is Total Knee Replacement (TKR)?

Total Knee Replacement, also known as total knee arthroplasty, is a surgical procedure used to treat severe arthritis or joint damage in the knee by replacing the damaged knee joint surfaces with artificial implants. The Whole knee joint is never replaced, only the surfaces are changed.

Who is a candidate for TKR?

Candidates for TKR typically have severe knee pain, stiffness, swelling, and limited mobility due to conditions such as osteoarthritis, rheumatoid arthritis, or post-traumatic arthritis.

How long does a TKR surgery take?

The duration of a TKR surgery typically ranges from 45mins to 1 hour, depending on factors such as the complexity of the case, patient anatomy. The theatre time for preparation anaesthesia etc would be close to 3 hours for unilateral and 4 hours for bilateral

What type of anaesthesia is used for TKR?

TKR surgery is usually performed under spinal anaesthesia, where the patient is either fully numb from the waist down.

What is the recovery process like after TKR?

Recovery from TKR involves a period of physical therapy, pain management, and rehabilitation. Patients typically start walking with the help of a walker in the evening of the surgery and discharged the next morning after surgery and gradually progress to walking independently within 5 days. Full recovery may take several months.

What are the potential risks and complications of TKR?

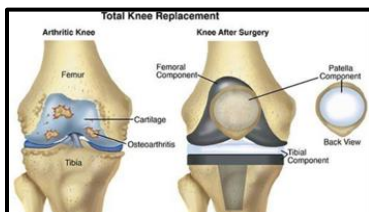
Risks and complications of TKR surgery include infection, blood clots, implant loosening, stiffness, nerve or blood vessel injury, persistent pain

How long does a TKR implant last?

The longevity of a TKR implant can vary depending on factors such as patient age, activity level, implant type, and overall health. Generally, TKR implants can last 15-20 years with proper care and maintenance.

When can I return to normal activities after TKR?

Most patients can resume light activities of daily living within a few weeks after TKR surgery and gradually return to more strenuous activities over several months. However, it's essential to follow the guidance of your surgeon and physical therapist.



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