



Total Knee Evaluation Discussion with Notes

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RESULTS:

- 92% report excellent results – closer to 95% good to excellent results in our practice
- 25% are totally satisfied
 - *The dis-satisfiers include lack of comfort kneeling, “mechanical feel”, and some aches and even some swelling for some people.*

LONGEVITY:

- 15-20 years historically
 - *If you take great care of yourself and your knee*
- 30 years??
 - *No data but simulator studies show “more durable” bearing surfaces so we are hopeful for better longevity*

SURGERY:

- Spinal anesthetic/Sedation
 - *Or General – to be discussed with anesthesiologist*
- 1 ½ hour procedure
- Minimally invasive approach
 - *Really just less invasive by sparing the Quad Tendon*
- Foley Catheter – out the next day
 - *Used to reduce risk of urinary retention after anesthesia*
- Up walking the evening of surgery
- 1-3 nights in the hospital or care suite

RECOVERY:

- Physical Therapy – Starts in the hospital and continues through a home program and outpatient physical therapy outpatient visits
- The physical therapist will determine how many visits and how often
- 2 & 6 week follow up clinic visits

- *2 week visit will be with a TCO Physician Assistant to check you wound, get x-rays, and discuss pain level and medications*
- Return to driving around 2-3 weeks when you are off daytime narcotics and you are able to slam on the breaks
- 6 weeks – highly functional
 - *Usually walking without support and ready to resume most activities*
- 3-6 months for inflammation recovery
 - *This is usually when swelling, stiffness, and soreness dissipates*
- 12-18 months for neuro-muscular full recovery
 - *Balance, Strength, and athleticism is optimized*

RISKS:

- Blood clot – Full sized (325mg) Aspirin two times daily for 6 weeks
 - *Unless you have a high risk for clot or you are already on a chronic blood thinner*
- Infection – 0.4% - The national average is about 1%
- Fracture
 - *May necessitate temporary partial weight bearing for a short period of time*
- Neurovascular Injury – Rare!
 - *Known as “foot drop” and it usually resolves*