

About Your Partial Knee Replacement Surgery

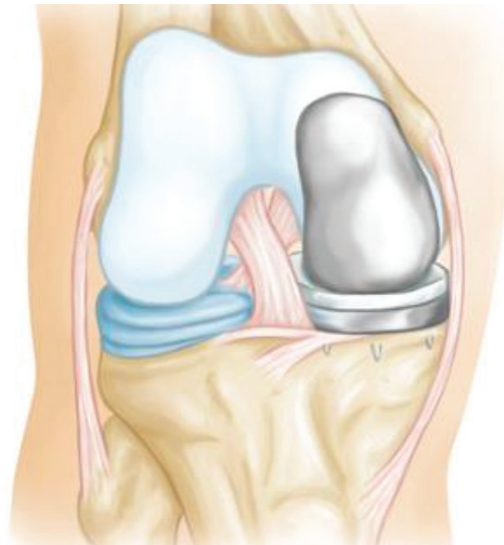


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The Procedure

A partial knee replacement is also called a **unicondylar (uni) knee replacement**. This procedure replaces only the affected piece of the knee and the healthy compartment of the knee is left alone. Patients with medial or lateral knee osteoarthritis can be considered for partial knee replacement.

- **“Medial”**: the inside compartment of the joint, which is the compartment nearest the opposite knee.
- **“Lateral”**: the outside compartment farthest from the opposite knee.

Medial knee joint degeneration is the most common deformity of arthritis.

The procedure usually takes about 1 – 2 hours. It is done under general anesthesia or spinal anesthesia with a nerve block to help with pain control after surgery.

Frequently Asked Questions

How long is my knee replacement expected to last?

Most patients can expect their knee replacement to last 15-20 years or longer, depending on your health, lifestyle, and activity level. Talk to your surgeon about how long you can expect your knee replacement to last.

How long is the recovery time?

Recovery time is different for each patient. Most patients will see a noticeable improvement in their knee strength and function within the first few months after surgery. Full healing can be expected around 1 year after surgery.

Will I have physical therapy before surgery?

Your surgeon may prescribe exercises or physical therapy for you to do before surgery to help strengthen the muscles in your leg. A physical therapist can also help you learn how to use an assistive device, such as a 2-wheeled front rolling walker, that you will need after surgery. In general, the healthier and stronger you are before surgery, the easier your recovery will be after surgery.

What exercises can I do before surgery?

Please refer to the exercise handout in your folder or ask your physical therapist.

Will I need special equipment at home?

Yes. You will need a 2-wheeled front rolling walker and a straight cane. Bring the walker with you on the day of your surgery. You can buy or borrow these items, depending on your preference. You may be able to borrow from a local lending closet, fire station, church, neighbor, friend, or family member. A prescription can also be provided for these items, which may be covered by your health insurance in some cases. Your surgical care team will let you know if there is any other special equipment that you may need.



Straight Cane



2-Wheeled Front Rolling Walker

Will I have physical therapy after surgery?

Yes, physical therapy is a very important part of recovering from knee surgery. Physical therapy will begin in the hospital or surgery center soon after your surgery. Every patient will have a physical therapy evaluation before they are discharged. Your nurse and therapist will help you walk in the hall, go up and down stairs, and will show you how to do some exercises in bed. They will also talk with you about making your daily routine safe in your home while you heal. You will be instructed on what physical therapy or exercises you should be doing at home on your own.

What services will I need at home?

Your surgeon and care team will help you decide what services you need at home, if any. The plan will be based on your mobility and insurance. A nurse care manager will help you with your discharge plan and any needed referrals.

When can I drive?

This answer is different for everyone. For your safety, do not drive until you are cleared to do so by your surgeon's office. Your surgeon's team will assess and evaluate your healing at your first postoperative appointment.

When can I go back to work?

This answer is different for everyone. Most people can go back to work within 12 weeks after surgery. This may be slightly different for you. Your surgeon will tell you when you have healed enough to safely go back to work, based on your job demands.

For a sedentary or 'desk job', some patients are able to go back to work as soon as 2-4 weeks after surgery. People with physically demanding jobs may need to wait 4-12 weeks before returning to full duty in order to make sure they have fully healed.

Ask your employer if you will need a written Return to Work note from your surgeon's office. Depending on your job, there may be some restrictions that you need to follow at work as you continue to heal.

Forms to file with your employer before surgery



You may need to submit one or more of the following forms:

- Leave of absence
- Short term disability
- FMLA (Family and Medical Leave Act)

Ask your employer to send the paperwork to our office before your surgery date, along with your signed Release of Information consent form.

Our office fax: 207-781-1552

Can the metal implants in my knee set off metal detectors?

Yes, the metal implants in your knee may set off metal detectors. At your post-operative appointment visit to our office, we will give you an info card that shows that you have had this surgery. Keep the card in your wallet, especially when traveling. When you do go through metal detectors, be sure to tell the person operating the metal detector that you have had a joint replacement. They will then screen/wand you, as needed.

Follow-up Appointments

You will have follow-up appointments with your provider for incision care and to make sure you are healing properly. These follow-up appointments will either be in-person or via telehealth. You will have a follow-up appointment within 2 weeks, and another one 6-8 weeks after your surgery. It is important that you attend these follow-up appointments.

Please do not forget to bring with you an attitude of SUCCESS!

If you have questions



**Please call us if you have any questions or concerns.
We are here to help you have a safe and successful surgery.**

Office hours: Monday-Friday, 8 a.m-5 p.m.

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