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## **How to Prepare for Total Knee Replacement Surgery**

As total knee replacement surgery (TKR) has become an increasingly successful operation it has become a commonly utilized solution for patients with damaged worn out arthritic knee joints. There are several keys to a successful surgical outcome. Choosing an experienced surgeon and having the procedure performed at a facility adept in this operation are key factors.

But there are other things patients can do for themselves in preparation for a knee replacement to increase their odds of a favorable outcome and a smooth rehabilitation.

### **Long Term Advance Preparation:**

- The more fit a patient is going into surgery, the less chance there is of post op complications.
- For overweight patients, a weight reduction program helps minimize risks.
- Diabetic patients can more carefully manage blood sugar level. The better the long term glucose control the less the risk of infection.
- All health issues such as heart or pulmonary disorders should be brought to their optimum condition via proper medical consultation.
- Patients with skin disorders on the front of the knee (such as psoriasis) should take appropriate measures so as to have their skin as healthy as possible before surgery.
- Having toned muscles (especially the quadriceps and hamstring muscles of the thigh) helps speed the rehab process. Patients do not need formal (and expensive) physical therapy to accomplish this. A combination of walking, leg lifts, elliptical machines, light resistive exercises, and use of an exercise bike depending on what is tolerated by the damaged knee can suffice

### **Immediate Pre Op Preparation:**

- Stop blood thinning medication such as aspirin, anti-inflammatory medication and other more potent blood thinners prior to surgery under physician supervision.
- Protecting the skin from scratches or abrasions, especially on the operative leg, is crucial. Wear protective clothing around pets that scratch or when gardening etc. where scratches commonly occur.
- Typically the surgeon will prescribe an antibiotic that is absorbed through the nasal membranes to prophylax against staph infections (Bactroban) to be used the night before and morning of surgery
- Often an antibacterial soap is recommended to use on the knee the evening before and morning of surgery.