Where will I go after discharge from the hospital?
Most patients are able to go directly home after discharge. Some patients may transition to a sub-acute facility and stay there between three to seven days. Your surgeon and hospital staff will help you decide where to go after you are discharged and can make the appropriate arrangements.

Will I have any restrictions following this surgery?
Yes, you will be restricted from performing high-impact activities such as running, singles tennis, and basketball. You will also be restricted from performing contact sports and downhill skiing. Hip patients may be restricted from crossing their legs or bending their hips more than 90° for at least three months after surgery.

How long will I be able to drive a car?
The ability to drive depends on several factors, such as which leg had surgery and what type of transmission you have. If your left leg is your surgical leg and you have an automatic transmission, you could be driving as soon as two weeks after surgery. If your right leg is the surgical leg, or if you have a manual transmission, your driving could be restricted for as long as six weeks. You should not drive until cleared by your surgeon or therapist.

When will I be able to return to work?
Returning to work depends on your type of work. Office workers often return in two to three weeks, while patients with more strenuous jobs may require more time away from work. The timing of your return to work depends considerably upon your commitment to recovery.

What if I live alone?
Two options are available to you if you live alone. You may stay at a sub-acute facility following your hospital stay or you may go directly home. If you go home, you will need someone to be with you for at least a week.

How often will I need to be seen by my surgeon following this surgery?
Your first office visit after surgery usually occurs two to three weeks after discharge. You will most likely be seen for further follow-up as required by your orthopaedic surgeon. You may need to see your orthopaedic surgeon for a check-up every one to two years.

When can I have sexual intercourse?
The time to resume sexual intercourse should be discussed with your orthopaedic surgeon.

What physical and recreational activities may I participate in after my recovery?
You are encouraged to participate in low-impact activities such as dancing, golfing, hiking, swimming, and gardening as your surgeon allows. Ask your surgeon about other acceptable activities.
Your guide to Total Joint Surgery

Patients have many questions about joint replacement. Below is a list of frequently asked questions with their answers. If you have any other questions, please ask or write them down for your next visit. You should be completely informed about the various aspects of total joint replacement.

What is arthritis?
There are more than 100 different kinds of arthritic conditions that can affect the human body. Osteoarthritis, or degenerative joint disease, is the most common form of arthritis. Osteoarthritis causes the cartilage to wear away, eventually resulting in painful bone-on-bone contact.

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Why does my knee or hip hurt?
The bones in a joint are covered with a tough, lubricating tissue called cartilage to help provide smooth, pain-free motion to the joint. As the layer of cartilage wears away, bone begins to rub against bone, causing the irritation, swelling, stiffness, and discomfort commonly associated with arthritis.

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What is total knee replacement?
Total knee replacement replaces damaged cartilage and bone with an artificial surface. The replacement implants include a metal alloy on the end of the femur (thighbone) and polyethylene (plastic) on the tibia (shinbone) and patella (kneecap). The implants are designed to create a new, smoothly functioning joint that prevents painful bone-on-bone contact.

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