

EASTERN OKLAHOMA ORTHOPEDIC CENTER

Welcome to Eastern Oklahoma Orthopedic Center.

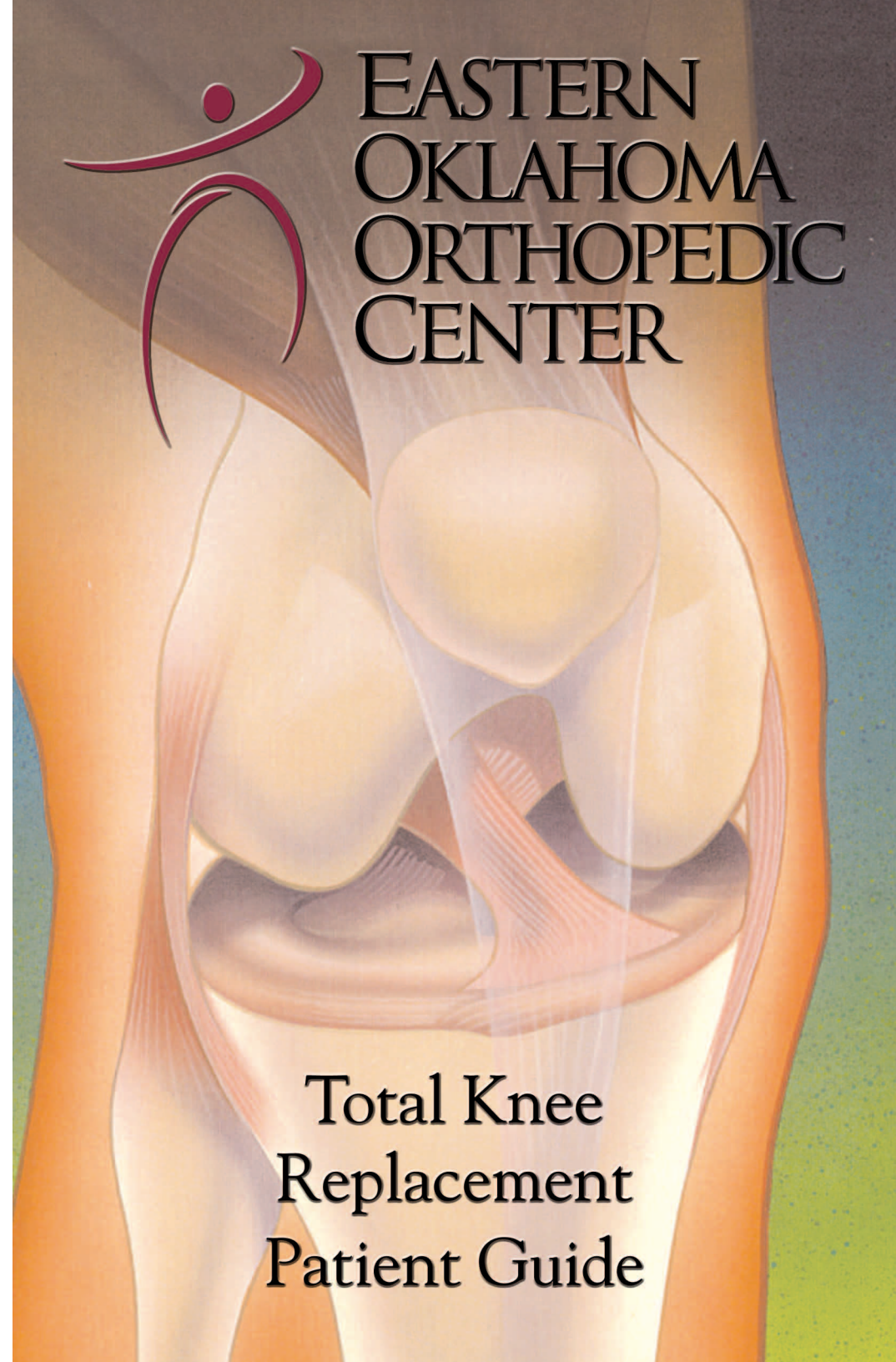
Located on the third floor in the Natalie Medical Building, our facility is staffed and equipped to evaluate and treat all orthopedic disorders and sports injuries. Each of the EOOO physicians are board certified in their area of specialty. Whether you need medical evaluation and treatment, surgical consultation or physical therapy, Eastern Oklahoma Orthopedic Center will provide you with the highest quality of medical care.

Care is directed by your EOOO orthopedic surgeon or sports medicine physician working in conjunction with our highly trained support staff. Our Physical Therapy Center features the most current therapy equipment and is staffed with licensed physical therapists and physical therapy assistants, and certified athletic trainers.

From returning an athlete to competition, assisting an employee back to work, or a family member back to good health, treatment is tailored to the particular needs of each patient. Eastern Oklahoma Orthopedic Center is proud to be the area's leading orthopedic and sports medicine provider for thirty years.



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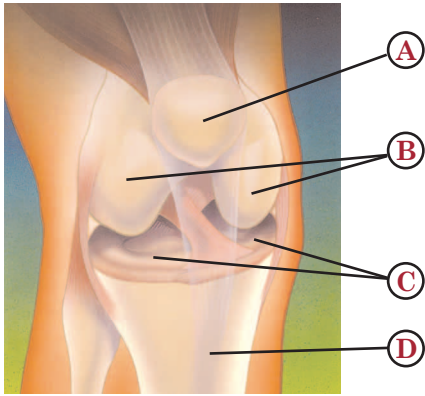


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Total Knee Replacement Patient Guide

What is a Total Knee Replacement?

HEALTHY KNEE



- A. Patella (knee cap)
- B. Articular cartilage
- C. Meniscal cartilage
- D. Tibial Ridge

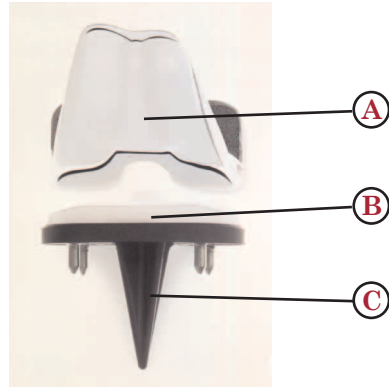
As a result of various forms of arthritis and/or acute injury to the knee, you may need a total joint replacement. This description is misleading as the operation is actually a resurfacing procedure.

This resurfacing technique takes approximately one to two hours with a hospital stay of 3 to 4 days depending on individual needs.

Your surgeon will remove damaged cartilage and bone, then replace it with man-made materials such as titanium.

The four main components of your knee replacement include a metal femoral (thigh bone) plate, metal tibial (shin bone) tray, with plastic tibial (shin bone) spacer and a plastic patellar (knee cap) disc. (See diagram.)

KNEE PROTHESIS



- A. Metal femoral component
- B. Plastic tibial spacer
- C. Metal tibial tray

The desired outcome is to relieve pain, restore proper knee alignment and to increase functionality of the knee joint. Over 90% of those undergoing total knee replacements have a dramatic reduction of knee pain as well as a significant improvement in performing the activities of daily living.

The procedure is done as a day-of-surgery admission under a general anesthetic. You will schedule a consultation with the anesthesiologist prior to your surgery to identify any possible problems and to answer any questions you may have.

-Photo courtesy of Sulzer Orthopedics

What to expect after your surgery:

- A 4-5 day hospital stay.
- Sutures removed 7-10 days following surgery either in the office or by your home health agency.
- Pain is normal and will gradually resolve over the weeks following your procedure.
- Aggressive physical therapy regimen aimed at restoring flexibility and strength to the joint.
- For non-cemented, you will be non-weight bearing for the first 4-6 weeks partial-weight bearing until 6 weeks.
- For cemented, you will be 50% weight bearing for the first month.
- A walker or crutches will be used to assist ambulation.
- Life expectancy of the total knee implants is 15-20 years depending on wear.

Call the office if:

- Your temperature exceeds 101°F.
- Pain is not controlled by medication.
- Drainage is present.
- You have red streaks extending from surgery site.
- You experience calf pain, tender-to-touch.
- You experience shortness-of-breath or sudden onset of chest pain.

DOs:

- ☞ Wear your white TED hose for the first six weeks except at night while you are sleeping.
- ☞ Apply for and receive your handicapped parking permit prior to your surgery.
- ☞ Refill your pain medications before the weekend.
- ☞ Schedule your return appointment as recommended by your physician.
- ☞ Physical therapy and home exercises as much as tolerated.
- ☞ Walking and swimming are usually exercises well-tolerated after total joint replacement.
- ☞ Shower permitted with clear dressings in place prior to staple removal.
- ☞ Take special precaution to avoid falls or other accidents.
- ☞ Antibiotic therapy is necessary for dental work for at least the first two years following surgery.

DON'Ts:

- ☞ Do not climb stairs for the first 6 weeks.
- ☞ Do not drive for approximately 4 to 6 weeks post-operatively.
- ☞ Jogging, jumping, and contact sports are highly discouraged.
- ☞ Avoid crawling and kneeling positions.
- ☞ Avoid standing or sitting for long periods of time for first 6-12 weeks.