

Common Concerns on the Second Visit After Your New Knee

My knee is still.... – Typical concerns at this time are continued stiffness, warmth, swelling, or night pain. These are all completely normal, and part of the healing process. Remember, maximal healing from knee replacement typically takes 1 full year. The concerns you have now should resolve by then.

My knee clicks – Again, this is normal for knee replacements. Your knee joint is now made of metal and very hard plastic. Although you may hear and feel clicking, it should be painless and is normal for a mechanical knee joint.

My knee feels “numb” on the outside – This is a normal sensation as the nerve that gives sensation to the skin along the outside of the knee was disturbed with surgery. This area may also burn as the nerve attempts to regenerate. Nerve regeneration is a very slow process, with maximal improvement coming by 1-2 years.

Can I kneel on my new knee? – Yes. Mechanically, kneeling on your knee does not harm the implants. However, most people find it “uncomfortable” to kneel on their knee replacement. With repeat practice, this should not be an issue for you.

Do I need a joint replacement card to travel? – No. The TSA does not change the way you are screened with or without a joint replacement card. For more information, please follow the Disabilities and Medical Conditions link at www.tsa.gov.

Do I need antibiotics for routine dental cleanings? – No. The January 2015 American Dental Association clinical practice guideline states, “In general, for patients with prosthetic joint implants, prophylactic antibiotics are not recommended prior to dental procedures to prevent prosthetic joint infection.” For more information, please search www.ada.org.

Are there any restrictions on my knee replacement? – No. Please use good common sense, but there is no specific activity you need to avoid. If your knee hurts too much, you are simply doing too much. With normal activities, the plastic used in your knee replacement should last about 30 years. We will check your new knee with periodic x-rays to monitor for wear or mechanical issues.

Please enjoy your new knee, and you can also visit Dr. Petrow’s homepage at www.tucsonroboticjointreplacement.com for additional information.