

The following questions represent the 30 most frequently asked patient inquiries about total knee arthroplasty (TKA).

These questions were compiled from validated patient education sources, including the American Academy of Orthopaedic Surgeons (AAOS) OrthoInfo, the National Institute for Health and Care Excellence (NICE) guidelines, and public patient forums.

All questions were reviewed and verified for clinical relevance and completeness by two independent fellowship-trained arthroplasty surgeons.

1. Preoperative Considerations

1. When should I consider knee replacement surgery?
2. What are the risks associated with delaying the surgery?
3. How effective are alternative treatments like cortisone injections or physical therapy?
4. Does being overweight affect the success of the surgery?
5. Am I too young or too old for knee replacement?

2. Surgical Details

6. What are the differences between traditional and robotic-assisted surgery?
7. How do surgeons decide on the type of implant (metal, ceramic, custom-fit)?
8. How long does the surgery take, and what is the typical hospital stay?
9. Is minimally invasive surgery a better option?
10. Will 3D planning or computer-assisted navigation be used during my surgery?

3. Recovery Process

11. What should I expect in the first 24 hours after surgery?
12. How is pain managed post-surgery?
13. When will I be able to walk again?
14. How often and for how long will I need physical therapy?
15. How should I care for my surgical wound?

4. Long-Term Outcomes and Lifestyle

16. What activities or sports can I participate in after recovery?
17. Will I have any limitations with movements like climbing stairs or kneeling?
18. Will the implant trigger metal detectors at airports?
19. Are there any recommendations for long-distance travel post-surgery?
20. How soon can I return to work, especially if my job is physically demanding?

5. Risks and Complications

21. How can I reduce the risk of infection after surgery?
22. What are the signs of implant loosening or failure?
23. How long does the risk of blood clots persist after surgery?
24. What precautions should I take if I have allergies (e.g., to metals or medications)?
25. What should I do if I experience swelling or increased warmth in my knee?

6. Psychological and Social Aspects

26. How can I cope with anxiety or depression after surgery?
27. Will having a knee replacement affect my self-image or confidence?
28. Are there any social activities I should avoid after surgery?

7. Technological and Financial Considerations

29. How long does a knee implant typically last, and will I need a revision surgery?
30. What are the costs associated with the surgery, and what does insurance cover?

Source Note

These questions were derived from validated educational materials (AAOS, NICE) and public patient forums to ensure clinical relevance and representativeness of common patient concerns.