

## **Total Knee Replacement Q & A**

### What is a total knee replacement?

A total knee replacement is a surgical procedure to replace damaged and worn out knee components with biocompatible metal and plastic replacement parts. Your knee is a hinge joint where your femur, tibia, and fibula meet at your patella where a complex group of tendons, ligaments, and other cushioning or connective tissue holds them together..

At Ascension Michigan Orthopaedics-Rochester, the orthopaedic surgeons provide total knee replacement as an outpatient procedure, so you can rest and recover in the comfort of your own home.

### Why would I need a total knee replacement?

Osteoarthritis is one of the most common reasons for having a total knee replacement. When your cartilage wears away and your joint becomes inflamed and painful, your doctor may try nonsurgical treatments to restore your knee and alleviate your pain. However, in some cases, your condition may degenerate to the point that a total knee replacement is the best treatment option.

Our team may suggest a total knee replacement to address severe rheumatoid arthritis. They might also recommend knee replacement if you develop chronic pain after a severe knee injury like a fracture or ligament tear.

Ultimately, your orthopaedic surgeon recommends total knee replacement when you have severe knee pain or stiffness that interferes with your ability to move and your quality of life.

### What happens during a total knee replacement?

Our team at Ascension Michigan Orthopaedics-Rochester provides several types of total knee replacement surgeries, including minimally invasive and open surgical approaches, ACL-preserving total knee replacements, and knee revision procedures.

There are several steps in a total knee replacement procedure. Once you are prepared for surgery, the doctor makes an incision to access your knee joint. He and the team remove the damaged cartilage surfaces as well as a small amount of the underlying bone. Then, he positions your implants to re-create the surface of your joint and cements or press-fits them into the bone. Depending on your specific needs, your doctor may resurface your patella. Finally, the team inserts a space to create a smooth, gliding surface to reduce friction when you bend and extend your knee joint.

If you need an orthopaedic knee specialist to perform a total knee replacement, call Ascension Michigan Orthopaedics-Rochester to make an appointment today.