

# Looking After Your New Knee Replacement

Your new knee replacement will give you years of good service if you look after it. These are a few guidelines so you can cope more easily and get the best out of your knee in the long term. For more detailed advice refer to your physiotherapist.

## Sitting

Use a chair with arms to help you stand up and sit down more easily.

Get up regularly and have a short walk about to prevent stiffness and promote circulation.

You may need to keep your leg up at times to prevent swelling.

## Lifting

Do not lift heavy objects.

## Riding in a car

To get in, sit onto the seat by putting your bottom in first, then move your legs in afterwards. Reverse the process to get out.

## Returning to work

- A sedentary job may be possible four to six weeks after surgery.
- A more demanding job involving prolonged activity may need to be delayed for three months or longer.
- Some jobs are unsuitable - using ladders, roof work, building jobs
- Pushing, pulling or lifting heavy weights is unwise.

## Sports

- Suitable, depending on circumstances: walking, bicycling, swimming, bowls, golf.
- Not suitable: jogging, running, jumping, racquet sports, football.

## Personal care

A walk in shower is recommended and a shower stool or chair may be helpful to sit on. You can have a bath as you are able as long as the operation wound has healed - if it has not, do **not** put the leg under water. It is useful to have someone to help you at least the first time you do this, and they may need to help you wash and dry your feet for a time.

## **Dressing**

If you have been dressing independently before the operation, you should be able to do so afterwards. The Occupational Therapist will guide you if you have any specific difficulties.