



# **PREPARE FOR YOUR**

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# **TKR OPERATION**

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# UNDERSTANDING WHAT IS AWAITING YOU

- First of all, make sure that you are inwardly ready for the operation.
- Only when you are fully prepared and committed to go through the surgery will you achieve the best results.
- The rehabilitation and recovery was speedier in psychologically well prepared patients.

# PREPARING YOUR BODY

- The goal is to make you maximally fit for the surgery.
- One problem: your aching joint may not allow you too much preoperative exercise. In that case, don't torture yourself.
- There are several areas, where you may improve your fitness:

# **1. Weight reduction, Fitness and condition program program**

- Ask your doctor and your physiotherapist for a program adapted to your needs and also to your capabilities.
- Better preoperative condition will also make any post-surgical rehabilitation you will have to do far easier than it would be starting from scratch.

## 2. Stop smoking

- Studies have shown that smoking patients who ceased smoking 6-8 weeks before the surgery experienced much less postoperative complications compared with patients who continued to smoke until the day of the surgery (Moller 2002)

### 3. Infection eradication program, what is it?

- Bacteria from this focus may travel in your blood and infect the newly operated artificial knee; ex, urinary bladder, teeth infection, or deep infected leg ulcers.
- Avoid doing anything that could produce open wounds on your legs and arms
- *All dentistry work that produces bleeding should be finished*

## **4. Stabilization of your medical condition, what is it?**

- The two medical conditions which most often force the anesthesiologist to postpone a scheduled total hip replacement are high blood pressure and high blood sugar values.



# PRE-ADMISSION TESTING

- All patients aged 40+, and all patients below that age with any history of cardiac or respiratory disease, are usually required to have a chest X-ray and electrocardiogram examination done before the surgery.

# **Which medicines should I take before my surgery?**

- You will usually need to take iron supplements prior to your surgery if you have donated your blood. These are usually non-prescription preparations.

# Which medicines should I stop taking before my surgery?

- Anti-inflammatory medicines, such as NSAIDs or aspirin, increase bleeding in the operation wound and should, generally, be discontinued two weeks prior to surgery.
- Blood thinning medications such as Coumadin should be also discontinued prior to surgery .
  - Or replaced by other substances (heparin like substances), with better controllable blood thinning effect, for the time of surgery.