

REVISION KNEE REPLACEMENT – PATIENT INFORMATION – MR S. WHITE

You have been listed for revision of your knee replacement. This operation is designed to reduce pain or improve the stability or range of movement of your knee replacement. Usually it is done because the knee replacement has come to the end of its life or is no longer secure to your bone. Occasionally it is done because of infection of your knee replacement.

Similar to the first time replacement, it can be uncomfortable and hard work to recover from a revision knee replacement.

The average stay in hospital is 5-7 days. During your stay you will need to work hard with the physiotherapists to improve the range of movement in your knee. Some days your knee will feel very painful and bruised but it is important not to let your knee stiffen. You will be given painkillers to reduce the pain.

The length of stay will be determined by how hard you work at the exercises as well as your home situation and how quickly the wound heals.

Your knee will not improve by itself without hard work. The surgery and hospital stay is only the first part of the treatment process.

Complications after surgery

Approximately 90% of patients have a good result after surgery. Complications can occur after such major surgery.

There is a small risk of a reaction or problem with the anaesthetic. This varies depending on your pre-existing medical conditions. In the most severe medical conditions, there may be a risk of not waking up from the anaesthetic.

Thromboembolic disease

There is a risk of a thrombosis or clot developing in a deep vein (DVT). The risk of a clot requiring treatment is approximately 2-3%. A DVT can develop whilst in hospital or after discharge. This may require treatment with a tablet such as Aspirin or Warfarin. There is a very small chance of the clot spreading to the lung (Pulmonary Embolus). This is much more severe but fortunately rarer (about 1%). It can be life threatening in 3/1000 cases.

Measures to reduce the risk include use of compressive foot pumps, thromboembolic deterrent stockings, early mobilisation and heparin injections (Clexane).

Infection

Infection after joint replacement is a serious complication. It can be mild requiring tablet antibiotics or severe requiring further surgery. In rare instances the knee replacement may need to be removed to clear the infection. Once the infection is clear, it may be possible to reimplant a further replacement at a later stage. The risk for revision surgery is slightly higher than first time surgery and is about 3%. If you have had a previous infection of your knee then the risk is unfortunately higher (up to 10%).

Nerve/Blood vessel injury

There are major blood vessels and nerves around the knee. There is a small risk of injury to these. This is greater in patients with severe deformity of the knee prior to surgery. The risk is slightly higher than for a first time knee replacement.

It is common to get a patch of numbness next to the scar if you do not already have that.

Pain

There is a risk that the surgery itself might leave you with some pain or ache in the knee. This is more common because you have had multiple operations on your knee. Do not be reluctant to take painkillers for pain. Painkillers are designed to allow you to exercise your knee and prevent a condition called Pain Syndrome.

Stiffness

The final range of movement of the replacement depends on several factors – the surgery itself; how tight the knee was before surgery; the muscle function before surgery. I usually aim to improve the movement of your knee but if your knee was stiff before the surgery, it is likely to be stiff afterwards.

Fracture

If the bone is softer than expected there is small risk of fracture. This may require a period of reduction in weight through the leg with crutches. In a small number of cases it may require further surgery.

Mechanical symptoms

Knee replacements are a mechanical attempt to recreate a complicated joint. Some patients experience clunking or squeaking. This may be related to the plastic part of the replacement knocking on the metal part and are usually not a cause for concern. Rarely, scar tissue may form within the knee that can make a crunching sensation.

Bruising/Swelling

A degree of bruising or swelling of the lower leg is to be expected. An increase in swelling with pain needs to be examined to exclude a DVT.

Haematoma

There is a small risk of blood collecting in the knee. A small amount is normal. A larger amount may require return to theatre to wash it out. The risk is higher in patients taking Warfarin or Aspirin prior to surgery.

Failure

The redo replacement may wear out and require revision surgery in the future. The life of the replacement depends on body weight and activity profile. The majority of replacements would be expected to last 7-10 years in the average patient.

Weightbearing after revision

I am to try and reconstruct your knee in such a way that you can put your full weight on it from the start. However sometimes this is not possible and you may have to reduce your weight for 6-8 weeks with crutches, or sometimes wear a brace when mobilising to give the knee extra support whilst the ligaments are healing.

Wound

The wound often takes longer to settle than the first time replacement. This is because the body has to heal already scarred tissue. It is common for a revision knee replacement to give some ache and I cannot guarantee it will be as pain free as a first time replacement.

Reducing risk of Deep Vein Thrombosis / Pulmonary Embolism

My current strategy based on recommendations from the National Institute for Clinical Excellence (NICE) 2010 is as follows :

Thromboembolic stockings – wear for 6 weeks if possible

Foot pumps – whilst in hospital in bed

Heparin injections (Clexane) – for 2 weeks after the operation

Early mobilisation

These measures are designed to reduce the risk. However Deep Vein Thrombosis or Pulmonary Embolism can still occur despite these measures.

The injections can cause bruising of the abdomen and can cause bruising and swelling of the leg. There is a small risk of wound healing problems and blood forming within the knee that may require return to theatre for washout.

However on balance I feel that the benefits of the injection outweigh the risks.

The injections can either be administered by yourself, a relative, or a district nurse once you are discharged.

There is a very small (1 in 100) risk of a drop in the platelet count (one of the constituents of blood) following Clexane injections. If this occurs, the treatment will need to be stopped. Very rarely you may need treatment from the haematology department with a platelet transfusion to prevent bleeding problems.

Please discuss any issues or concerns you may have regarding these measures as it is important to try and prevent complications after your operation.