



## Limitations of Knee Replacement Surgery:

Knee replacement surgery in general is a very effective treatment option for arthritis of the knee, but knee replacements are NOT normal knees. The following paragraph will describe some of the normal findings after recovering from knee replacement surgery.

### 1. Numbness on the outside of the knee

Everyone will have a numb patch of skin on the outer part of the knee after surgery. The small skin nerves are cut during the procedure. These nerves slowly regenerate and the area continues to get smaller in size for the first year after surgery but many people continue to have a small numb area in the skin.

### 2. Swelling in the knee joint

Most people will have some swelling in the knee joint after activity for the first 3-6 months. Some people continue to have swelling permanently.

The skin and subcutaneous tissues thicken after surgery so it is very common for people to say that the surgical knee looks bigger than the non-surgical knee.

### 3. Clicking of the knee joint

A knee replacement is made of metal and plastic parts that move on each other during normal activities. These parts make noises when they move against each other. These noises typically decrease over the first year but may not disappear completely.

### 4. Pain kneeling

Some patients continue to have an uncomfortable feeling when kneeling on the knee. This is typically made better by kneeling on a knee pad or soft towel.

### 5. Stiff feeling in the knee

Stiffness in the knee after surgery is something that I hear from patients even after they have regained normal motion in the knee. Some people talk about a strap like sensation around the top of the knee joint. This sensation is not something that is fully understood at this time but is described by some patients after knee replacement surgery.