

# Knee Surgery Planning Guide

What You Need to Know for a  
Successful Surgery and Recovery



LifeWorks Rehab®



**So you're scheduled to have knee surgery.** It can feel overwhelming. But what's more important to alleviate any fears or anxieties than a solid plan for what is to come? With this planning guide, we hope you can get a better idea of the questions you should ask of your surgeon and medical team, the considerations you should think about in regard to your recovery, and a newfound confidence in your plans. **Take charge of your recovery.**

## Road Map to Success

1

### Educate Yourself

Talk to your doctor to have a clear understanding of what your surgery is and what it means for your rehabilitation. What will recovery look like? How much help will you need? What is the best possible timeline? Have detailed conversations with your doctor so you know what you'll need when surgery is complete.

2

### Explore Your Recovery Options

Do you want to recover at home? Or in an in-patient rehab facility? When it comes to your medical care and therapy, these are some important questions you'll want to consider before leaving the hospital.

3

### Learn About Insurance Coverage

What is and isn't covered by your plan? This will affect your post-surgical care options and help you find the best fit for your recovery..

4

### Pre-Register at a Rehabilitation Center

The healing process after surgery is a critical time to ensure your surgery is a success. Don't wait to line up your post-operative rehab care. You'll want a dedicated team of therapists, nurses and staff waiting in the wings when you're discharged from the hospital if that's what you choose.

## Understanding the Road to Recovery

Your doctor has likely gone into great detail about the type of surgery you are having, which bones and tendons he or she will be operating on, the type of implant you will have, and so on. But even more important to discuss is what will happen after you're discharged.

Oftentimes doctors and nurses will rattle off care instructions as you're lying in your hospital bed, not yet ready to take in and process all the information. Your caregiver may or may not be the best note taker or listener in that situation. You are your own best advocate, so have this conversation before your surgery so you can ask the right questions, and have time to consider the best plan for your recovery. Some questions to ask your doctor well before your surgery:

- *What are the risks and complications I need to be aware of and look out for? How can I avoid them?*
- *What activities am I allowed to do? What should I avoid?*
- *When can I bathe or shower normally?*
- *What medications will I be on? How will I manage pain?*
- *How much rest vs. rehabilitation is needed?*
- *What is the expected timeframe for my recovery? What does progression look like?*



### The LifeWorks Rehab Difference

- ✓ 10-12 Hours of Supervised Therapy a Week
- ✓ State-of-the-Art Gyms
- ✓ Proven Lower Readmission Rates
- ✓ 24-Hour On-Staff Medical Supervision

# Ensuring a Healthy Recovery

As with all surgery, there are risks involved. Prevention and knowledge is key. Knowing what *could* happen so you can prevent it, is your best way to avoid any complications and get back to your normal activities as quickly and safely as possible.

## Infection

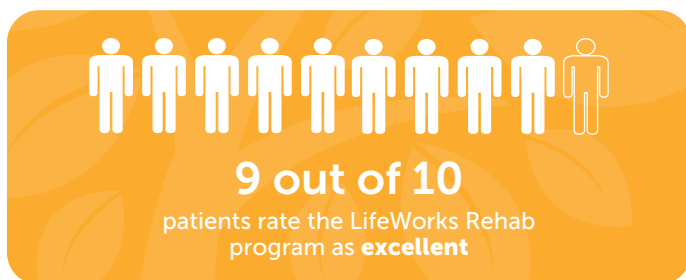
It is important to keep your surgical site clean and dry by changing the dressing regularly and taking any prescribed antibiotics. Be on the lookout for increased redness, swelling, drainage, or fevers. And know who to call in case you suspect an infection.

## Blood Clots

After surgery, you won't be as active as you were before. Prolonged rest could result in a blood clot, or deep vein thrombosis (DVT), which can be dangerous. Regular movement is the best course of action. Your doctor may also prescribe blood thinners, or clot-prevention medication if you are at high risk. Elastic stockings or compression devices could also be used to keep the blood moving.

## Long-Term Stiffness and Pain

You can expect some stiffness and pain after knee surgery, but if you are not making improvements after a few months it could be due to excessive scar tissue. Physical therapy and regular movement is the best way to ensure your surgery is a success.



# Recovery Options

The first few weeks of your recovery are a crucial time to monitor and prevent any complications that may arise from your surgery. Regular movement and physical therapy is your best bet to prevent complications. But so is not pushing yourself too hard that you set yourself back.

Once your surgeon clears you for discharge, you have a few options. You can recover at home – as more of a do-it-yourself option – or you can go through a recovery program during a temporary stay at a rehabilitation facility where a team of experts can assist you around the clock with therapy and care.

We know it's nice to be home, but you will need to ask yourself **some tough questions about at-home recovery before you commit to that idea:**

- *Will I receive enough supervised therapy so that my surgery is a success?*
- *Will I have access to the best therapy equipment and recovery tools?*
- *Will I have help changing my dressing and monitoring the surgical site? Can my family devote 24-hours a day to my recovery?*
- *Do I want to allow a home health representative in my home?*
- *Who will cook for me, help me get dressed, and tend to things around the house?*
- *Is my home safe enough for those early days of recovery? Things like grab bars in the bathroom, raised toilet seats, and tub chairs will all be needed. What about stairs? Or carpeting that may trip me if I'm using a walking aid?*

## TRUST THE LIFEWORKS REHAB PROGRAM TO GET YOU HOME 30% FASTER THAN COMPARABLE RECOVERY PROGRAMS.

At a dedicated recovery center, like a center that offers the exclusive LifeWorks Rehab recovery program, you can rely on a medical team of doctors and nurses, physical therapists, and staff to ensure you get back home quickly, safely, and fully recovered.

A dedicated LifeWorks Rehab team can monitor your surgical site 24/7, change your dressings, help you keep up with your medications, and assist you with changing clothes or bathing. During your stay at one of these facilities, you also won't need to worry about cleaning, running errands, or cooking, so you can focus fully on your recovery without the risk of overdoing it.



## The LifeWorks Rehab Difference

Clinically developed to get you home faster, stronger, and healthier than ever



7-days-a-week therapy



Clinically proven therapy programs



Back home fast, strong & healthy



Unique recovery tools



Wide range of services & treatments

Learn more about LifeWorks Rehab at

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