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## **Knee Replacement Counselling**

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There are risks with any surgery or operation. Below is a list of the most common risks that Dr. Jain reviewed. If you have any questions or concerns, please call Dr. Jain at 858-278-8300, and she will answer your questions.

1. Anesthesia risk – this is very rare with all the modern techniques and monitoring of your condition while in surgery

2. Infection – usually the infection risk is about 1 %. It is higher in smokers, poorly-controlled diabetics, and obese patients. Infection in a joint replacement is usually treated with removal of the joint replacement and replacement with a cement spacer with antibiotics. This is kept in place for many weeks while the patient remains on antibiotics through an intravenous. During this time, the patient is in a wheelchair, or some patients are able to use a walker. At the end of treatment with antibiotics, the patient undergoes some testing to make sure that the infection is gone. Then the patient undergoes another operation to put a new joint replacement in place.

3. Bleeding – this is a rare possibility. If the bleeding is severe, the patient may need a blood transfusion. Although blood from the Blood Bank is thoroughly tested, there is still a small chance of acquiring a virus or other infection from a transfusion.

4. Nerve damage – this is rare. Problems can range from numbness to leg paralysis. This may be temporary or permanent.

5. Blood vessel injury – this is rare but the risk is not zero. If a significant injury occurs, the patient may need emergency blood vessel surgery.

6. Blood clot – joint replacement patients are high risk. Dr. Jain will prescribe you a medication to make your blood thinner so it has less chance of causing a blood clot in the leg or lung.

7. Medical complications – with any surgery, there is a small risk of heart attack, stroke or pneumonia.

8. Hospital stay – usually 24-48 hours (1 or 2 nights in the hospital)

9. Recovery time – 3 months to one year

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10. What to expect in the hospital – if you are feeling well after surgery, the physical therapist will have you walk.
11. Typically, joint replacements can last 10 years or longer. In some patients, they wear out earlier which means more surgery.
12. If stiffness occurs after surgery that is just not getting better, then you may need more surgery.
13. You may sleep on your side or on your back after surgery, whenever you feel comfortable.
14. You may shower the day after surgery. Usually, there will be a waterproof bandage as well as waterproof skin glue over your incision (cut). Try to keep a bandage on your incision for the first week after surgery
15. You may go swimming, go in a hot tub, or take a bath approximately 3 weeks after surgery as long as there is no fluid leaking from the incision.
16. You will need pain medications after surgery. These can have side effects, and there is a potential for addiction. Dr. Jain will prescribe medications for you as needed at the lowest possible effective dose. Most patients need painkillers for 2-4 weeks after surgery. Alternative treatments such as ice therapy, anti-inflammatory pills, plain Tylenol as well as other therapies may be appropriate for you. Studies have shown that music therapy, listening to music that relaxes you, for up to 4 hours per day, starting right on the day of surgery, is helpful in reducing pain and decreasing the need for painkillers. Please discuss this with Dr. Jain.
17. Driving: most patients return to driving within 4-6 weeks after surgery.
18. Traveling: you may travel when you feel comfortable enough to walk. Most patients can go on long plane flights at 4 weeks after the surgery, as long as you are able to get up and stretch once an hour on long trips.
19. Metal detectors at airports: your hip replacement will set off the metal detectors when you go through airport security. Please inform the security agent before you go through the detector that you have an implant. A wallet card or letter indicating that you have an implant is usually not helpful.
20. Dental procedures: for any dental cleaning, dental surgery, you should take antibiotics before the procedure. Dr. Jain recommends that you do this for the rest of your life. Please consult with Dr. Jain about the choice of antibiotics, and she can prescribe this for you.

21. Other surgeries or procedures: if you are having a colonoscopy, bladder procedure, abdominal surgery, you may need antibiotics. Please check with Dr. Jain.

Please check out our website [www.omgsd.com](http://www.omgsd.com) for helpful information and videos.

Another useful internet link is <https://hipknee.aahks.org/>. You will find videos and other useful information on this site.

For post-surgery recovery, it is helpful to eat a well-balanced diet and to reduce foods that could cause inflammation which leads to pain and swelling. Some research from Harvard Medical School has shown certain foods are helpful for decreasing inflammation. Please see <https://www.health.harvard.edu/staying-healthy/foods-that-fight-inflammation>.

# FOODS THAT FIGHT INFLAMMATION

Chronic inflammation has been linked to cancer, heart disease, diabetes, arthritis, depression, and Alzheimer's. Fight inflammation with a healthy diet. 

## ANTI-INFLAMMATION FOODS

- Tomatoes**
- Fruits**  
Strawberries, blueberries, oranges and cherries.
- Nuts**  
Almonds, walnuts, and other nuts.
- Olive oil**
- Leafy greens**  
Spinach, kale, collards, and more.
- Fatty fish**  
Salmon, mackerel, tuna, and sardines.

## INFLAMMATION FOODS

- Fried foods**
- Sodas**
- Refined carbs**
- Lard**
- Processed meats**