



Do You Need New Knees?

Knee replacement is one of medicine's **biggest success stories.**

The surgery is safe, effective, and dramatically reduces pain. Learn more about this life-changing option with these FAQs.



**How do I know
if I need a knee
replacement?**



**A doctor may
recommend it if:**

- **Your knee hurts when
resting**
- **Your knee bows
in or out**
- **You haven't gotten
better despite other
treatments**

Q

What happens during the procedure?

A

When you get a knee replaced, a surgeon removes damaged cartilage and bone and replaces them with metal and plastic implants.



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**What does
recovery
look like?**

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After a short hospital stay, you'll continue recovering at home. Sometimes you may even go home the same day as the surgery. Expect to get back to normal activities within 3 to 6 weeks.

Q

Is there anything I won't be able to do after surgery?

A

You may need to avoid high-impact activities for the rest of your life. But you can usually safely return to activities like swimming, walking, golfing, and hiking.





I've heard about minimally invasive surgeries. What does that mean?



With a minimally invasive approach, you may have:

- **A quicker recovery**
- **A smaller incision**
- **Less damage to soft tissue**
- **Less pain after surgery**



**If knee pain is
limiting your life,
talk with your
healthcare provider.
The decision about
when and whether to
have surgery should
be between you, your
provider, and your
orthopedic surgeon.**