

Get Ready for  
**Partial Knee Replacement**

Guide For  
Patients and Families

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## Unicompartmental Knee Replacement

Partial knee replacement effectively relieves pain and returns patients to their desired lifestyle.

This surgery works best for people who have already started the work of recovery before surgery. Please read this booklet, do your best to follow the instructions and advice, and attend ‘joint camp’ \*. Prepare your body and home for the best results of your surgery!

\*register for class by calling 207-553-6588, or online at [mercyhospital.org/JointCampReg.aspx](http://mercyhospital.org/JointCampReg.aspx)

# Preoperative Preparation and Checklist

## ☒ Discuss With Your Surgeon:

- What to expect
- Special concerns of yours
- Pre-surgical screening appointment
- Prescription for a walker and, perhaps, a cane/crutches
- Appointment for your post-operative visit
- Appointment for out-patient physical therapy

## ☒ Preparing Your Home

- Arrange furniture so you can get around with an assistive device
- Remove throw rugs
- Consider taping down electrical cords
- Ensure a clear path to the entrance to your home
- Store food and supplies within your safe reach zone, from knee to shoulder level
- Prepare meals ahead of time
- Consider a non-slip mat for your bathtub/shower
- Arrange for help with meals, chores, laundry, and pets

## ☒ Preparing for Day of Surgery

- Arrange to have someone stay with you for the first 24-48 hours after surgery
- Wear loose, comfortable clothing that will fit over your knee dressing as well as supportive shoes or sneakers
- Purchase or borrow a walker and bring it with you on day of surgery. (The physical therapist will make sure the walker fits you properly. Use a walker that has only 2 front wheels.)
- Arrange for transportation to follow up appointments
- Remember to bring your current list of medications as well as your pharmacy card

## ☒ Planning Your Arrival on Day of Surgery

- Upon arrival on day of surgery, enter the main entrance of the Fore River Hospital building at 175 Fore River Parkway. An attendant will direct you to the 2<sup>nd</sup> floor surgical waiting room where you will be greeted and checked in for surgery.
- Directions to the Fore River Hospital campus are included at the back of this pamphlet.

# Preventing Infections

You have been scheduled to have surgery at Mercy and we want you to have the best care possible. Most people who have surgery have no problems. But sometimes people can get infections – usually from the germs (bacteria) that are on their skin every day. By washing your skin thoroughly with a special soap that contains chlorhexidine gluconate (CHG), you can greatly reduce the number of germs and your risk for getting an infection. If you did not get a sample of this special soap from your surgeon, you can purchase it at your local pharmacy.

**Note:** If you are allergic to chlorhexidine gluconate (CHG) use LIQUID Dial antibacterial soap for your showers. If you notice any reaction to either soap, stop using it right away and tell your surgeon. Also, PLEASE notify the office if you have any abrasions, cuts, pimples or infections around your surgery site!

## Take 4 body washes with the given CHG soap

### 1 Wet your body with water and wash as usual



Apply this soap two nights before surgery, the morning of the day before surgery, the night before surgery and again in the morning before surgery.

In the shower/tub, wash your body with your regular soap and water first.

Wash your hair as usual with your normal shampoo.

Rinse your hair and body thoroughly to remove soap and shampoo.

### 2 Wash your body using the bottle of CHG



Apply the CHG soap to a wet clean wash cloth and wash your entire body **only from the neck down**. **DO NOT** use the CHG soap near the eyes, ears or for women in the genital area.

Turn water off to prevent rinsing soap off too soon. Wash the body gently for 5 minutes paying special attention to the area where your surgery will be done. Do not scrub the skin too hard.

Do not wash with regular soap after the CHG soap is used.

### 3 Rinse thoroughly



Turn the water back on and rinse your body completely.

Pat yourself dry with a clean towel.

Do not use lotion, cream or powder after showering.

Dress in clean clothes following your shower.

# What to Expect on the Day of Surgery

## **Pre-Surgical Care Area**

Let us know if you have any new concerns or changes in your health. In the pre-surgical care area, you will change into a hospital gown. A nurse will review your health history and place an intravenous catheter in a vein in your arm. The surgeon will arrive and mark your site of surgery.

## **Anesthesia**

You will meet with your anesthesiologist and nurse anesthetist (CRNA) shortly before surgery. Your anesthesia care team will review your records and discuss a plan of care with you. The most common plan includes a combination of general anesthesia and a nerve block for post-operative pain control.

Under general anesthesia, you are unconscious and have no awareness or other sensations. There are a number of general anesthetic medications, some are inhaled through a breathing device that is placed while you are asleep and some are administered through your intravenous catheter.

Nerve blocks help manage post-operative pain. Before surgery, the anesthesiologist will place the block in the pre-surgical area. The block involves the injection of local anesthetic medication around nerves that provide sensation to the surgical area. The numbness may last from 12 to 24 hours.

## **Operating Room**

You will be transported to the operative room on a stretcher where monitoring devices such as blood pressure, heart and oxygen monitors will be attached. Someone from anesthesia will be with you at all times. The anesthesia team will tell you when they begin the anesthetic medications.

## **Recovery Room (Post Anesthesia Care Unit)**

After surgery, you will regain full consciousness in the Recovery Room. You will be closely watched by nurses specifically trained in caring for patients after anesthesia and surgery. Once stable, you will be moved to the 4<sup>th</sup> floor for therapy and discharge instructions.

## What to Expect After Surgery

- Your doctor will schedule a follow up visit in approximately one week following surgery.
- Your doctor will provide a prescription and instructions for pain management.
- Call your doctor's office immediately if any of the following arise:
  - Moderate or severe pain that requires medication
  - Your knee or calf becomes red and swollen
  - Falls that do not allow you to place weight on your operative knee
  - Numbness or change in feeling in your legs or toes
  - An incision site that is red, swollen, or draining liquid.

**CALL 911 immediately if you have  
sudden shortness of breath, chest pain, or difficulty breathing.**

# Essential Preoperative Exercises


In preparation for surgery, you should practice these exercises. You should start your outpatient physical therapy soon after your surgery to maximize the strength and motion in and around the knee. Discuss with your surgeon, when they want you to begin outpatient PT, and schedule that appointment before your surgery.

## Remember to:

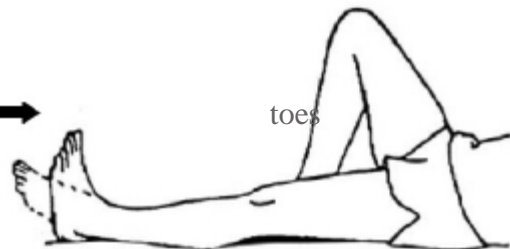
- PERFORM EACH EXERCISE SLOWLY.
- **DO NOT** HOLD YOUR BREATH.
- STOP ANY EXERCISE THAT IS TOO PAINFUL.
- PERFORM THESE EXERCISES 2-3 TIMES A DAY (IF POSSIBLE).

## Preparing Your Muscles

### Ankle Pumps

With leg relaxed, gently flex your foot and point your  (bend and straighten the ankle).

Repeat 10 times (each leg).



### Quad Sets — (Knee Push-downs)

Lie on your back, keep your knee straight. Push the back of your knee into the bed while tightening the muscle on the front of your thigh. Hold for 5 seconds, and then relax. Do NOT hold your breath.

Repeat 10 times (each leg).



### Heel Slides — (Slide Heels Up and Down)

Lie on your back, bend your knee by sliding your heel toward your bottom, and then straighten the leg. Bend your knee to a position that you can tolerate.

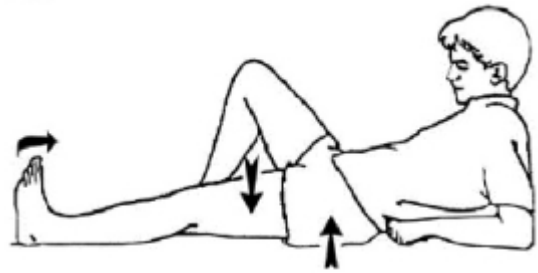
Repeat 10 times (each leg).



### **Gluteal Set — (Bottom Squeezes)**

**Tense muscles and squeeze buttocks.  
Keep leg and buttock flat on the floor.  
Hold 5 seconds.**

**Repeat 10 times (each leg).**



### **Short Arc Quad**

**Place a towel roll or pillow under your knee.  
Raise your foot off the bed surface by straightening your  
knee. Do not raise your thigh off the towel roll or  
pillow.**

**Repeat 10 times (each leg)**





## Directions to Mercy Fore River

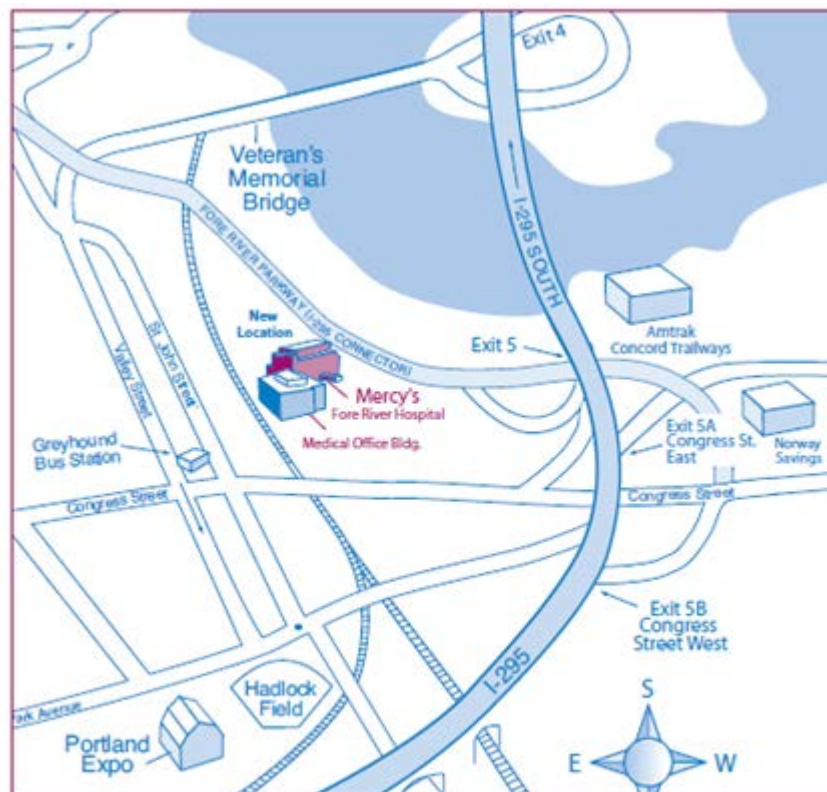
Mercy Fore River hospital is located at 175 Fore River Parkway in Portland. The Fore River Medical Office Building is located next door to the hospital at 195 Fore River Parkway

**From Points South:** Take I-295 northbound to Exit # 4. Cross the Veteran's Bridge. At the traffic light you should be in the left-hand lane and take a sharp left onto Fore River Parkway. Go through the next traffic light. The main entrance and patient drop-off are ahead on your right. Follow signs for patient parking.

**From Points North:** Take I-295 southbound to Exit # 5A. At the end of the ramp you should be in the left-hand lane. Take a left at the traffic light and remain in the left-hand lane, continue straight onto the Fore River Parkway (1A North). The main entrance and patient drop-off are ahead on your left. Follow signs for patient parking.

**From the Casco Bay Bridge:** From South Portland go through the traffic light at the State Street intersection and stay in the right lane, turning right onto Park Street. Take another right at the stop sign onto Commercial Street. Head west on Commercial Street to the Veteran's Bridge intersection. Proceed straight through the light, over the bridge and onto the Fore River Parkway. Proceed straight through the next light. The main entrance and patient drop-off are ahead on your right. Follow signs for patient parking.

**From Points West (Congress St. and Rte. 22):** Heading east on outer Congress Street, take a right at the traffic light after Norway Savings Bank, following the signs for South/I-295/Route 1/South Portland. At the next traffic light you should be in the left hand lane and continue straight onto the Fore River Parkway. The main entrance and patient drop-off are ahead on your left. Follow signs for patient parking.



## Notes

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Mercy Hospital Orthopaedic Institute  
Fore River Hospital  
175 Fore River Parkway  
Portland, Maine  
Orthopaedic Institute at Mercy Hospital  
Important Phone Numbers

Main Number/Operator:	207-879-3000
Clinic for Surgical Services (PAT):	207-553-6145
Care Management:	207-553-6205
Financial Counseling:	207-553-6209
Miller Drug:	207-513-1600
Pre-Registration:	207-879-3860
Physical Therapy:	207-553-6447
Occupational Therapy:	207-553-6448
Orthopaedic Institute:	207-553-6295
Anesthesia:	207-482-7800
Maine Orthopaedic Center	207-774-5113
	(Drs. Hanley and Kuhn)
Orthopaedic Associates (OA)	207-828-2100
and	
Falmouth Orthopaedics (FOA)	207-781-4424
	(Drs. Rodrigue, Gomberg and O'Malley)



Mercy Orthopaedic Institute  
175 Fore River Pkwy  
Portland, Maine 04102