

Your Journey to Pain-Free Movement

**A Complete Patient Guide to Joint
Replacement Surgery & Recovery**

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The Blueprint for Mobility

Embarking on a structured, heavily supported partnership with Dr. Joshi's team.



Phase 1: First Consultation

Evaluation & Planning



Phase 2: Pre-Surgery Prep

Health & Home Readiness



Phase 3: Day of Surgery

The Procedure & Anaesthesia



Phase 4: Recovery Timeline

Healing & Milestones



Phase 5: Physiotherapy

Regaining Strength & Motion

Phase 1

The First Consultation



What to Expect

- Physical exam & range of motion tests.
- Review of weight-bearing X-rays/MRIs (30-degree flexion view).
- Discussion of symptoms and personalized surgical options.



What to Bring

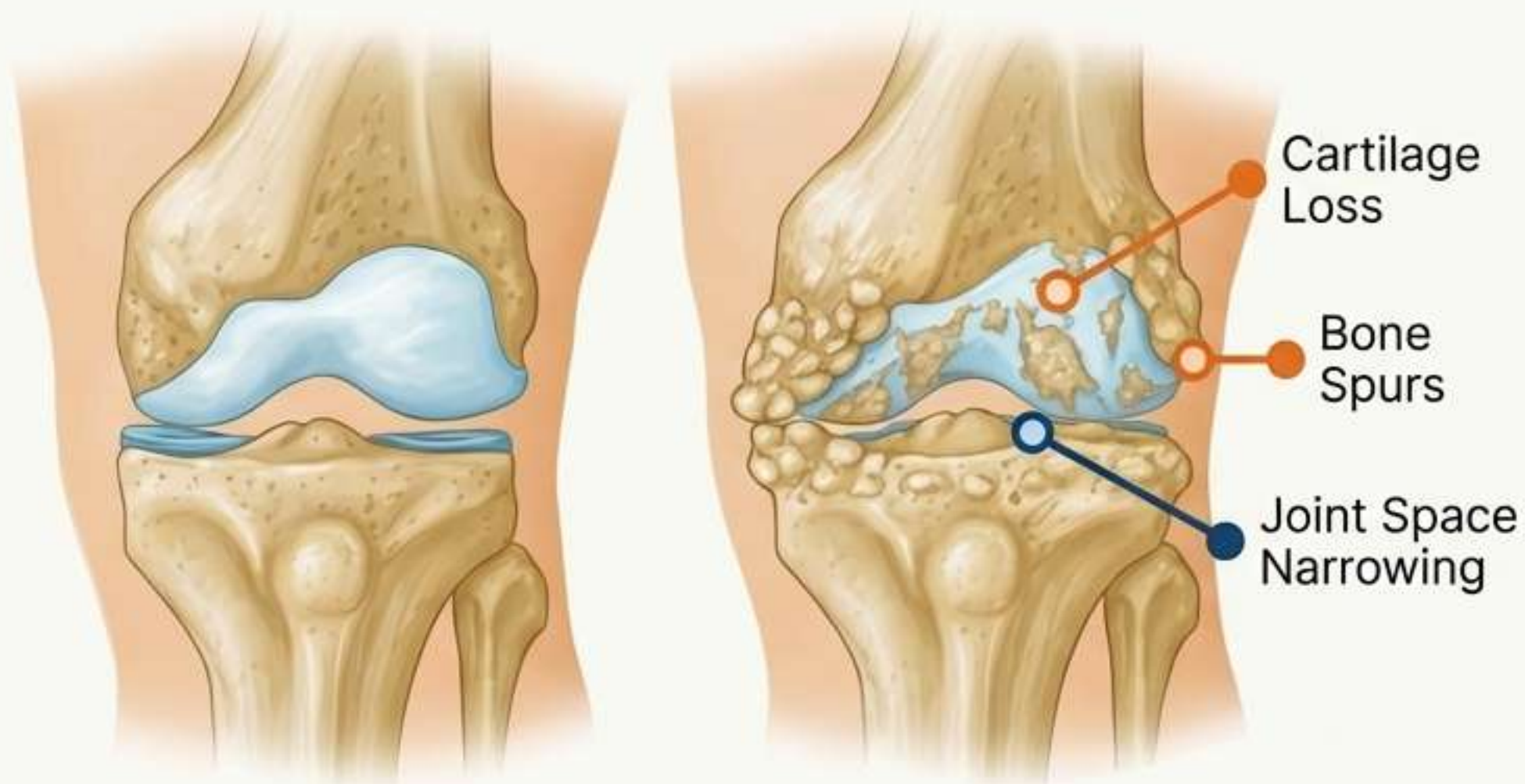
- Medical card & previous imaging reports.
- Complete list of current medications and supplements.
- A Joint Coach (a supportive family member or friend to assist throughout recovery).



Questions to Ask

- What are my specific, personal surgical risks?
- What is the expected lifespan of my new joint?
- How long will my specific procedure and hospital stay be?

Understanding Your Surgery



⚠ The Problem

Wear-and-tear (osteoarthritis) degrades the smooth articular cartilage, causing painful bone-on-bone friction, joint space narrowing, and stiffness.

✓ The Solution

Dr. Joshi will precisely remove the damaged bone and cartilage, replacing it with high-quality, durable implants to restore smooth, painless motion.

Phase 2

Health & Lifestyle Dashboard



Exercise

Start pre-hab exercises now to build strength and endurance.



Diet

Eat a balanced diet to aid post-op healing. Include protein for muscle repair and iron/calcium for bone strength.



Vices & Blood Sugar

Quit smoking weeks prior to reduce infection and respiratory risks. Manage blood sugar strictly if diabetic.



Medications

Crucial: Discuss stopping blood thinners, NSAIDs (anti-inflammatories), aspirin, or arthritis medications prior to surgery to prevent bleeding risks.

Phase 2

Preparing Your Home



Living Area

Pick up all throw rugs (trip hazards).
Move low-height tables to create wide pathways.
Set up a firm chair with armrests.



Kitchen

Move frequently used heavy/hot items to waist-level shelves to avoid bending or reaching.
Prepare and freeze meals.



Bedroom

Plug in automatic nightlights. Place a lamp and cordless phone close to the bed.



Bathroom

Install grab bars (into wall studs).
Get a raised toilet seat or commode.
Use a non-slip bath mat or adhesive strips.

Phase 2

What to Bring to the Hospital

Clothing

Loose, comfortable clothes (tracksuits), undergarments.

Must bring comfortable, non-slip walking shoes/runners.



Essentials

Personal toiletries, glasses, hearing aids (with cases/batteries).



Equipment

Your 2-wheeled walker, if you already have one.

CPAP machine if used at home.



Leave Behind



All jewelry, valuables, and tight or restrictive clothing.

Phase 3

The Day of Surgery



Phase 4

Early Recovery Timeline (Weeks 1 to 6)

Days 1 to 7 (Hospital to Home)



Mobility: Walking with a walker/crutches. Focus on full knee extension.
Care: Swelling is normal; use ice and elevate the leg.
Goal: Safe discharge home (usually within 1 to 3 days).

Weeks 2 to 3



Mobility: Transitioning to a cane. Walking/standing for 10+ minutes.
Care: Showering is allowed once the surgical wound fully seals.
Goal: Achieve a 90-degree knee bend.

Weeks 4 to 6



Mobility: Returning to light daily activities (cooking, desk work).
Milestone: Driving may resume if completely off prescription pain medications and cleared by Dr. Joshi.

Phase 4

Long-Term Recovery (3 Months to 1 Year)

3 Months



Dramatic improvement in strength and range of motion (up to 120 degrees). Return to low-impact activities like swimming, stationary cycling, and golf.

6 Months



The joint feels increasingly natural. Walking long distances without pain.

1 Year



Full recovery. The joint is fully integrated, stable, and resilient.

Long-Term Rule: To protect your implant and ensure it lasts **20+ years**, high-impact sports (running, heavy lifting, high-intensity basketball) should generally be avoided.

Phase 5

Dr. Joshi's Physio Series: Early Stages

Golden Rule: Do not push through severe, sharp pain. **Mild discomfort and stretching sensations** are normal.

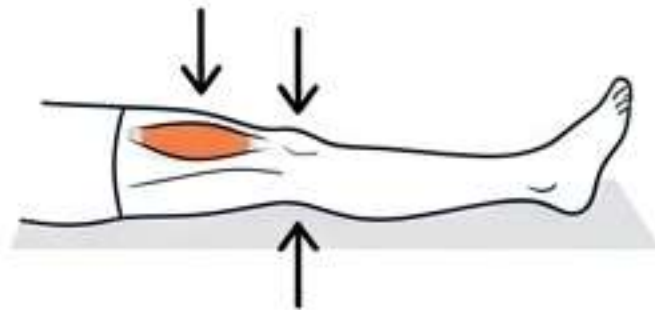
Ankle Pumps

Move feet up and down repeatedly to boost circulation and prevent blood clots.



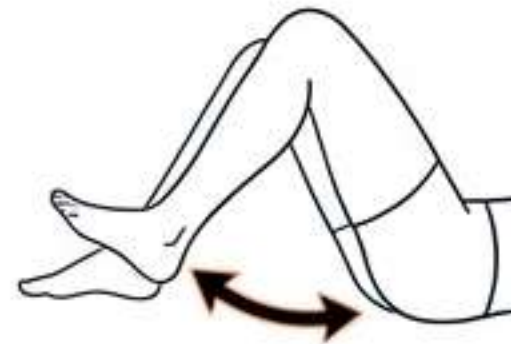
Quad Sets

Tighten thigh muscles, pushing the back of the knee down firmly into the bed.



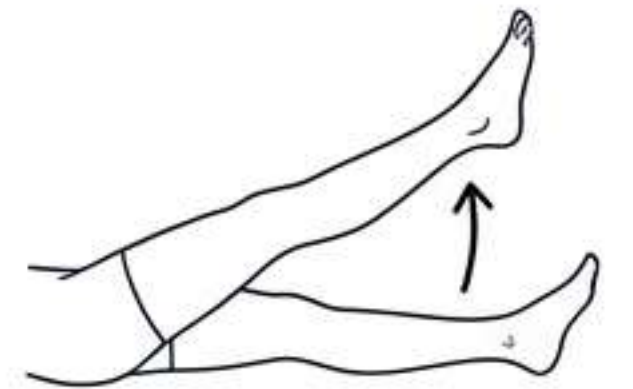
Heel Slides

Slowly slide your heel toward your buttocks, bending the knee, then straighten.



Straight Leg Raises

Keep the leg completely straight and lift it a few inches off the bed.



Dr. Joshi's Physio Series: Advanced Stages

Endurance (Weeks 4+)



Stationary bicycling (start with 5 mins, low resistance, gradually increase). Step-ups using a small stair block.

Balance (Weeks 6+)



Single-leg stands. Crucial: Always hold a sturdy chair or countertop! Once confident, try closing your eyes for a greater challenge.

Strength



Mini-squats (bending knees slightly) and standing side leg raises.

Key Insight Box: Consistency is key. 20 minutes of daily exercise is far better than 2 hours once a week. Always take 5-10 minutes to cool down and ice sore muscles.

Navigating Stairs After Surgery

The Golden Rule of Stairs

Good leg to heaven, Bad leg to hell!

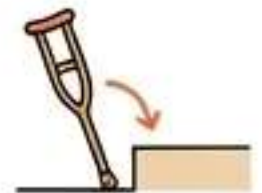
Going UP

1. Step up with your strong/unoperated leg FIRST.
2. Bring up the operated leg.
3. Bring up the crutch/cane last.






Going DOWN

1. Lower your crutch/cane FIRST.
2. Step down with your operated leg.
3. Finally, bring down the strong leg.



Managing Your Health Post-Op

When to call us

<p>GREEN (Normal - Keep going)</p> 	<p>Symptoms Mild to moderate swelling, warmth around the joint, bruising down the leg, manageable pain.</p>	<p>Action Continue ice, elevation, and prescribed medications.</p>
<p>YELLOW (Call Dr. Joshi's Team)</p> 	<p>Symptoms Increased redness, oozing/pus from the wound, pain not controlled by medication.</p>	<p>Action Call the hospital clinic for a prompt review appointment.</p>
<p>RED (Emergency - Go to A&E)</p> 	<p>Symptoms Severe calf pain/cramping, sudden chest pain, difficulty breathing, high fever.</p>	<p>Action Seek immediate emergency care (these may be signs of a blood clot).</p>

Take the first step toward pain-free movement.

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