

## Knee surgery: questions for your orthopedic surgeon

For total knee replacement, partial knee replacement, ACL reconstruction, meniscus repair, and other knee procedures. *Use these as inspiration. Bring your own list. Take a partner who can write while you listen.*

### ABOUT MY PROCEDURE

1. What is the specific procedure — total, partial, ACL, meniscus, other?

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2. Why are you recommending this rather than alternatives (PT, injections, different procedure)?

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3. What kind of implant or graft will be used, and how long does it typically last?

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4. Will my procedure be done arthroscopically, open, or robotic-assisted?

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5. Will I have a brace or immobilizer, and for how long?

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### RECOVERY TIMELINE

1. When can I bear weight on the operative leg?

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2. When does PT start, how often, and for how long?

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3. When can I drive — for left knee vs right, manual vs automatic?

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4. When can I return to my job (mine specifically)?

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5. When can I return to my activities (running, cycling, hiking, dance, sport)?

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6. What range of motion (flexion, extension) should I expect at 6 weeks, 3 months, 6 months?

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7. How long until I'm walking without aid, kneeling, climbing stairs normally?

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### RISKS AND OUTCOMES

1. What are the risks specific to this procedure (DVT, infection, stiffness, re-rupture)?

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2. What is your revision / re-operation rate for this procedure?

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3. Will the implant or graft outlive me, or will I need a revision later?

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4. What does success look like for someone my age and activity level?

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### HOME AND LOGISTICS

1. What home setup do I need (recliner, ice machine, raised toilet seat)?

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2. Will I need help at home in week 1, week 2, week 3?

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3. Should I do pre-hab (PT before surgery)? What kind?

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4. When can I shower and how do I protect the incision?

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*This sheet is for inspiration only. Always consult your medical team for guidance specific to your situation. Inspired Comforts is not a medical provider.*

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