

6+ Weeks Total Knee Replacement FAQs

1. **What is the implant made of?** Most are ceramic vs. cobalt-chromium and titanium, with a polyethylene insert.
2. **How far can I walk?** As far as you want and feel comfortable, but know your limits and listen to your body.
3. **How long is the whole recovery process?** You should be to participate in the majority of daily activities by 6 weeks. Typical return to sport is within 3-6 months. You will keep improving for up to 1 year.
4. **Do I have any restrictions?** No, but please discuss high impact sports and certain yoga poses with Dr. Vigdorichik.
5. **Is kneeling safe after knee replacement?** Yes. If you are having trouble, we will give you a special protocol to help!
6. **How long will I be going to physical therapy?** After 6 weeks, it is ok to stop physical therapy once you feel you are no longer benefiting, and you can maintain your home exercise program.
7. **When can I travel?** Flying is not recommended until 6 weeks after surgery. Sooner, on a case-by-case basis.
8. **Do I need any documents for TSA/airport security?** A card or note from your physician is no longer required. If you have a metal implant, simply inform the Transportation Security Administration (TSA) officer before screening begins that you've had a knee replacement. Telling the TSA officer or showing this card will not exempt a passenger from the screening, but instead you will be going through a body scanner or pat down.

Please see link below:

<https://kneeknee.aahks.org/will-my-artificial-joint-set-off-airport-security-metal-detectors/>

9. **When can I drive?** If you had surgery on your right knee, you cannot drive for about 4 weeks from the day of surgery. Left knee surgery, usually 2 weeks. You must be off all narcotic pain medications and feel comfortable sitting without any issues. Start in a parking lot, and advance to the street when you feel safe.
10. **Am I eligible for temporary parking permit?** Yes, if needed. Our office does not supply the forms from the DMV. Please fill out your information and our office will take care of the rest. You can e-mail/fax completed forms to our office. NOTE: there is no temporary parking in NY City and the 5 Boroughs.
11. **How long do I continue on my blood thinner AFTER surgery?** 6 weeks
12. **When can I return to work?**
 - Most patients return to a desk job between 4-6 weeks. Labor-intensive jobs require an approval from the doctor before returning to work, but typically 2-3 months.
 - No one knows your job or commute better than you, and we are happy to discuss this with you.
13. **Do I need to take antibiotics before a dental procedure?** Yes, 1 hour before any dental work, for at least 2 years after your knee surgery. Remember, no dental work for 3 months after the procedure unless cleared by Dr. Vigdorichik.
14. **How long do I have to follow up?** If you are doing well, we will see you back next year on your "anniversary" of surgery. If you're having an issue or worried about anything at all, we will of course see you back sooner.
15. **What are next steps?** Keep up with your home exercises, and enjoy your new knee replacement!