

# Is knee surgery right for me?

Asking your doctor questions can help you determine if knee surgery is the best next step for you.

1 Use this guide to check which questions are most important to you.

2 Write down the answers during your next conversation with your doctor.

**INSTRUCTIONS:** Print out this document to write in your answers **OR** type your notes into the boxes below, save your PDF, and then print or save this document to reference later on.

- Is knee replacement the best option for me?** —————→ **Big picture questions** can help you start the conversation.
- What are my treatment options?
- Are there less invasive alternatives that could relieve my symptoms? —————→ **Follow-up questions** can help clarify your doctor's answer.

## NOTES

- What are the risks and benefits of knee replacement surgery?**
- What are the potential complications associated with this surgery?
- What benefits can I realistically expect, and how long do they typically last?

## NOTES

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## What is the expected recovery process?

- How long will it take for me to recover fully?
- What kind of rehabilitation or physical therapy will I need post-surgery?
- What support will I need at home during my recovery?

### NOTES

## How do you define a successful knee replacement?

- How long does a knee replacement typically last?
- What are the chances of needing a follow-up surgery in the future?

### NOTES

## How will this surgery impact my daily life?

- How long before I can return to normal activities, like walking, driving, or working?
- Are there any activities I should avoid permanently after surgery?

### NOTES

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**What should I expect regarding pain management?**

- How will my pain be managed immediately after surgery and during recovery?
- What are the risks of becoming dependent on pain medications?

**NOTES**

**How experienced are you with this type of surgery?**

- How many knee replacement surgeries have you performed?
- What is your success rate with this procedure?

**NOTES**

**What are the costs associated with the surgery?**

- What will my out-of-pocket costs be, including surgery, hospital stay, rehabilitation, and follow-up visits?
- Is the procedure covered by my insurance?

**NOTES**

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- Are there any pre-surgery preparations I should be aware of?**
- Will I need to stop certain medications or undergo pre-surgery physical therapy?
- Are there exercises I should do to strengthen my muscles before surgery?

## NOTES

- How should I prepare my home for post-surgery recovery?**
- How can I make my home safer and make it easier for me to get around in my home?
- Will I need to enlist the support of loved ones for household chores and/or travel?

## NOTES

*The information contained on the Global Healthy Living Foundation (GHLF) website is provided for general information purposes only. GHLF does not give medical advice or engage in the practice of medicine. The organization under no circumstances recommends any particular treatment for specific individuals and in all cases recommends that you consult your physician before pursuing any course of treatment. This recommendation stands for pharmacological and non-pharmacological treatment considerations.*

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