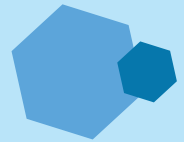


What is Knee Replacement?



Knee replacement is a surgical procedure designed to relieve pain, restore function, and improve mobility in individuals suffering from severe knee joint problems. It involves replacing damaged parts of the knee joint with artificial implants made of metal and plastic.

When is Knee Replacement Needed?



Knee replacement is often recommended for individuals with:

- Severe knee pain.
- Not able to do and dependent on others for day to day activities
- Failed non surgical treatment like painkillers, Physiotherapy, intra articular injections

Benefits of Knee Replacement

- Significant reduction in pain.
- Improved range of motion and joint function.
- Enhanced quality of life and ability to perform daily activities.

Knee replacement has high success rates and It is considered one of the most effective treatments for painful knee arthritis.



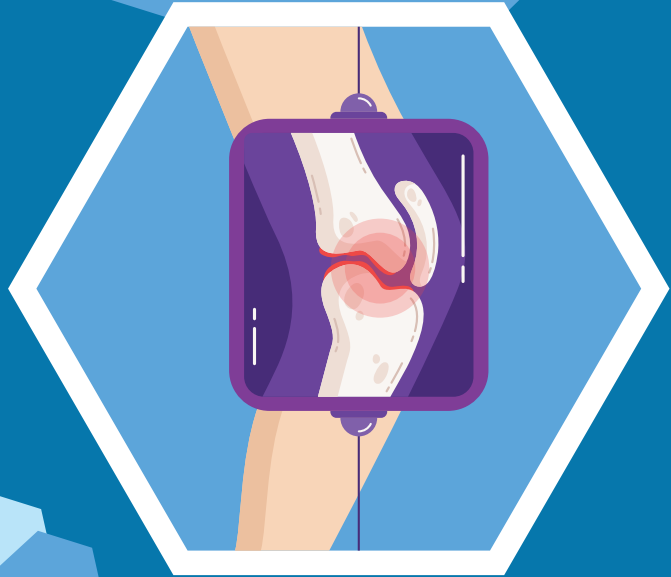
Dr. Vijay Kumar Sohanlal is an esteemed orthopedic surgeon, specializing in joint replacement. Renowned for his expertise in robotic knee replacement , Total knee & hip replacement, revision knee & revision hip replacement, he has helped numerous patients regain mobility and improve their quality of life. He has trained extensively under some of the world's leading orthopaedic specialists across Australia, Germany and Mumbai. Dr. Sohanlal's skills enable him to perform bilateral knee joint replacements in a single sitting, minimizing recovery time and hospital stays for his patients.

In addition to his surgical prowess, Dr. Sohanlal is highly skilled in non-surgical treatments for knee pain. He has achieved impressive results with cooled radiofrequency ablation, which targets and reduces knee joint pain by disrupting pain signals, providing relief without the need for surgery.

Dr. Sohanlal's patient-centered approach, combined with his advanced skills in both surgical and non-surgical methods, has earned him a strong reputation in the field of orthopedic care.



KNEE REPLACEMENT PROCEDURE



For patients undergoing **Knee Replacement** surgery under **Dr. Vijay Kumar Sohanlal**, understanding the pre-surgical and post-surgical steps are essential to achieve the best outcomes and a smooth recovery. Here is a comprehensive guide for both phases.

BEFORE KNEE REPLACEMENT SURGERY

1. Pre-Surgery Consultation:

During an initial consultation, Dr. Vijay Sohanlal would typically evaluate the knee's condition, discuss symptoms, and review medical history. Imaging tests, like X-rays may be ordered to assess the joint's damage and plan the surgery.



2. Preparation Plan:

Patients are often given a preparation plan that might include exercises to strengthen surrounding muscles, dietary recommendations, and lifestyle adjustments.



3. Medication and Health Screening:

Pre-anaesthesia check up will be done which includes blood test, ECG, Chest x ray, ECHO. After that if required cross consultation with other specialist will be done to ensure there are no underlying conditions that could complicate surgery, such as blood pressure diabetes or heart problem. Patients may also be advised to stop certain medications like blood thinners, ahead of time.



4. Educational Session:

Dr. Sohanlal, offers an educational session or informational materials so patients understand the procedure, risks and expected recovery process.



DURING THE SURGERY

Knee replacement surgery usually lasts between 1 to 2 hours and done under spinal and epidural anaesthesia. Dr Vijay removes damaged cartilage and bone and then inserts a prosthetic joint made of metal and plastic. Dr. Sohanlal would work to ensure proper alignment and movement in the replacement to replicate the knee's natural function as much as possible. He decides which patient will require either robotic or conventional knee replacement surgery depending upon the condition.

Pain Management:

Dr Vijay uses advance techniques to give good pain relief after the surgery. He gives special cocktail injection into the knee joint while operating itself. Post surgery a nerve block will be given in the operation theatre itself to have a good pain relief.



AFTER KNEE REPLACEMENT SURGERY

1. Hospital Stay and Immediate Recovery:

Patients generally stay in the hospital for a couple of days post-surgery. During this time, Dr. Sohanlal's team would monitor recovery closely. Pain management, usually through medications, is also an essential part of the early recovery phase.



2. Physical Therapy:

Rehabilitation begins shortly after surgery, often within 24 hours. Usually all the patients are made to walk from day one after surgery. They are trained to use rest room and made to climb stairs up and down before discharge from the hospital.

Dr. Sohanlal recommends a personalized physical therapy plan to improve range of motion and strength. Spirometry exercises are advised to increase the lung capacity and immunity



3. Pain Management and Follow-Ups:

Pain can be managed with prescribed medications, ice and elevation. Dr. Sohanlal would likely schedule regular follow-up appointments to monitor progress and adjust the recovery plan as needed.



4. Long-Term Recovery:

Complete recovery can take several months. Patients often see significant improvements within 6-12 weeks but may need up to a year for full recovery and for the prosthetic knee to feel fully natural.





Dr. Vijay Sohanlal

Senior Robotic, Knee, Hip Joint Replacement
and Orthopaedic surgeon



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OTHER SERVICES

1. Joint replacement- Hip, Shoulder and Elbow
2. Knee Arthritis pain relief by Cooled Radio Frequency Ablation without surgery
3. Non Surgical Knee Arthritis treatment- Injection PRP/ GFC/ HA
4. Revision Knee and Hip Replacement
5. Avascular Necrosis of Hip and Knee
6. Fracture Treatment

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