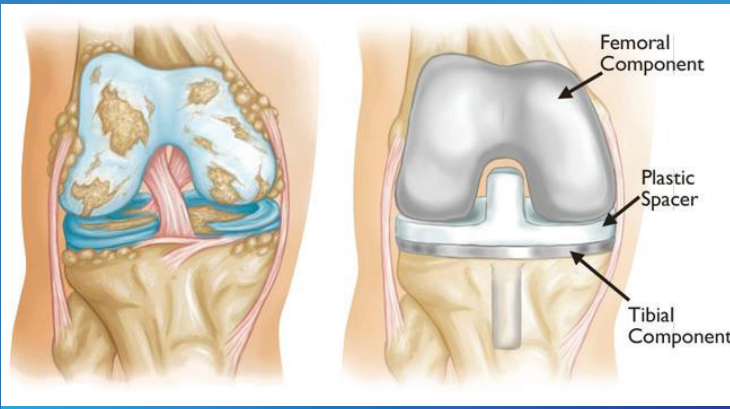


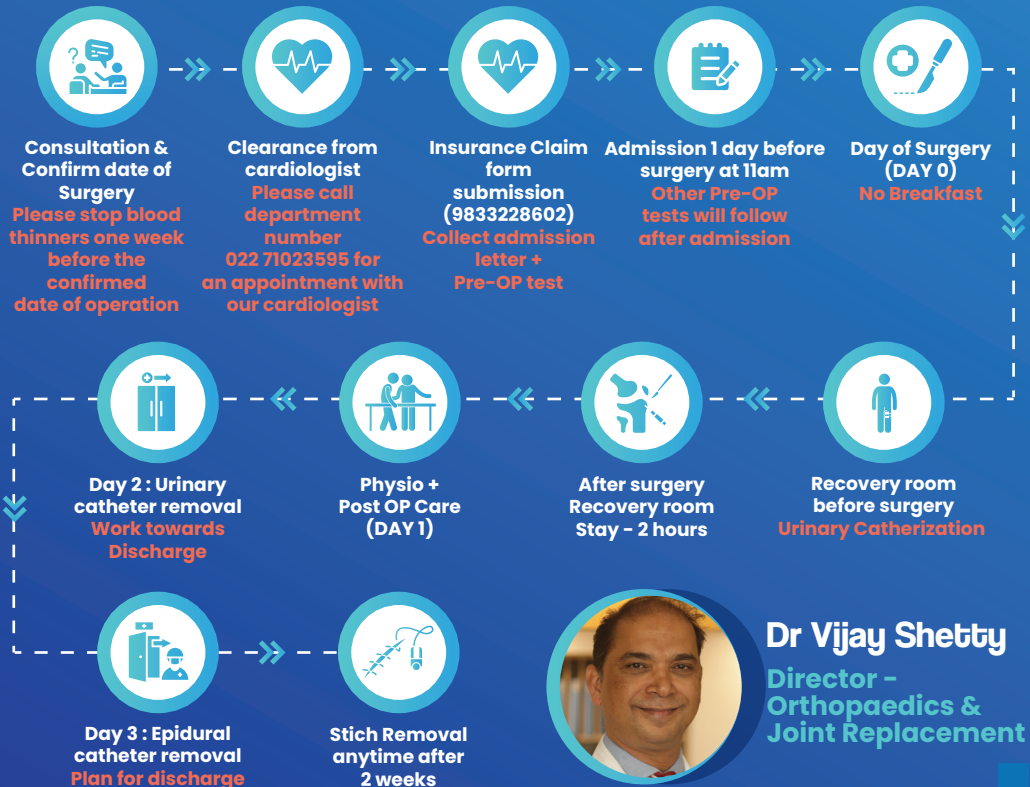


**Hiranandani  
Hospital**

Your Family Superspecialty Hospital™



# The Process of Total Knee Replacement (TKR)



**Dr Vijay Shetty**  
Director -  
Orthopaedics &  
Joint Replacement

# Here's a more detailed and comprehensive version of the **Total Knee Replacement process under Dr. Vijay Shetty:**

## A. Pre-operation



### Decision for Surgery

After a thorough clinical evaluation, **Dr. Vijay Shetty** will discuss your condition and the need for **Total Knee Replacement (TKR)**.



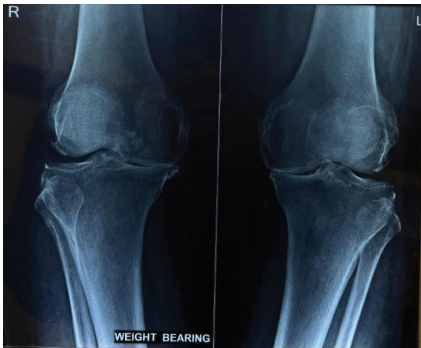
### Scheduling the Surgery

- Once you decide to proceed, a suitable date is scheduled.
- You may require due clearance from cardiologist or physician before proceeding.



### Insurance Claim Processing (if applicable)

- Visit the hospital one week before surgery, preferably on a Tuesday/Friday between 9 Am to 11 Am to complete insurance paperwork and pre-operated test.
- Required documents include:
  - Policy details
  - Aadhaar card
  - X-rays/MRI reports
- The hospital front office will guide you through the claim submission process, it will be filled by you and some of the parts are to be filled by Dr Shetty.



### Admission (One Day Before Surgery)

- **Timing:** Arrive at the hospital by 11:00 AM on the day before the surgery.
- **Diet:** No fasting required at the time of admission.
- **Blood Thinners:** Must be stopped one week prior to avoid bleeding risks.



### Admission Formalities

- Upon arrival, the front office will request an initial deposit. Typically, 50% of the estimated cost is required.
- Accommodation: You will be assigned a room based on your choice (*economy, twin-sharing, or private*).



### Ward Preparations

- Change into hospital-provided clothing.
- Preliminary tests include:
  - Blood tests
  - X-rays
- Visits from:
  - Junior doctors, nurses, anaesthetists, and a physician for final checks.
- Discussion with the anaesthetist about anaesthesia type (*spinal/epidural/general*).
- You'll be instructed to stop eating and drinking after a specific time, usually after midnight.



## B. Day of Surgery



### Timing

- Surgery typically starts at 8:00 AM.
- You'll be prepared and transferred to the operating theatre 45 minutes prior.



### Preparation

- A urinary catheter will be inserted for convenience and monitoring.
- You'll receive anaesthesia and be positioned for surgery.



### Surgical Procedure

- Duration:
  - Surgical time: 60 minutes per knee.
  - Total theatre time: approximately 5 hours for both knees, including preparation and recovery.
- Dr. Shetty performs the procedure meticulously to ensure proper alignment, stability, and optimal function of the new knee joint.



## C. Post-operation



### Immediate Recovery

- You will wake up in the recovery room, equipped with monitors to track your vital signs:
  - Blood pressure
  - Pulse
  - Oxygen saturation
  - Temperature
- A bulky dressing will cover your operated knee(s) to prevent infection and control swelling.



### Post-operative Care in the Hospital

- X-rays: Performed later in the day in your room.
- Once you're stable and awake, you'll be shifted to either the ward or the ICU, based on the anaesthetist's recommendations.
- Physiotherapy:
  - Physiotherapists will assist you in sitting or walking within 24 hours after surgery.
  - Early mobilization helps reduce complications and promotes recovery.



### Hospital Stay and Discharge

- Length of Stay: Typically 5 days, depending on your recovery and mobility.
- You'll receive discharge instructions covering:
  - Medications
  - Physiotherapy exercises
  - Wound care
- Follow-up: Return to the OPD after 2 weeks for stitch removal and progress evaluation.



### Mobility Aids and Recovery

- Use a walker for 3-4 weeks to ensure stability while walking.
- Swelling in both feet may persist for a few months, which is normal.
- Gradual improvement in mobility and reduction in pain can be expected with physiotherapy.



## Hiranandani Hospital

Your Family Superspecialty Hospital™



[vijaydshetty@gmail.com](mailto:vijaydshetty@gmail.com)



+91 98332 28602 (helpline number)



[www.hiranandanihospital.org](http://www.hiranandanihospital.org)

For insurance and billing-related queries,  
please connect with our Orthopaedic Care Coordinator:



**Ms. Shraddha Inkar**

**+91 86570 01029**



Please speak to our team  
for details on  
**Robotic Assisted Knee  
Replacement Surgery.**

For further assistance or queries, insurance related queries or  
any doubts about the process, feel free to call or email the team.  
This structured approach ensures you're well-informed and  
prepared for the surgery, recovery, and follow-up.