Post-surgical pain can have a significant impact on daily living. One 2008 American research study found that of those who underwent total hip or total knee replacement:

- 100% of patients reported post-operative pain
- 38% of patients had post-operative pain lasting longer than 4 weeks
- Average amount of time post-surgery before being able to walk independently was 12 days
- Average amount of time post-surgery before being able to bathe independently was 21 days
- Average amount of time post-surgery before being able to complete household chores was 49 days
- 30% of patients were able to independently perform outside activities, such as gardening, within 6 months of surgery

References


### Total Joint Replacement Benefits

The main benefit of total joint replacement surgery is pain relief, which may not be able to be achieved through other less-invasive treatment options such as medications, icing/heating, joint protection strategies, etc.

80-90% of patients have improved function and near complete relief of pain following a joint replacement. Other benefits of total joint replacement include:

- Improved quality of life
- Less anxiety
- Better ability to participate in activities of daily living (such as housework, leisure activities, etc)
- The ability to participate in activities that were previously limited due to symptoms of OA
- Less need for assistance
- Increased ease of mobility
- Increased joint use, due to correct alignment and increased joint stability
- Avoid possible side effects of medications, such as upset stomach, heartburn, nausea, skin rashes, stomach bleeding, drowsiness, constipation, etc.

### Total Joint Replacement Risks

Risks associated with any surgery:

- Prolonged surgical pain
- Bleeding
- Pneumonia
- Complications from anesthesia
- Delayed wound healing
- Blood clots (in lungs or legs)
- Nerve damage (may cause tingling, muscle weakness, or pain)
- Infection
- Death

People who are older, overweight and/or have other medical issues are at higher risk to have complications or to not achieve the full benefits of surgery.

A decrease in physical function may occur early in the post-operative period, leading to an increased level of dependency

Some individuals have feelings of dissatisfaction associated with the results of the replacement surgery (i.e. results were not as expected)

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### Risks with Total Hip Replacements and Revisions

<table>
<thead>
<tr>
<th>Procedure</th>
<th>Complication within 90 days of discharge</th>
<th>Complication Rate (number of people)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total hip revision</td>
<td>Death</td>
<td>3 in 100</td>
</tr>
<tr>
<td></td>
<td>Blood clot in lungs</td>
<td>Less than 1 in 100</td>
</tr>
<tr>
<td></td>
<td>Wound Infection</td>
<td>Less than 1 in 100</td>
</tr>
<tr>
<td></td>
<td>Dislocation</td>
<td>8-14 in 100</td>
</tr>
<tr>
<td></td>
<td>Joint Infection</td>
<td>Less than 1 in 100</td>
</tr>
</tbody>
</table>

The numbers in this table are approximate

- Total hip replacement may result in a change in leg length, which is often minimal but may require a shoe lift.

### Risks with Total Knee Replacements and Revisions

<table>
<thead>
<tr>
<th>Procedure</th>
<th>Complication within 90 days of discharge</th>
<th>Complication Rate (number of people)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total knee revision</td>
<td>Death</td>
<td>1 in 100</td>
</tr>
<tr>
<td></td>
<td>Blood clot in lungs</td>
<td>Less than 1 in 100</td>
</tr>
<tr>
<td></td>
<td>Wound Infection</td>
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</tr>
<tr>
<td></td>
<td>Joint Infection</td>
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</tr>
</tbody>
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