

Knee replacement

More of us are living an active and healthier lifestyle than ever before, keeping us young and fit for longer. However, over time we start to feel aches and pains in our knees that we never used to. Usually it won't stop us from doing the things we love but sometimes it becomes too much. If your knee pain is affecting your mobility and everyday life, it's time to seek help from a specialist.

Helping you get back to doing what you love

Some of the key causes of knee pain are osteoarthritis, rheumatoid arthritis or an injury. Usually, the pain comes from the bones, which form the joint, rubbing together because the lining between them that allows smooth movement has been damaged. Whatever the cause, our team of specialists are here to help you get back to doing the things you love, and will support you every step of the way.

The first step is to have an initial consultation with one of our specialists who will discuss your options for knee surgery or other treatments.

Prices & payment

We offer a guide price of:

Knee replacement
£10,200

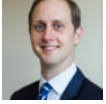
The guide price is based on the usual clinical needs of patients. For more information, please see our [terms and conditions](#).

Personal medical loans

Payment to suit you with 0% and fixed rate interest options.

Following an appointment with your Consultant, you can apply for a loan to cover the cost of your treatment. With interest free finance at Representative 0% APR (fixed) along with longer term fixed rate loans, there is an option for everyone.

Our knee replacement Consultants



Mr Loren Charles



Mr Krissen Chettiar



Mr Lee David



Mr Abhijit Dey



Mr Simon Ellis



Mr Paul Gill



Mr Rohit Jain



Mr Chan Jeer



Mr Farid Moftah



Mr Mark Norris



Mr Kasetti Ravikumar



Mr Srinivas Samsani



Mr Guy Slater



Mr James Smith



Mr Jonathan Walczak



Mr James Young

Knee replacement surgery FAQ

What is a knee replacement?

A knee replacement is a common type of surgery that replaces a damaged knee joint with an artificial one, often referred to as a prosthesis.

Your knee joint consists of two bones surrounded by cartilage tissue that helps to allow smooth movement of the leg, preventing the two bones from rubbing together.

Over time, the cartilage tissue can become damaged from the wear and tear of everyday activities and cause the bones within your knee joint to rub together, leading to long-term pain and, often, the need to be replaced.

What does the operation involve?

The operation is usually carried out under spinal anaesthetic with sedation, so you will not be aware of any pain. During surgery, the parts of your bones that are rubbing together will be removed and replaced with a prosthesis made from artificial materials such as metal, ceramic or plastic.

Your Consultant will take you through all these details during your initial consultation and our Joint School is designed to help answer any questions you might have about surgery, your prosthesis and recovery, ahead of your operation.

What is Joint School?

Our Joint School is a group class held in our Physical Therapy department. It is designed to help answer any questions you may have ahead of your procedure and to provide a supportive environment to help you achieve the best outcome post-surgery. Following your initial consultation and once you've agreed to surgery, you will be invited to join the Joint School where you will learn about:

- Your knee joint
- Benefits of having a total knee replacement
- What to bring into hospital
- Preparing your home for your return
- What equipment you might need to assist independence during recovery
- Step-by-step information about: pain control, rehabilitation in hospital, discharge criteria
- How to get in and out of a car
- Returning to normal
- Outpatient Physiotherapy
- Any additional advice

How long will I stay in hospital?

You will usually be in hospital between two to three days, depending on the progress you make following your procedure. Your Consultant will discuss this with you prior to your procedure and you will learn about rehabilitation in hospital and discharge criteria during Joint School.

How long does it take to recover after knee surgery and will I be in pain?

Recovery time will vary for each individual, but you should be able to stop using walking aids and resume day to day activities by your six-week review with your Consultant. During your stay, you will receive pain relief to help ease discomfort after your surgery.

At our Joint School we will give you more information about pain control, and your Consultant will also be able to discuss this with you during your consultation.

What is the best preparation for aiding recovery?

It's important that you allow yourself enough time to heal properly and complete your physiotherapy programme following surgery, but it's always best to be well informed about your procedure ahead of going in.

Make sure you ask your Consultant any questions you may have, and attend our Joint School to learn about every aspect of your treatment, as this will really support your recovery.

When can I drive again?

This will vary from patient to patient and it may be between six to eight weeks after your procedure before you can drive. However, your Consultant or GP will be able to advise you.

When can I go back to work?

Generally, it may be around six to twelve weeks after your procedure before you can return to work, but this will vary for everyone. However, your Consultant or GP will be able to advise you.

What is the best way to look after my new knee?

An essential part of your recovery journey will be to continue the exercises you are given by your physiotherapist, to help prevent stiffness and improve the longer-term outcome of your replacement surgery. Your Consultant will also be able to give you advice on looking after your new knee, and our Joint School will be the perfect source of information for learning about aftercare.