

# Day Case Hip and Knee Replacement Surgery

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**You have been booked for a daycase joint replacement (arthroplasty). This leaflet will explain the process and post surgery management once you are at home.**

## **What should I expect after my surgery?**

During the surgery, a mixture of drugs is placed around the joint to help reduce pain immediately after surgery. This will allow you to be able to walk as soon as your anaesthetic wears off.

Once you are out of recovery and return to the ward, you will be assessed as to whether you are safe to get out of bed. You will need to have normal feeling in your legs and be able to tighten the muscles in the front of your thigh. Your medical observations, such as blood pressure and heart rate, will also need to be in a safe range before getting out of bed. Your blood pressure will be monitored closely on your first time out of bed.

You should be out of bed before lunch. Please only have a light lunch.

## **When can I start to walk?**

Once you are out of bed and have had a light lunch, the physiotherapist will review you. You will be progressed safely to a suitable walking aid to help with pain management and to achieve the best walking pattern (gait).

## **When will I go home?**

On the same day as your surgery, once you are physically and medically safe.

Prior to your surgery, you would have attended the Occupational Therapy Clinic, where you would have been asked questions about your home environment. The information from this appointment will allow the physiotherapist to assess your ability to complete tasks such as getting in and out of bed at the correct height at home, to ensure you can manage.

You will also complete a step and/or stair assessment if required. This will all be completed in a short space of time to achieve your discharge on the same day as your surgery.

## **What do I need to do?**

Prior to your surgery, please ensure that any equipment that was recommended by the Occupational Therapy Clinic has been delivered and is in place. If this has not occurred, please call 01493 453849.

Following your surgery, please take the pain medication advised, as this will help with your recovery immediately after and subsequent days following your surgery.

## What should I expect once home?

The best place to recover is home. You might start getting some pain on day two or three following your surgery, you will need regular pain medication to manage this. You will be given medication to help prevent blood clots, which will be discussed with you at discharge.

## Will I see a physiotherapist after I am discharged home?

Before leaving the hospital, you will be given an appointment to be reviewed by a physiotherapist around the fifth day following your surgery at the James Paget University Hospital. They will review your function and progress your walking aid and/or exercises at this time. If you require further therapy input following this appointment a referral will be made for you.

### Feedback

We want your visit to be as comfortable as possible. Please talk to the person in charge if you have any concerns. If the ward/department staff are unable to resolve your concern, please ask for our Patient Advice and Liaison (PALS) information. Please be assured that raising a concern will not impact on your care. **Before you leave the hospital you will be asked to complete a Friends and Family Test feedback card.** Providing your feedback is vital in helping to transform NHS services and to support patient choice.

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*our patients... each other... ourselves*

#### BEHAVIOURS:

Courtesy and respect

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of the  
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The hospital can arrange for an interpreter or person to sign to assist you in communicating effectively with staff during your stay. Please let us know.

For a large print version of this leaflet, contact  
PALS 01493 453240