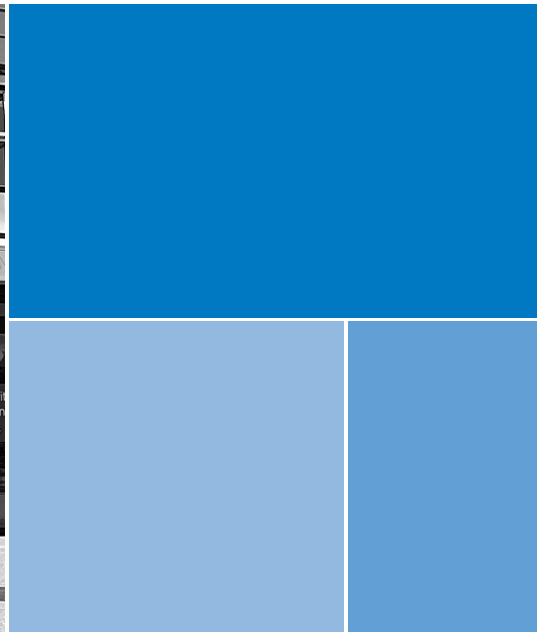




**James Paget
University Hospitals**
NHS Foundation Trust

Joint Replacement Education Group



Patient Information

Joint replacement education group

The aim of the education session is:

- To prepare you to come into hospital
- To inform you of what to expect while you are in hospital
- To inform you of what you can do after you are discharged home.

There are two more appointments after attending the joint replacement education group that you must attend prior to surgery.

First appointment - Therapy assessment clinic

This appointment is to see if you need equipment to support you at home after your surgery. Please fill out and return the height chart and leg length form given to you today as it is essential to assess your needs. This will be a telephone consultation and normally lasts 30 - 45 minutes. Please do not decline delivery of equipment or send it back. If anything at home changes, please let us know. You will NOT be given your operation date at this appointment.

Only after you have attended the therapy appointment will the surgeon's secretary contact you to offer a date for surgery.

Second appointment - Pre-operative assessment clinic

This is a nurse-led appointment. You will also see the orthopaedic doctor and anaesthetist. This appointment will ensure you are fit to have surgery. This can take up to three hours and will include screening for MRSA amongst other tests.

Missing either of these appointments will mean your surgery will not go ahead.

You will be admitted on the day of surgery - this is day zero.

You will get out of bed the same day and possibly walk.

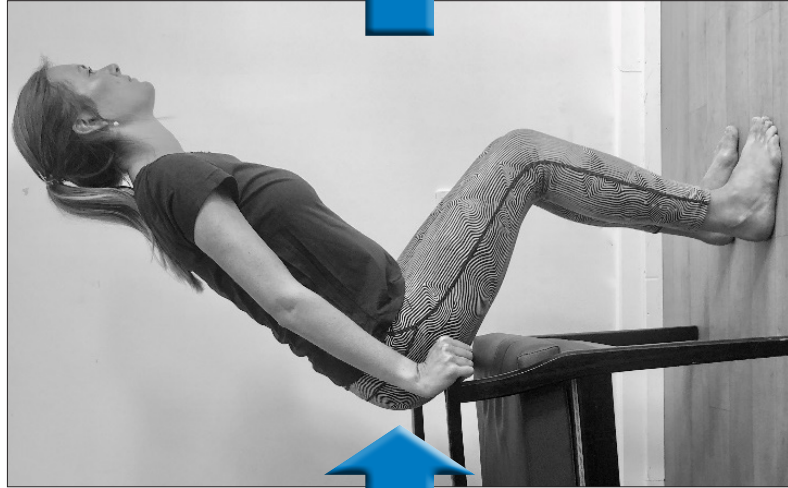
We aim for you to go home within three days after your operation.

Pre-operative rehabilitation

To help get the best outcome following your surgery, it is important for you to complete the following exercises to the best of your ability and only if you are able to do so. These exercises should be completed five to ten times, three times a day. Please only complete as many as you can without aggravating your pain. There is a table on page 10 to help you keep a log of what you have been able to do and to help remind you to complete them.

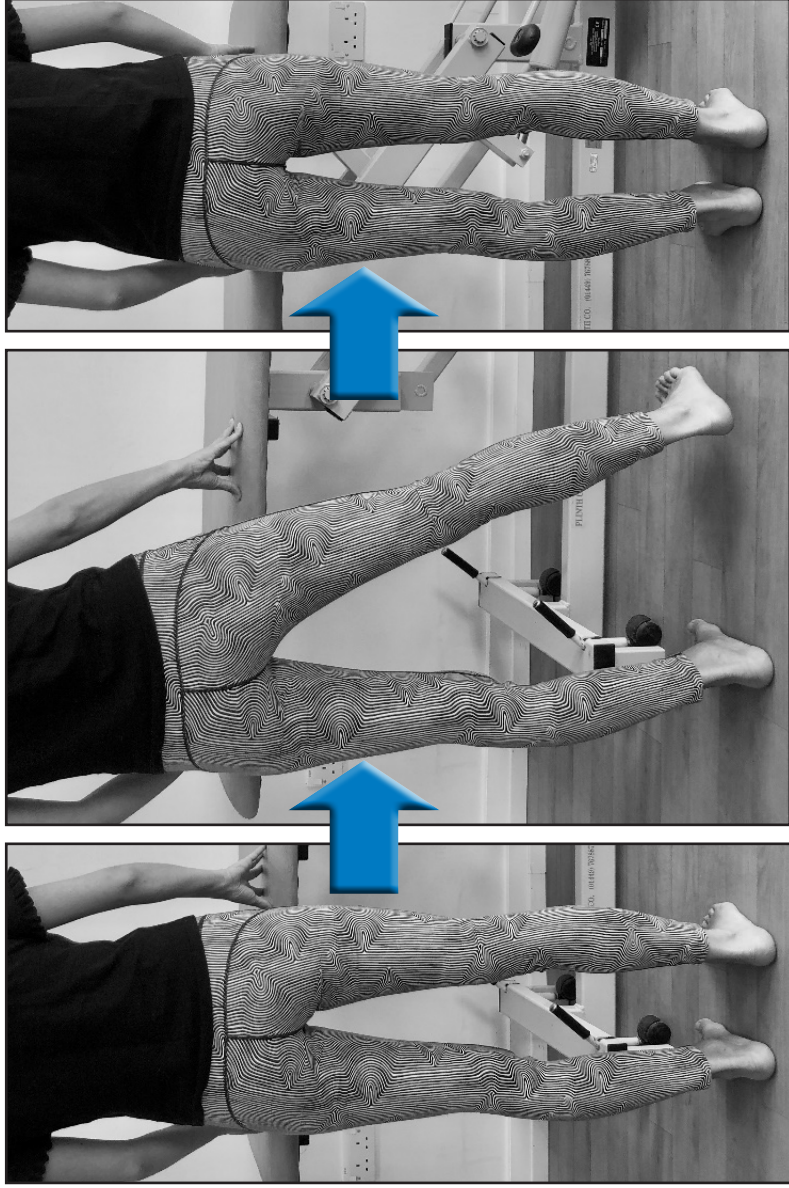
Exercise 1 – Sit to stand

Sit on the edge of a chair. Push up into a standing position. If this is too easy, try without using your hands. If this is too difficult, try a cushion on the chair or use your arms to push up from the chair.



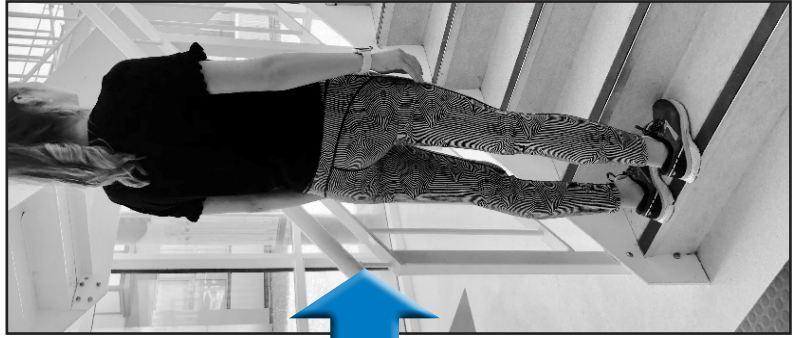
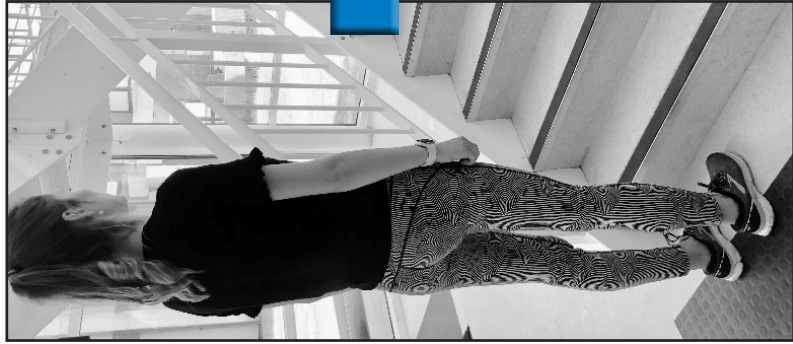
Exercise 2 – Side stepping

In standing step your leg out to the side, transfer the weight across and then bring the other leg to join. Do this in reverse back the other way. Use the worktop for support but aim to progress to letting go as balance and confidence improves.



Exercise 3 – Step ups

If you have a flight of stairs in your home, try stepping up onto the bottom step and then back down. After five repetitions change your leading leg.



Exercise 4 – Knee extension

Sit on the edge of the bed or in a chair. Attempt to straighten your knee out in front of you by lifting your foot off the floor. Hold for five seconds. This exercise helps to strengthen your leg muscles, which are important for walking.



Exercise 5 – Resting position (for patients having knee surgery only)

Whenever you are sitting, rest your leg on a stool that is similar height to your chair. This is very important as having a straight knee is essential for you to recover the use of your knee following your surgery.



When sitting, practise resting your heel on the stool for a maximum of ten minutes. At first you may only be able to tolerate a few minutes. You can do this several times a day.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							
Week 6							

Preparing to come into hospital

- Clear away loose rugs and ensure clear access through your property
- Stock up cupboards and freezer for food
- Arrange common items at waist height – to avoid use of high or low cupboards after discharge
- If you are a main carer you need to arrange cover for at least six weeks for the person you care for
- If you live alone you need to have someone who will help you when you go home to assist with shopping, cleaning etc.
- Wear sensible footwear – no mules, flip flops, high heels. A good fitting slipper or trainer is recommended
- Pack some day clothes as you will be getting dressed after your operation. Loose fitting clothing is better, e.g. shorts or skirts may be easier to put on than trousers
- Please bring your own toiletries. These may include toothbrush, toothpaste, soap, roll on deodorant, perfume, make-up, shaving items, aftershave. **Please do NOT bring in talcum powder**
- **Please do NOT bring towels or flannels** as these will be provided
- Please bring your medication in with you, in their original boxes so that your name and dose information is clearly stated. If you have dosett boxes or blister packs from your pharmacist, please ensure that your name is clearly displayed on the box.
- You might want to bring in books, iPad, laptop or an iPod to keep you entertained. These items are brought into the hospital at your own risk, The James Paget University Hospital will not accept responsibility for damages or loss of these items
- If you would like earplugs these can be available if you require them
- Please only bring in a small bag as there is very limited space to keep your belongings on the ward

- If you are using a stick on the same side as your painful joint, please practise using it in the opposite hand. This will support your painful joint better and allow you to practise a better walking pattern
- **Please do not bring any valuables (e.g. jewellery or large amounts of money) as there is nowhere to store them**

Visiting hours

We are unable to accept visiting on day of surgery. Please ask your friends and family to contact the ward directly to confirm whether visiting is permitted and at what times.

Infection control

We ask that all persons visiting our patients comply with the current COVID-19 guidance. If you are unsure what this is, please ask a member of the ward team.

Only you, the patient, are allowed to sit on your bed or chair. There are chairs provided for visitors. No footwear is allowed on the bed. This also applies to walking aid ferrules (the grey bit on the end of the stick or crutch).

Day of operation

You will come in at 6.30am for morning operations and at 11.00am for afternoon operations. You need to arrange a lift to bring you in and take you home when discharged.

There is no hospital transport available to pick you up for 6.30am admissions. If you require hospital transport please inform a member of staff and be asked to be placed on the afternoon list for surgery.

Please shower before leaving home, using the hospital provided skin cleanser and **do NOT use deodorant, body sprays or talcum powder as these interfere with controlling infection.**

When you arrive on Ward 22

- Please report to the desk on the ward
- You will be directed to your bed
- You will see a sister or staff nurse
- You will see a doctor who will mark your leg with an arrow
- You will change into a theatre gown.

When you go to theatre

- You may go there on your bed or be able to walk to theatre
- You will be checked into theatre
- You will be taken to the anaesthetic room
- You will have your operation
- When your operation is finished you will go to recovery, where you will be monitored by a nurse
- When you are well enough you will return to the ward.

Back on the ward

You will start taking painkiller tablets when you can drink. If required painkillers can be given via your cannula.

Out of bed

You may be able to get out of bed two hours after coming back to the ward. Nursing staff will check your blood pressure and pulse, if satisfactory, you may be able to walk with a frame with the help of the ward staff.

Progression of your walking

Your walking will be progressed with the physiotherapist or therapy assistant practitioner, who will provide a suitable walking aid, e.g. frame, crutches, stick.

Please take your painkillers regularly and tell the nurse if your pain is not controlled

When am I ready to go home?

- When you are well and reasonably comfortable
- You have a dry wound
- You are walking safely with a suitable walking aid
- You can get on/off the bed safely
- You can wash and dress yourself
- You know your exercises
- You can manage stairs or steps if needed.

Going home

- Travel in the front passenger seat of a car
- You will have a supply of painkillers
- We will arrange for a district nurse if needed
- We will refer you to the community physiotherapy team to progress your activity
- You will have an outpatient appointment to see the doctor at six weeks. The date will be sent to you by post.

Wound infection

Once home, if the wound edge becomes red, oozy and/or painful, contact the ward that you were admitted too. A thorough examination is required to ascertain if you need antibiotics and which are required to treat the infection. Please do not attend your GP practice for this review.

Equipment needed at home?

Your equipment needs will be discussed and managed at your occupational therapy appointment prior to your surgery. This is the appointment letter you have received today.

When you have gone home, please remember:

- Walk regularly, gradually increasing your distance

- Keep practising your exercises
- Keep taking your painkillers and request a repeat prescription from your GP as needed.

Showering

You can shower as the wound is protected by a waterproof dressing, but please remember that wet surfaces increase the risk of falling. If it is not safe to shower, then continue to strip wash. We do not recommend for you to get into a bath for six weeks. This also applies if you have a shower over the bath. You should not attempt to use the shower if you are walking with **any walking aid**.

Driving

Generally you can return to driving:

- Left leg after six weeks
- Right leg after eight weeks

Inform your insurance company one month before you intend to drive. If you do not tell your insurance company, this could invalidate your insurance.

Sleeping

You can sleep in any position. You may find it easier to lie on either side, with a pillow between your legs.

Daily activities

As fitness allows. Pace yourself.

Dressing

Use your helping hand and shoe horn to make this easier.

Anti-embolus stockings

These may be needed for six weeks after your operation. This will be discussed with your nurse prior to discharge. If needed the

hospital will provide two pairs (one to wash, and one to wear). You will need help to put these on.

Return to work

Talk to the doctor at your six week follow up. Expect to be off work for up to three months.

Sexual activity

When comfortable and with care.

Leisure activities

After six weeks you may attempt to return to your previous leisure activities.

Post-operative community physiotherapy

You might not require further physiotherapy input at discharge. If you do, a referral will be sent to your local provider or you may be given a self referral card. You will be informed prior to your discharge whether a referral will be completed.

Once home, if you feel that you would benefit from more physiotherapy to help with your recovery, please visit www.physio.ecch.org or call 01493 809977 to arrange an appointment. If you are not in their catchment area, you will need to speak with your GP practice.

Useful contact numbers

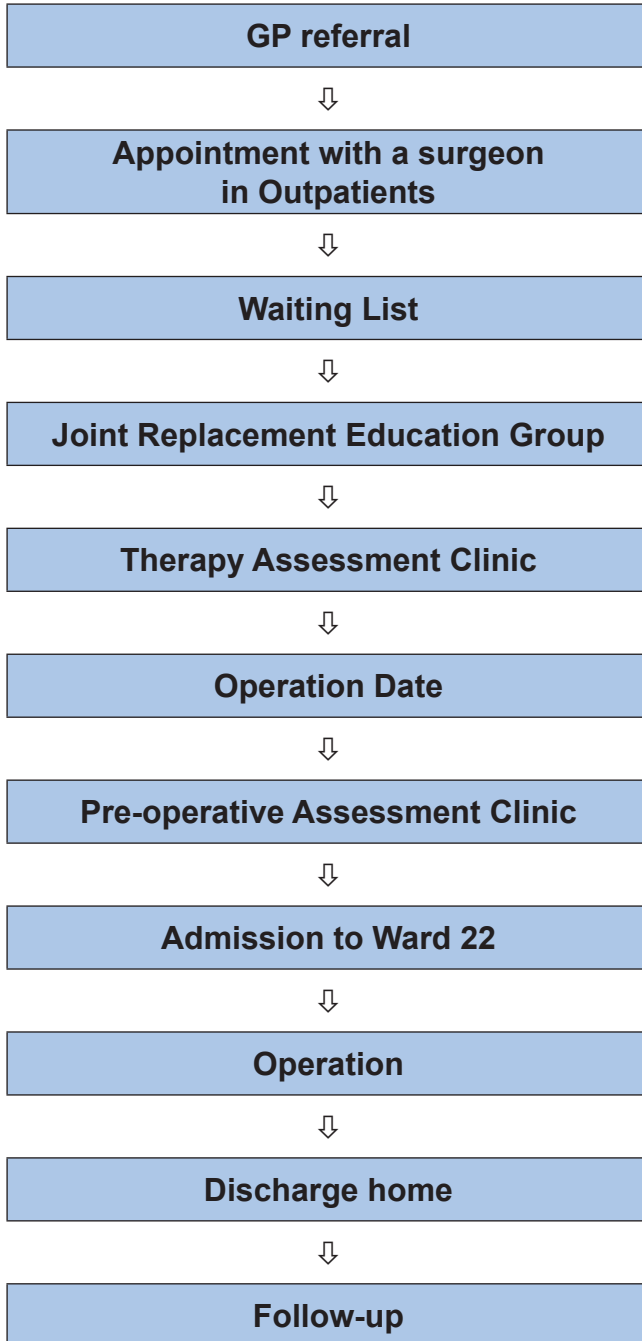
Hospital Switchboard	01493 452452
Pre-admission Clinic	01493 453289
Orthopaedic Elective Unit, Ward 22	01493 452331
Orthopaedic Therapy Office	01493 453849
British Red Cross	01493 452080
ECCH, Community Physiotherapy	01493 809977
Website	www.physio.ecch.org

Useful contact information

Contact your local County Council if you require the installation of grab rails or if you are a main carer for a family member.

Suffolk County Council:	0808 800 4005
Email	customer.first@suffolk.gov.uk
Norfolk County Council:	0344 800 8020

General process of your procedure



Your Feedback We want your visit to be as comfortable as possible - talk to the person in charge if you have any concerns. If the ward/department staff are unable to resolve it, then ask for our Patient Advice and Liaison (PALS) information. Please be assured that raising a concern will not impact on your care.

OUR VALUES

Proud of the Paget

Collaboration

We work positively with others to achieve shared aims

Accountability

We act with professionalism and integrity, delivering what we commit to, embedding learning when things do not go to plan

Respect

We are anti-discriminatory, treating people fairly and creating a sense of belonging and pride

Empowerment

We speak out when things don't feel right, we are innovative and make changes to support continuous improvement

Support

We are compassionate, listen attentively and are kind to ourselves and each other

Before leaving please complete a Friends and Family Test feedback card.

Help us transform NHS services and to support patient choice.



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

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