

Total Knee Replacement / Arthroplasty

With advances in surgery, preparing yourself for surgery and actively participating in your recovery more time is focused on your recovery in the community or your own home.

How long will I be in hospital for?

Up to 3 DAYS



The best results are obtained when people are provided the right information to become informed, motivated, and confident.

Information before my Operation

Book 1

This brochure has been designed to provide you with information about your hip replacement. The information is general, and your specific hip problem may require different recommendations. We trust that you will find the following information helpful. At the same time we realise that there is a lot of information, should you find any of the information confusing or hard to understand, your surgeon or other members of the health care team will be glad to answer your concerns either via phone or on your next visit.

Preparing Myself for Surgery

Look after my skin — any breaks in your skin like sores, insect bites, scratches or ulcers will delay your surgery. To help prevent you from getting an infection take care when cutting your nails, or shaving legs as any break in the skin no matter how small may lead to your surgery being cancelled

Prepare yourself medically — Now that you are on the waiting list it is the right time to visit your local doctor or General Practitioner (GP) and talk to them about getting you ready for surgery, this may include follow-up with other health professionals like if you are known to a cardiologist

Nutrition — Every bit of weight loss assists with your recovery. On the waiting list you have time to discuss your nutritional needs with your local GP or a dietician/ nutritionist

Exercise — The hospital runs a weekly exercise program which goes for an hour. This exercise class is run by a physiotherapist trained to prepare patients for total knee or hip replacements. The exercise class will benefit you to understand your recovery after surgery.

Education — Education classes are run monthly for 1 hour after the exercise class. Education has shown to reduce anxiety, prepare yourself for surgery, understand what you need to do to assist in your recovery, talk to health professionals who will be looking after you on the ward, meet other people who will also be having the same operation

For any information about any of the above please contact the Clinical Nurse Consultant Megan White (9767 5000 page 60266) who will assist you with any questions and can book you in for the exercise class or education session.

Pre-Admission Clinic

Before your surgery you will attend the Pre-Admission clinic to prepare you for your surgery.

Before attending the Pre-Admission clinic please have the following information;

- **A list of all the doctors** you currently see – including their name, address and phone numbers
- A list of any **previous medical conditions** and all previous surgeries or admissions to hospital
- A list of all **medications** you currently take on a regular basis
Name of the medication

Dosage

Frequency (For example once a day)

**You will be seen by a number of health professionals and the process may take several hours.
The health professionals that you will see include:**

- **Preadmission Nurse**
Routine blood tests / Urine Test/ ECG /

New X-ray
- **Anaesthetist**
Discuss types of anaesthetic

Discuss pain management after the operation
- **Clinical Nurse Consultant**
Discharge planning – managing at home

Education about procedure and the ongoing management after your surgery
- **Doctor**
Team doctor who works under your surgeon

Do your medical admission and write up your medications.

Physiotherapy

- Will assess your walking and decide the most appropriate aid to assist you with walking
- Walking aids can be purchased from the hospital. For example Crutches are \$30.

Social Work Service

How can your social worker help you?

- If you have concerns about how you will manage when you go home from hospital
- If you are caring for someone at home and you will need help with caring for this person and yourself once you have gone home
- If you are feeling anxious or concerned about your surgery or situation
- If you currently receive services such as Homecare, Meals on wheels etc that may need increasing for a short period of time.

You may ask to speak with a social worker when you attend the Pre-admission Clinic or following your surgery. Your Social Worker will then discuss what options are available for you once you return home.

Interpreter Service

Sydney South West Area Health Service has an interpreter service available if you feel at any stage you require an interpreter. Every effort will be made to try to arrange an interpreter.

Planning for when you go home



- **After your surgery it will take you some time to recover.**
- You can begin to prepare yourself and your home **NOW** to assist in your transition from hospital to home faster and easier recovery.
- Individual people have a variety of unique needs that may need to be addressed prior to their surgery. It is important that any special needs following discharge are discussed before your operation. Such examples include if you live alone or if you are a carer for a frail partner or small children.
- Your needs will be discussed with you in preadmission clinic. It is important that you begin to plan your return home before you come into hospital.

- **Are you a carer for someone? Or Do you have a carer?**

You may need to discuss this issue with your family and organise them to take over your caring duties while you are in hospital as well as when you return home.

If family are not available to assist you then talk to your Local Doctor who can organise for assessments for respite care. These things take time therefore early planning is often necessary.

- **Do you live alone?**

Whilst many patients do go home alone, you are encouraged to enlist the aid of your family or close friends. Some options may include a family member or close friend coming to stay with you, or you going to stay with them.

If you live alone and have no or very little family support there are limited services available and these can be accessed through the Social Work Department.

- **Does your house require adjustments?**

You may live up several flights of stairs; again you might decide to stay with a relative or close friend for a short period. You may live in a two-storey house. If so, can you set yourself up downstairs for a period of time until you are more confident on the stairs. Don't forget the location of your shower and toilet would also need to be considered.

Do you have transport?

You will not be driving for approximately six weeks after your surgery. As you will have doctor appointments you need to think about how you are going to get to these appointments. **There is limited Community Transport Services available but you need to meet their criteria to be accepted by their service.**

Preparing My Home



The following are some suggestions to make your house safer for your return:

Make My House Safe

- **Remove** any rugs or mats
- **Lighting** – does my house have adequate lighting
- Do I need a night light
- Place nightlights in areas you may need lighting in the evening
- **Store commonly used items at waist level** to avoid excessive bending and stretching – including in your fridge
- If you live alone prepare meals that can be frozen so when you return to your home you have light meals available

Essentials

Stock up on toilet paper

Food

Chair

Have a chair of reasonable height with armrests

Kitchen

Rearrange furniture to give you more room and allow you to walk around the room with crutches or a walking aid

If you live a two- storey house

- I can make a room downstairs or move my bedroom downstairs

Exercises

Pre-Surgery Exercises

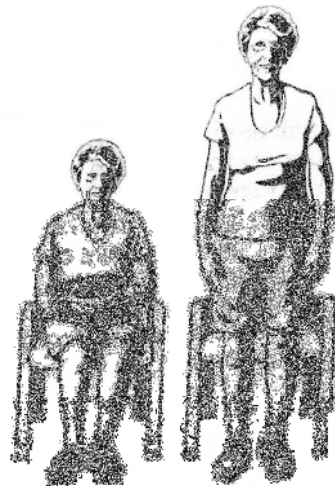
Side Hip Strengthening

With one hand on a support and the other on your hip (as shown), lift your leg up to the side. Keep your knee straight and lift your leg as high as possible. Hold for 1 second then return to the ground. Repeat 10 times, then turn around and repeat with the other leg.



Sit to Stand

Find a sturdy chair that is high enough to get in and out of easily. Make sure that the chair will not move (place the chair against a wall). Make sure your feet are evenly spaced and that one foot is not in front of the other. Now, either cross your arms or place your hands on the front of your thighs, then slowly lower yourself into the chair. Try to maintain control and not flop into the chair. Keep your hands where they are and stand up from the chair. Repeat 10 times



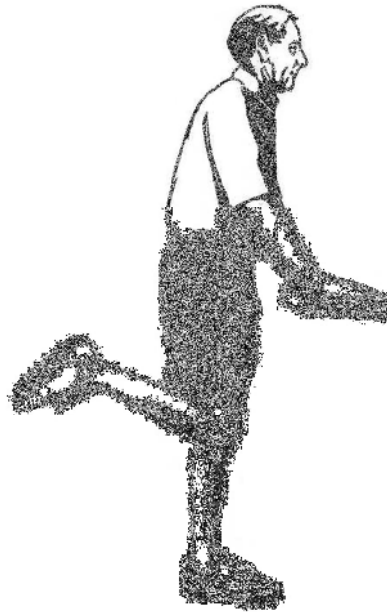
Calf raises

Focus on a spot in front of you. With your knees and hips straight, rise up onto your toes and stay for 3 seconds. You may need to hold onto a bench or sturdy table to help you balance. Lower your heels to the ground. Repeat 10 times



Back Knee Strengthening

Standing with your hands on a support, take your right leg out behind you with your knee straight. Keeping your leg behind you, bend your knee as far as you can. Hold for 1 second. Return your foot to the ground. Repeat 10 times. Repeat with the other leg.



The physiotherapists will give you more exercises and make sure that you are doing your exercises correctly when you come to the Exercise class on Thursday 1-2pm before surgery

Please call the Orthopaedic Nurse Consultant on 9767 5000 page 60266.