

Orthopaedics – Total Knee Replacement

Introduction

The COVID-19 pandemic has had a significant impact on the NHS ability to provide routine elective services. We recognise that patients are waiting longer than we would all like and it is not always possible to identify when treatment will take place. This document provides you with information on how you can support yourself while waiting to attend the hospital.

Guidance for patients

While waiting for your procedure it is important to maintain a healthy lifestyle.

Managing osteoarthritis

There are some useful websites that can help you to manage osteoarthritis symptoms and provide guidance regarding help and support that you may be able to access:

- [Age UK](#) – Age UK provides information on activities and exercise classes held by local Age UK representatives. They also signpost to advice on healthy eating options and maintaining a healthy weight (especially important if you are being considered for surgery).
- [Versus Arthritis](#) – Versus Arthritis is an arthritis charity geared towards helping individuals manage differing forms of arthritis. They have useful online exercise programmes especially designed for those with painful arthritic conditions that will help maintain flexibility. They also offer self-help tips for managing arthritic pain.
- [NHS Website living with arthritis](#) – This website carries useful information for those still at work and dealing with the impact of arthritis, as well as links to financial and local government websites that may be able to offer you further support in your home.

Staying active and medically fit

It is important that while you are waiting for your surgery you remain as active and as medically fit as possible. If you have any long-standing conditions such as high blood pressure you should get this reviewed at your GP surgery to make sure it remains well controlled. This will also help prevent any unnecessary delays when you come for your pre-operative assessment.

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- [Better Health – Get Active](#) – includes tips on getting active for all, including the downloadable Active 10 app, as well as tailored advice for those living with a long-term condition

Stopping smoking and weight management

Maintaining a well-balanced diet is important, as is reducing any excessive weight that may be impacting on your general health. If you are a current smoker it would be advisable to seek support to help with stopping: advice can be found at your local pharmacy or GP surgery.

- [Live Well Stay Well](#) has been commissioned to provide free stop smoking and weight management support to the Buckinghamshire community.
- If you are not ready to quit just yet but would like more information on how to protect your family, [Smoke Free Families](#) advises on how to make your home and car smoke free.
- [Eat well](#) – information and guidance about eating a healthy, balanced diet
- [Better Health – Healthier Families](#) – includes sugar facts and recommended daily amounts, foods to watch out for, how to cut down on sugar, healthier food swaps and a link to download the NHS free NHS Food Scanner app.

What should I do if my health is deteriorating?

If your condition suddenly worsens whilst you are waiting you should seek advice.

Urgent Health Advice

For urgent health advice about physical or mental health, when it's not an emergency, please call 111 from any landline or mobile phone. You can also visit www.nhs.uk. The NHS 111 service is available 24 hours a day, seven days a week.

Life Threatening Emergencies

For something life threatening – severe bleeding, breathing difficulties or chest pains – please dial 999.

GP surgeries

GP practice staff are also helping patients to manage their conditions at home. GP practices continue to make best use of telephone, online and video consultations. Face-to-face appointments are still being given to those who need it.

[Find a list of GP practices in Buckinghamshire and their contact details](#)

For more information

Visit our website www.buckshealthcare.nhs.uk/our-services/trauma-and-orthopaedics

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