

## My Planned Care Patient Information Platform

## Orthopaedics – Total Knee Replacement

## Introduction

The Covid 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.

Knee replacement surgery (arthroplasty) is a common operation that involves replacing a damaged, worn, or diseased knee with an artificial joint. Adults of any age can be considered for a knee replacement, although most are carried out on people between the ages of 60 and 80. A minor operation called a *partial knee replacement* is also an option for some patients.

## When is knee replacement needed?

Knee replacement surgery is usually necessary when the knee joint is worn or damaged so that your mobility is reduced, and you are in pain even while resting. The most common reason for knee replacement surgery is **osteoarthritis**. Other health conditions that cause knee damage include:

- **rheumatoid arthritis**
- **haemophilia**
- **gout**
- disorders that cause unusual bone growth
- death of bone in the knee joint following blood supply problems
- knee injury
- knee deformity with pain and loss of cartilage

## Types of knee replacement surgery

There are 2 main types of surgery:

- a. **Total knee replacement** – both sides of your knee joint are replaced
- b. Partial (half) knee replacement – only 1 side of joint is replaced in a smaller operation with shorter hospital stay and recovery period

## Health and Wellbeing Guidance for Patients - Useful Website links

Whilst you are waiting for any procedure, it is important to maintain a healthy lifestyle and be as medically fit as possible. If you have any long-standing conditions such as high blood pressure you should get this reviewed at your doctor's surgery to make sure it remains well controlled. This will also help prevent any unnecessary delays when you come for your pre-operative assessment.

We here in the Orthopaedic Department want to help you manage your osteoarthritis during these challenging times, when the delays to normal elective surgery mean you are not getting your surgery as quickly as we would like. There are some very useful websites that can help you to manage some of the symptoms you are experiencing and guidance regarding help and support that you may be able to access.

- **Age UK** - <https://www.ageuk.org.uk/information-advice/health-wellbeing/conditions-illnesses/arthritis/> Age UK provides information on activities and exercise class 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, and some of the options available to get help in the home (<https://www.ageuk.org.uk/information-advice/care/arranging-care/homecare/>)
- **Arthritis Research UK** – leading charity in arthritis research and information.
- **NHS Website living with arthritis** - <https://www.nhs.uk/conditions/arthritis/living-with/> - provides useful information for those still at work and dealing with the impact of arthritis and useful links to financial and local government websites that may be able to offer you further support in your home.

General **health and wellbeing information** to support our local residents to stop smoking or with weight management **Healthy Surrey** has been commissioned to provide free stop smoking and weight management support our community.

- **National Stop Smoking and weight management support is also available via**
  - **Quit smoking - Better Health - NHS ([www.nhs.uk](http://www.nhs.uk))** The NHS stop smoking service provides a range of options to help you quit including support from an advisor, stop smoking medications, e-cigarettes and a digital offer for those who wish to quit by themselves. If you are not ready to quit smoking, but would like more information on how to protect your family, **Smoke free Homes**, advises on how to make your home and car smoke free.
  - **Live Well - NHS ([www.nhs.uk](http://www.nhs.uk))** are here to help you and offer different levels of support to maintain a healthy weight and to stop smoking, alcohol support and eating well etc.

- **Healthy eating and being active**

Information and advice on healthy eating and becoming more active is available from:

- **Eat well - NHS ([www.nhs.uk](http://www.nhs.uk))** (website) - includes easy to prepare meals for healthy meals and the **NHS Food Scanner app - Healthier Families - NHS ([www.nhs.uk](http://www.nhs.uk))** to help reduce levels of sugar in your diet.
- **Weight Management Service** The service supports adults aged 18 years or over who want to lose weight and have been identified as obese.
- **Lose weight - Better Health - NHS ([www.nhs.uk](http://www.nhs.uk))** (website) - includes tips on getting active for all, including the downloadable active apps, as well as tailored advice for those living with a long-term conditions.

- **Find out your BMI**

You can get help to lead a healthier lifestyle if you're an adult (18 years or over) and your body mass index (BMI) is above average. Use this tool to **BMI calculator | Check your BMI - NHS | Please fill in your details ([www.nhs.uk](http://www.nhs.uk))** if it's too high, sign up for a programme that will help you lose weight BMI of 30+

- **BMI of 28+**

You can get support from the 'Live Well' website, if your BMI is 28 or over if at least one of the following applies:

- you have Type 1 and 2 Diabetes or Metabolic Syndrome
- you have problems with your heart, circulation, hypertension or high blood pressure
- you have been diagnosed with anxiety/depression
- you need to lose weight before receiving another medical treatment or surgery
- you have a serious long-term health condition that is adversely affected by your weight such as muscular skeletal disorders (back pain, mobility issues) and asthma
- you're from a black or ethnic minority background.

- **BMI of 25+**

If you have a Body Mass Index of 25 or higher **Eat well - NHS ([www.nhs.uk](http://www.nhs.uk))** provides online support to help you lose weight and includes access to the NHS 12-week weight loss plan.

The NHS 12-week fitness plan will support your weight loss plan as well as improve your health. This is aimed at beginners and will help get you into the habit of regular exercise over the course of the programme. It is structured but flexible enough to allow you to fit the exercise sessions around your other weekly commitments.

## What should I do if my health is deteriorating?

If you are experiencing any worsening signs or symptoms of your Orthopaedic condition, you should first consult your GP.

### a. 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](http://www.nhs.uk). The NHS 111 service is available 24 hours a day, seven days a week.

### b. Life Threatening Emergencies

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

## Contact Us:

<b>Call:</b> Surrey & Sussex Healthcare NHS Trust  ☎ 01737 231958	<b>Email:</b> <a href="mailto:sash.pals@nhs.net">sash.pals@nhs.net</a> For My Planned Care enquiries	<b>Website:</b> <a href="http://Surreyandsussex.nhs.uk">Surreyandsussex.nhs.uk</a>
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