

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.

Guidance for Patients

Whilst you are waiting for your surgical intervention, stay as active as you can. Strengthening the muscles around your knee will help your recovery. This will help support your new joint and help you return to normal activity more quickly after surgery. It is anticipated the length of your stay in hospital following your Knee replacement will be less than 48hrs. To help enable this to happen there are some things that you can start to think about before your operation:

1. Who is taking you home?
2. Who will be around to lend a hand when you are back home after your operation?
3. Think about Footwear - it needs to be safe and big enough to accommodate some swelling
4. Preparing your house – some examples below:
 - a. Organising your kitchen to items are within arm's reach so you are not having to bend down or reach up high.
 - b. Think about the distances you have to travel in your home? Can you reduce these initially at all?
 - c. Be aware of the heights of your furniture, ensure often used items at home are accessible and not at low heights?
5. Consider purchasing long handled aids to practice with prior to your operation and bring them with you on admission. This will enable you to maintain independence on the ward while you are not able to bend down as easily to put on socks, shoes, trousers etc.
6. Stocking up your house with food
7. You won't be able to drive after your operation for at least 6-8 weeks - who can support you during this time?

[KneeReplacement2018web_0.pdf \(rcoa.ac.uk\)](#)

[Knee replacement - NHS - How it is performed - NHS \(www.nhs.uk\)](#)

Version 1: March 2022

The contents of this information has been reviewed and approved by the Patient Safety Committee of Yeovil District Hospital NHS Foundation Trust.

My Planned Care Patient Information Platform

Getting prepared to have surgery is all about good preparation for your body and mind. During this time, you can take simple steps to improve your physical and mental health.

Benefits of this include:

- Enhance recovery following treatment.
- Reduce post-op complications.
- Reduce length of stay in hospital.
- Provide an opportunity to stop smoking and drinking alcohol.
- Improve fitness.
- Improve nutritional health.
- Enhance quality of life.

Arthritis is a common condition which causes joint pain and inflammation. Living with arthritis is not easy and carrying out simple, everyday tasks can often be painful and difficult. However, there are many things you can do to make life easier, and there is support available.

[Arthritis information and support | Age UK](#)

[Arthritis - Living with arthritis - NHS \(www.nhs.uk\)](#)

While you are waiting for surgery, the Escape Pain App (for Android only) or online tool provides support to help you stay active at home. Access the support tools [here: **Escape-pain - Self management for Arthritic pain using exercise**](#)

For anyone seeking help to managing bone, joint or muscle pain at home, the Chartered Society of Physiotherapy has a collection of excellent resources to support you: [**Managing your bone, joint or muscle pain | The Chartered Society of Physiotherapy \(csp.org.uk\)**](#)

Versus Arthritis is the UK's largest charity dedicated to supporting people with arthritis [**Versus Arthritis | All of us pushing to defy arthritis**](#)

Here is the link to specific knee exercises that you can complete as you feel able to, these are also the basic type of exercises you will be doing post your knee operation. Knee pain exercise sheet - [**Knee pain exercise sheet. \(versusarthritis.org\)**](#)

Take Your Medication

Continue to take your medication while waiting for your surgery, as directed by your GP and hospital specialist. Remember to bring all medicines, vitamins, herbal remedies and supplements you take, with you when you attend the pre- op assessment clinic. During this appointment you will

My Planned Care Patient Information Platform

be given clear information on whether you should stop taking your usual medicines before going into hospital.

Diabetes – Click on the link for advice to help you to control your diabetes as you prepare for surgery. If you are unsure about what you should do, please speak to your diabetes nurse or ask the pre-assessment team and they will be happy to help.

[Pre operative advice for diabetic patients on insulin - Yeovil District Hospital NHS Foundation Trust : Yeovil District Hospital NHS Foundation Trust \(yeovilhospital.co.uk\)](#)

Keep Moving

Healthy eating and being active

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

- [One You Eat Better](#) (website) - includes Easy Meals app for healthy meals and the Change4Life Food Scanner to help reduce levels of sugar in your diet.
- [Better Health - Get Active](#) (website) - 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.
- [Somerset Activity and Sports Partnership](#) (SASP) is dedicated to increasing the health and happiness of residents in Somerset through physical activity and sport.

Improve Your Health

Regular exercise is important for your health and wellbeing. Being active has a long-term positive impact on your health and immediate mental and social benefits.

[Somerset Activity and Sports Partnership](#) (SASP) have lots of information for adults and children and young people on how you can be active.

SASP also have tips on how you can [be active at home](#).

Age UK also offer a range of activities and exercise classes. You can find out about any classes in your local area on the [Age UK website](#).

[Smokefreelife Somerset – Smokefreelife Somerset \(healthysomerset.co.uk\)](#) Free stop smoking service supporting Somerset residents to become smoke free.

[Lose weight - Better Health - NHS \(www.nhs.uk\)](#) losing weight has many health benefits. Making small, simple changes to what and how much you are eating and drinking can really help you lose the pounds.

My Planned Care Patient Information Platform

Good Mental Health

Mental health and emotional wellbeing affect all aspects of our lives and health choices. Mental wellbeing is about feeling good and functioning well, as individuals and as communities. It is also about our ability to cope with life's problems and making the most of life's opportunities.

[Mental health and wellbeing \(somerset.gov.uk\)](https://www.somerset.gov.uk)

Mindline Somerset - Mindline is a confidential listening service which provides a safe place to talk if you, or someone you know, is in distress. We can also give basic information about mental health and local support services.

Emotional support and mental health helpline is open 24 hours a day, 7 days a week.

01823 276 892

0800 138 1692

[Mindline - Mind in Somerset](#)

Somerset Mental Health Hub

[South Somerset | Somerset Mental Health \(somersetmentalhealthhub.org.uk\)](https://www.somersetmentalhealthhub.org.uk)

What should I do if my health is deteriorating?

We advise that if your referral symptoms are worsening as you wait for procedure date, to contact the Orthopaedic outpatients 01935 384319 during office hours.

If you are struggling with your health (including both physical and mental health) while you wait for surgery, please consult your GP.

To contact your GP surgery:

- visit their website
- use the [NHS App](#)
- call them

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.

My Planned Care Patient Information Platform

Life Threatening Emergencies

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

General enquiries contact

Yeovil District Hospital Higher Kingston, Yeovil BA21 4AT

01935 475122

www.yeovilhospital.co.uk