

## Orthopaedics – Knee Replacement

### Introduction

The Covid pandemic has significantly impacted on the NHS ability to deliver planned elective care to patients. 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 are able to support yourself while waiting to attend the hospital. The guidance has been written by clinicians who are responsible for your care.

### Guidance for Patients

Whilst waiting for your treatment we would advise continuing with the pain medication you have been prescribed. Please remember to use any walking aids you have been given, or ask for some if you have not. Using a stick whilst you walk takes some of the pressure off your knee joint and therefore can make it less difficult to get about, it also gives you support if you feel your leg is going to give way.

Try to keep active, even if this is just a short walk daily. By doing this you are helping to maintain the muscle strength around your knee joint which will be important when you start to move again after your operation.

If you are overweight trying to lose weight will benefit you – this takes some pressure off your joint now but it will also benefit you when you come to have your surgery.

If you already have a diagnosis as to what your condition is you might find some further advice on:

Versus arthritis website: <https://www.versusarthritis.org/>

British Orthopaedic Association website: <https://www.boa.ac.uk/patients.html>

Joint school app; <https://www.jointschool.app/>

---

# My Planned Care Patient Information Platform

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

We would ask you to look out for deteriorating symptoms in your knee. Has the pain become excessively worse, are you unable to bear weight on that leg, does the leg give way on you regularly. If this is the case please get back in touch with us – your clinician may organise to discuss this with you on the phone or organise follow up.

Please also be mindful of aspects of your general health, or other medical conditions, deteriorating which may impact on your fitness for surgery. If this is the case please contact your General Practitioner so that your general health can be optimised appropriately.

If your mental health is affected and you are feeling low or anxious it is important to seek help and support from your GP, family and/or friends. There are also helplines and websites which can offer support if you don't feel able to talk to someone.

## Contact Us

If you need to please make contact with the secretary of your named consultant. Details of this should be accessible on correspondence you have received or contact switch board on 01228 523444.

---