

A-Z of Things to Remember on Discharge FOLLOWING YOUR Total Knee Replacement

Discharge will generally be 3 days after your operation
A nalgesia – Take Regular pain relief even with no pain; take whatever medications you have been given by the pharmacist on discharge. Take as prescribed on the boxes.
B athing is not advised until your wound is healed and you can safely get in and out of the bath. (Risk of wound infection) Shower instead.
C are for your new knee at all times. Follow instructions.
D edicate time to do your exercises as instructed to get best out of your knee. Only you can do this.
E lastic Stocking must be worn for 6 weeks, Booklet provided in your pack from Pre-Op assessment.
F ootwear should be well-fitting shoes. You may need a size bigger due to swelling and preferably Velcro or a shoe you can put on by yourself. Avoid Lace up shoes.
G eneral Good health and fitness. Take care of your diet and exercise. Plenty of water.
H aving swollen knee/ankles after knee surgery can be common, make sure you rest your legs in bed or on a stool when sitting and apply ice throughout the day.
I t may take 6-12 months to get full benefit from your knee replacement.
J OINT REPLACEMENT is a major operation. Remember this.
K nee replacements may alarm at airports, security staff would be aware of this if you explain.
You may L OSE the ability to kneel.
M aintain good circulation to your legs. Exercise as shown by the physiotherapist.
N EVER feel you can't contact us at any time night or day. Contact numbers below.
O ccupational therapy is not routinely required for knee replacement.
P hysiotherapy will assist your walking and provide you with an exercise programme to continue with on discharge.
Q UERIES can be answered just by a phone call, most of the information you need you will find in your booklet, including contact numbers.
R EFRAIN from driving until your review or you can drive safely (You <u>must</u> be able to perform an emergency stop). Your insurance company won't cover you otherwise.
S ome physiotherapy may be arranged after discharge, this may take form of an exercise class.
T wisting and turning should be avoided.
U se your arms to push yourself up from chair to the standing position.
It's V ery important not to cross your legs.
W OUND. KEEP it clean & dry. Do not tamper with your dressing. Signs of infection are increased discomfort/swelling/burning under dressing, redness spreading up your leg. Pus coming through your dressing. Feeling unwell/flu like symptoms or sweating, OFFENSIVE smell from wound, High Temperature. Contact us immediately if you are concerned.
X -rays are only needed after surgery on Consultants request.
Y ou need to take responsibility for your new knee replacement. Follow instructions.
Z immer to be used until you are confident on your crutches.

If you have any concerns about your new knee that you would like to discuss please contact:

Rhonda Moore, Arthroplasty Review Nurse on 028 71611282 Mon - Fri
Outside of working hours please contact Ward 5 on 028 71611205 and ask for Nurse in Charge.

Exercises

The following exercises should be performed regularly throughout the day for at least 12 weeks. These exercises will help knee range and strength and should be performed pre and post-operatively.

Please note: these exercises may worsen your pain initially, but it will get better.

Pain following a knee replacement remains for many weeks and is normal for everyone. Take pain killers before you exercise to try and reduce the after-effects and apply ice regularly throughout the day.



Sit on a chair with a board or towel under one foot. Slide the foot under the chair as far as you can. Move your knee forward keeping the sole of your foot in contact with the floor. Hold for approximately 10 seconds. **Repeat 10 times, regularly throughout the day.**



Sit on the floor with your legs straight out in front of you. Put a band around your foot. Bend your knee as far as possible. Gently pull the band to bend your knee a little more. Hold for approximately 10 seconds. **Repeat 10 times, regularly throughout the day.**



Sitting on a chair, with the leg to be exercised supported on a chair as shown, let your leg straighten in this position. Hold for approximately 15 seconds. **Repeat 10 times, regularly throughout the day.**



Sit on a chair with one leg straight in front of you. Place your hand on your thigh just above the knee cap. Lean forward keeping your back straight. Straighten your knee, assisting the stretch with your hands. Hold for approximately 15 seconds. **Repeat three times, regularly throughout the day.**



Sit on a chair. Pull your toes up, tighten your thigh muscle and straighten your knee. Hold for approximately five seconds and slowly relax your leg. **Repeat 10 times, regularly throughout the day.**



Lie on your back. Bend your leg, place a cushion under your knee and keep your other leg straight on the bed. Exercise your straight leg by pulling your foot and toes up; tightening your thigh muscle and straightening the knee (keep your knee on the cushion). Hold for approximately five seconds and slowly relax. This cushion is to be used for exercises only then removed. Once this is achieved and pain is settled you can make the exercise harder by putting a small weight around your ankle. **Repeat 10 times, regularly throughout the day.**