

Discharge Advice following Hip/Knee Replacement Surgery

You will normally be discharged within 5 days of surgery

12 – 14 days post surgery:

You may remove dressing
Clips (if applicable) removed at GP Surgery

For 5 weeks post surgery:

Self inject Low Molecular Weight Heparin

Follow up appointments:

Within 10 weeks
1 year post surgery with x-ray



All total knee replacement patients will be asked to attend for physiotherapy.

Musculoskeletal Centre
www.sath.nhs.uk

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Remain active and continue with exercises as shown in hospital.

- Do take regular short walks on even ground
- Gradually increasing the distance as you get stronger
- Do wear sensible shoes.
- Do use crutches until advised otherwise.
- Do take regular pain relief as prescribed

Wound care:

- Keep the wound dry
- You may remove dressing at 12 - 14 days
- Avoid any attempts to peep at wound
- Redness, swelling and discomfort can be normal but if you have increased redness or leakage from the wound or calf pain contact your Nurse Practitioner or out of hours your GP or A&E
- The ward are unable to offer advise over the phone.

Contact Numbers

Orthopaedic Advanced Nurse Practitioners:

Vicki Gill/Jill Kelson/Lorraine Petford telephone no: 01952 641222 ext 4034