

Preparing you for your joint replacement

Initial Consultation

- ▶ Agree treatment with the Orthopaedic team
- ▶ Placed on waiting list for surgery

2 - 4 weeks prior to admission

- ▶ Attend pre-op clinic
 - Blood tests
 - ECG
 - MRSA screening
 - Carbohydrate drinks supplied if applicable
- ▶ Consultation with Orthopaedic Advanced Nurse Practitioner
- ▶ May attend OT / Physio assessment



Aim for Enhanced Recovery after Hip / Knee Replacement Surgery

Day 0	Day 1	Day 2	Day 3	Day 4
<ul style="list-style-type: none"> ▶ Drink carbohydrate drinks ▶ Operation ▶ Sit up ▶ Eat / drink 	<ul style="list-style-type: none"> ▶ Stand / sit out ▶ Eat / drink ▶ Blood tests ▶ Dressing reduced ▶ Physio ▶ Shown how to inject blood thinning agent ▶ Walk with zimmer frame / crutches 	<ul style="list-style-type: none"> ▶ Eat / drink ▶ Bloods ▶ X-ray ▶ Physio ▶ Walk with zimmer frame / crutches 	<ul style="list-style-type: none"> ▶ Eat / drink ▶ Shower ▶ Dress ▶ Physio ▶ Walk with crutches ▶ Stairs / step 	<ul style="list-style-type: none"> ▶ Eat / drink ▶ Shower ▶ Dress ▶ Home (may go home on day 3 if safe)

Orthopaedic Advanced Nurse Practitioners:

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