



You have now undergone your Knee Replacement and are going home.

When you first get home you can expect:

- that there will be some bruising and swelling in your leg. This may even track down your leg to your foot and ankle
- that you will feel tired. It is important that you take time each day to rest and if possible lay on the bed for an hour after lunch to reduce the swelling. Support your leg on pillows and raise the knee above the heart
- that you will need some help around the home. Please accept help that is offered by family, friends and neighbours
- that you may lose your appetite a little. You may find it easier to eat small meals throughout the day
- that your knee is painful particularly at night, this is normally because you have kept it still for too long. It is best, if your knee pain is keeping you awake, to walk for a couple of minutes which will make it more comfortable. You may find it helpful to take your pain medication one hour before you go to bed

Once home you should:

- Continue to take your pain killers regularly. If you run out of those prescribed here at Spire, and you still have pain, ask your GP to prescribe you some more
- Continue to take your Pradaxa (blood clotting tablet) at approximately the same time each day
- Wear comfortable loose clothing. Remember when putting on trousers to always put your operated leg in first
- Continue your exercise program a minimum of three times per day
- Walk little and often (you should start by pottering around the house, then you can walk outside for 5 minutes. As long as there are no ill effects gradually increase your walking each day by approximately 5 minutes)
- Spend equal time when sitting with your leg supported and elevated on a foot stool to decrease the swelling, and down with your foot on the floor
- Continue to use the ice cuff you have been given to take home with you for 15 to 20 minutes three times a day or more

You will gradually progress over the next six weeks, your pain will ease, your general mobility will improve and you will gradually increase the time and distance you can walk. There is no set time that you should use your walking aids for, but your Physiotherapist will guide you with this. In general if you are walking longer than a few minutes and you are still limping you should continue to use your crutches or stick. This may not be necessary around the home, but you must ensure you are safe.

You will be seen approximately three to four times in physiotherapy after discharge and before your six week check-up with your surgeon. It may be uncomfortable at first to do your exercises but you should aim to get your leg almost straight and 90 degrees of knee bend as soon as you can.

By six weeks you may.....

- still experience some aching and stiffness first thing in the morning or after you have been seated for a period of time
- now drive a car. (Ensure you are comfortably able to do an emergency breaking manoeuvre)
- increase the amount of housework you do as comfort allows
- take short haul flights (two hours). It is advisable to stay well hydrated and use your surgical stockings if you have them. Sit in an aisle seat so you can get up and walk around.

By twelve weeks you.....

- may still have a little stiffness which will improve over the next twelve weeks
- will have returned to your normal function and activities
- **should be enjoying the benefits of a pain free knee, improved walking and better quality of life**

If you have any concerns once discharged from hospital please call:

<p>Spire Ward 0845 6047400 ext 2452 or 2459 (24 hours a day) or Physiotherapy 01424 757491</p>
