



Spire Healthcare

Welcome to Joint School

Spire Gatwick Park Hospital



Looking after you.

Before Your Operation

- Stay as fit as possible and walk regularly as you are able.
- Eat healthily including iron-rich and carbohydrate-rich foods.
- High fibre foods and plenty of fluids help prevent constipation. To bring into hospital small packs of 'ready to eat' dried fruit.
- Stop smoking.
- Prepare your home.

Before Your Operation Continued

- Arrange for someone to take you home and stay with you for two weeks.
- Arrange transport for your outpatient appointments.
- Arrange to be off work for 6-12 weeks.
- Practice your exercises.
- Practice walking with your sticks.
- Practice the stairs.

Things To Bring In

- Loose comfortable clothing for the day and night including a dressing gown.
- Toiletries.
- Shoes and slippers with backs.
- Mobile phone, laptop, iPad, tablet (free WiFi available).
- One box of all medications in their original containers.
- Walking sticks.
- Your exercise booklet.

Anaesthetics

- Spinal anaesthetic – local anaesthetic injected into the spine.

OR

- Regional anaesthetic block – local anaesthetic given to the nerves supplying your leg.

AND

- Sedation or general anaesthetic.

Pain Management

How bad is your pain?

Use the table below to decide how bad your pain is on a scale of 0-4. You can use the words, the colours or the pictures to help you decide which number reflects how much pain you have.

0	1	2	3	4
				
No pain	Mild pain	Moderate pain	Severe pain	Worst pain ever
"I have no pain at all, or any twinges I do have I almost forget about"	"I have an ache, but it is manageable and not causing me to feel upset or particularly troubled by it"	"I have pain and I am really conscious of it. It's really bothering me and I'd like it to go"	"This is bad pain, I can't think of anything else other than this pain. It could make me cry and I need it to stop very quickly"	"I am in complete agony. I can't imagine having pain worse than this. I want to cry and scream it is so bad"
				

You will have regular and 'as required' pain relief medication.

Your Patient Journey

- Adhere to your fasting and admission times.
- Before your operation you will see your consultant, anaesthetist, nurse, physiotherapist and pantry staff.
- You will walk to theatre if you can.
- When you come back to the ward you will be encouraged to drink, eat and move.

When Can You Go Home?

- When you have good movement in your new joint and walking well.
- Safe on the stairs.
- Independent with some help with daily needs.
- Signs of wound healing.
- Your length of stay is flexible:
 - Average of two nights for hip replacements
 - Average of three nights for knee replacements

Follow-up Care

- Wound clips are removed at 12-14 days either at Gatwick Park Hospital or your local GP surgery.
- Follow-up physiotherapy either at Gatwick Park Hospital or your local NHS Trust.
- Consultant appointment at six weeks post-surgery either at Gatwick Park Hospital or your local NHS Trust.

Practice Makes Perfect

- Practice with your sticks for at least five minutes every day.
- Use your sticks for one full 24 hour period before you come in for your operation.
- Practice your exercises daily.
- Practice your stairs with your sticks.

It does make a difference!