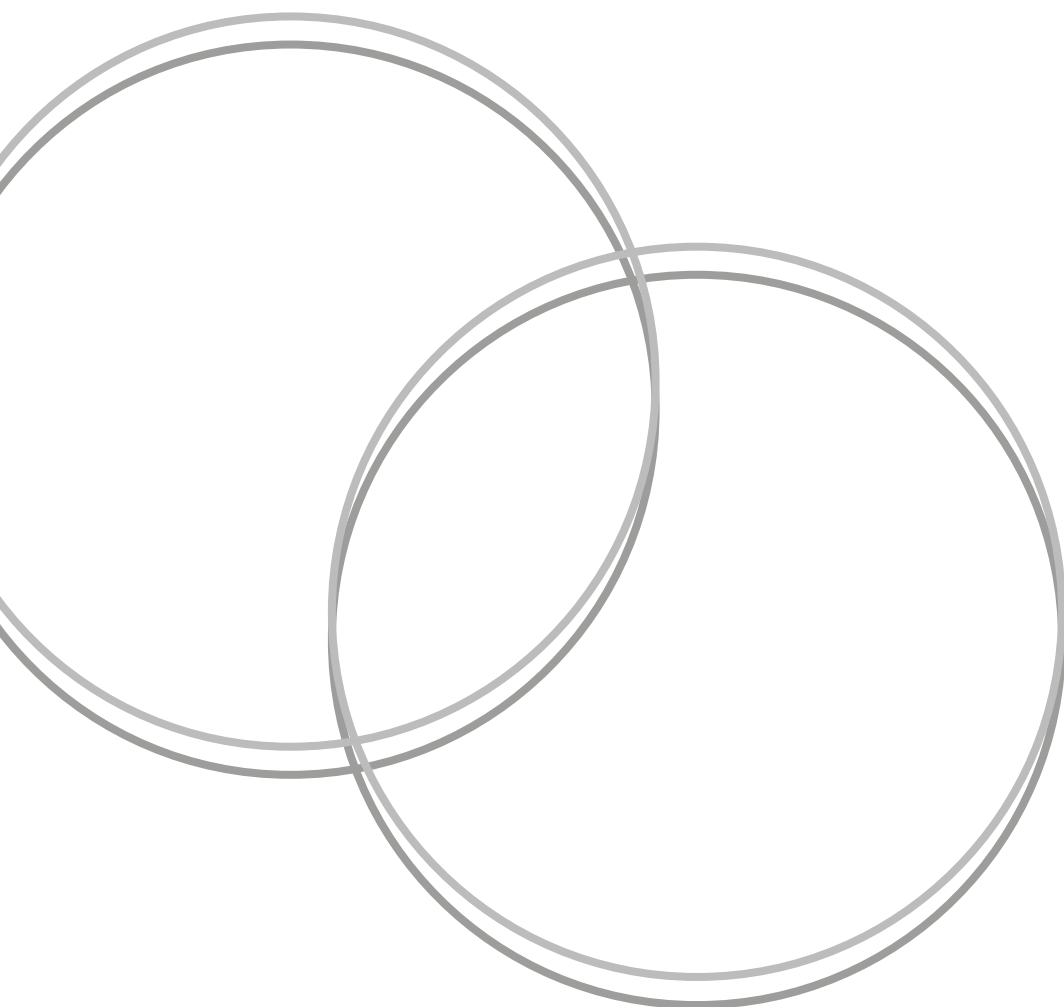


Hip and knee replacement

Helping you prepare for surgery and discharge home

Information for patients



You have been given this leaflet as you are on the waiting list for a hip or knee replacement.

We will aim to get you home on the day of surgery; however, some patients may need to stay a little longer.

Everyone is treated as an individual and you will go home as soon as you are able to.

Between now and your surgery we advise you to:

- Stop smoking or vaping. Please ask if you would like to be referred to the stop smoking services.
- Stop or cut back on the amount of alcohol you are drinking. You are advised to drink no more than 14 units a week.
- Stop using recreational or “street” drugs as these may cause very serious problems during an anaesthetic. For free advice about recreational drugs please see www.talktofrank.com
- Keep as active as you can and keep doing any exercises you may have been given.
- Continue to lose weight, if you need to do so, as this can lessen the risk of complications.
- See your dentist if you have any loose teeth or dental concerns. Do not have any dental work for 6 weeks before or after your surgery.
- **Contact your GP or Here for Health on 01865 221 429, Monday to Friday 9.00am to 5.00pm if you would like help with any of this advice.**
- **Please note that you may be given another appointment in the Pre-Operative Assessment Clinic for repeat blood and MRSA swab tests as sometimes these need to be repeated.**

You should also:

- Arrange for someone to take you home from hospital after your surgery. Someone may also have to bring you back to hospital for any appointments after your surgery.
- Arrange for an adult to be at home with you for the first night after your surgery. **You will not be allowed to drive yourself home or use public transport.**
- Prepare for your discharge as this will help you to return home safely.
- Arrange for your family, friends, or a private carer, to help you when you get home from hospital. You will be using a walking aid when you go home so may need help for a short time with every-day tasks such as dressing, shopping, cooking, cleaning, and laundry. Your new joint will be stiff and painful in the first few weeks so you may need help reaching your feet to put on socks and trousers.
- Consider using online food shopping, batch cooking and stocking your freezer or cupboards to make it easier to manage meals afterwards.
- Place items you use regularly so they are easy to reach and avoid using very low or very high shelves or cupboards.
- Remove any trip hazards such as loose floor rugs.
- Consider the furniture around your home. How easy is it to get on and off as this may be more difficult after your operation. Could you use an extra cushion on a chair or mattress topper on a bed or borrow furniture from family or friends?
- If required, move furniture so there is room to move around with crutches or a walking frame when you return home.
- Make sure you have some paracetamol and ibuprofen at home to help with pain relief after surgery. You will be given other pain relief on discharge.

Any changes to your health before your operation:

- Contact your Pre-Operative Assessment Nurse on 01865 226 994 if your health changes in any way before surgery.
- If you develop a persistent cough, raised temperature, loss of taste or smell, sore throat, cold or flu symptoms, an open wound, cut, graze, insect bite, vomiting, diarrhoea or a medical problem within 48 hours of your surgery please contact Admissions for advice on **01865 738 071** Monday to Friday, 8.00am to 12.00pm.
- If you become unwell over the weekend before your surgery, please telephone 0300 3047 777 and ask for the operator. When connected ask to speak to the Operational Manager at the Nuffield Orthopaedic Centre on pager 7101.

In the 24 hours before your operation:

- Contact Admissions on 01865 738 071 between 11am and midday the day before your operation. This will confirm your admission and which ward you should go to on the morning of your surgery.
- If your admission is on a Monday, please phone on Friday.
- Keep yourself well hydrated by drinking unlimited amounts of water or squash.
- Remove your watch, all jewellery, make-up, false nails and nail varnish before you come into hospital.
- Use the MRSA decolonisation wash and nasal cream as you have been instructed, the night before and on the morning of your surgery, before you come into hospital.

What to bring into hospital:

- A week's supply of all your medications and tablets, including inhalers, herbal supplements, and over the counter medications you are taking, in their original boxes. Please bring them in the green bag you were given at your pre-assessment appointment.
- If you have a pharmacy dispensed blister pack, please bring this with you. It identifies what medications you usually take. Please note that the nurses cannot use medications from the pack and anything you need while you are in hospital can be ordered.
- A small overnight bag with toiletries, nightwear and comfortable flat shoes or slippers with a heel support.
- A mobile phone and charger if you have one. There is Wi-Fi in the hospital.

On the day of surgery:

- Do not bring any valuables into hospital. If you do, it is at your own risk.
- Wear comfortable shoes and loose-fitting clothing such as a tracksuit, shorts, or a skirt as you may have some swelling around your new joint and a large dressing when you go home.
- You will be prepared for surgery by the nursing team.
- You will see your surgeon and anaesthetist for the final medical checks.
- Be aware your surgery may be delayed or cancelled if you are medically unfit for surgery.

Within a few hours after surgery:

- You will return to a ward where the nursing and surgical teams will review your progress.
- A physiotherapist will help you get out of bed and teach you how to walk with crutches or a frame. You will be given the exercises you will need to do and the opportunity to practice stairs if needed.
- An occupational therapist will see you if there are any concerns about how you will manage at home if required.

Before you go home:

- A pharmacist will review your medication and may speak to you if required.
- A nurse will give you medication to take home, advise you how and when to take it and explain the importance of all the pain medications and laxatives you need to take.
- A nurse will show you or a family member how to give the blood thinning injections at home if these are required.
- You will be advised how to look after your wound.
- On discharge, if you are waiting to be collected you might be transferred to the nurse-led discharge lounge.

When you return home:

- It is normal for your joint to be stiff and painful after surgery (sometimes extremely painful).
- **Take your painkillers as directed and reduce them as the pain settles.** It is helpful to take your painkillers before doing your daily exercises. Some painkillers can make you constipated, so make sure you keep hydrated and take the prescribed laxatives to help. Sometimes the pain medications can make you feel sick, so don't take them on an empty stomach and take the anti-sickness medicine prescribed or ask your pharmacy or GP for some if needed.
- Follow the instructions on how and when to take the blood thinning medications. These will help prevent a Deep Vein Thrombosis (DVT).
- Continue your physiotherapy exercises. You will be referred to an out-patient physiotherapist if needed.
- You must arrange an appointment with your GP Practice nurse for 2 weeks after surgery to check your wound.
- An Out-Patient Clinic appointment for 6 to 12 weeks following your surgery will be sent to you.

Admission checklist

Date of admission	
Time of admission	7am
Fasting instructions	<p>No food after 2 am on the morning of surgery</p> <p>If you have diabetes: Please have a snack before you go to bed (e.g. a banana or sandwich)</p> <p>Continue clear fluids until 6am on the morning of surgery: This includes unlimited amounts of water or squash. It is very important that you are well hydrated before surgery.</p> <p>Nil by mouth from 6am: No chewing gum, sweets, mouthwash, or ice chips.</p> <p>Take all your usual medications before 6am unless it is stated below.</p>
Covid-19 advice	<p>If you have been in contact with or tested positive for Covid-19 within 7 weeks of your surgery date, please inform admissions.</p> <p>You are no longer required to do a lateral flow covid test before your surgery unless you have symptoms.</p> <p>Do not have the Covid-19 or Flu vaccine within 1 week of surgery.</p>
<p>Directions to the admission wards:</p> <p>Orthopaedic Short Stay Unit (OSSU): Park in the main carpark or drop off point outside the main entrance. Go through the main hospital entrance and turn left towards Physiotherapy. OSSU is the first door on the left. It opens at 7am.</p> <p>Theatre Direct Admissions (TDA): When you drive onto the hospital site from Windmill Road, immediately turn left into a small carpark or drop off point. Please note that there is no direct access from the main hospital entrance into TDA. It opens at 7am.</p>	

Medications checklist

Stop these medications before your surgery:

Do not take these medications on the morning of surgery:

Other advice:

Notes

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

Author: Smily William, POAC Unit Manager,
POAC Nursing Team, Nuffield Orthopaedic Centre
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Oxford University Hospitals NHS Foundation Trust
www.ouh.nhs.uk/information



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charity@ouh.nhs.uk | 01865 743 444 | hospitalcharity.co.uk

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