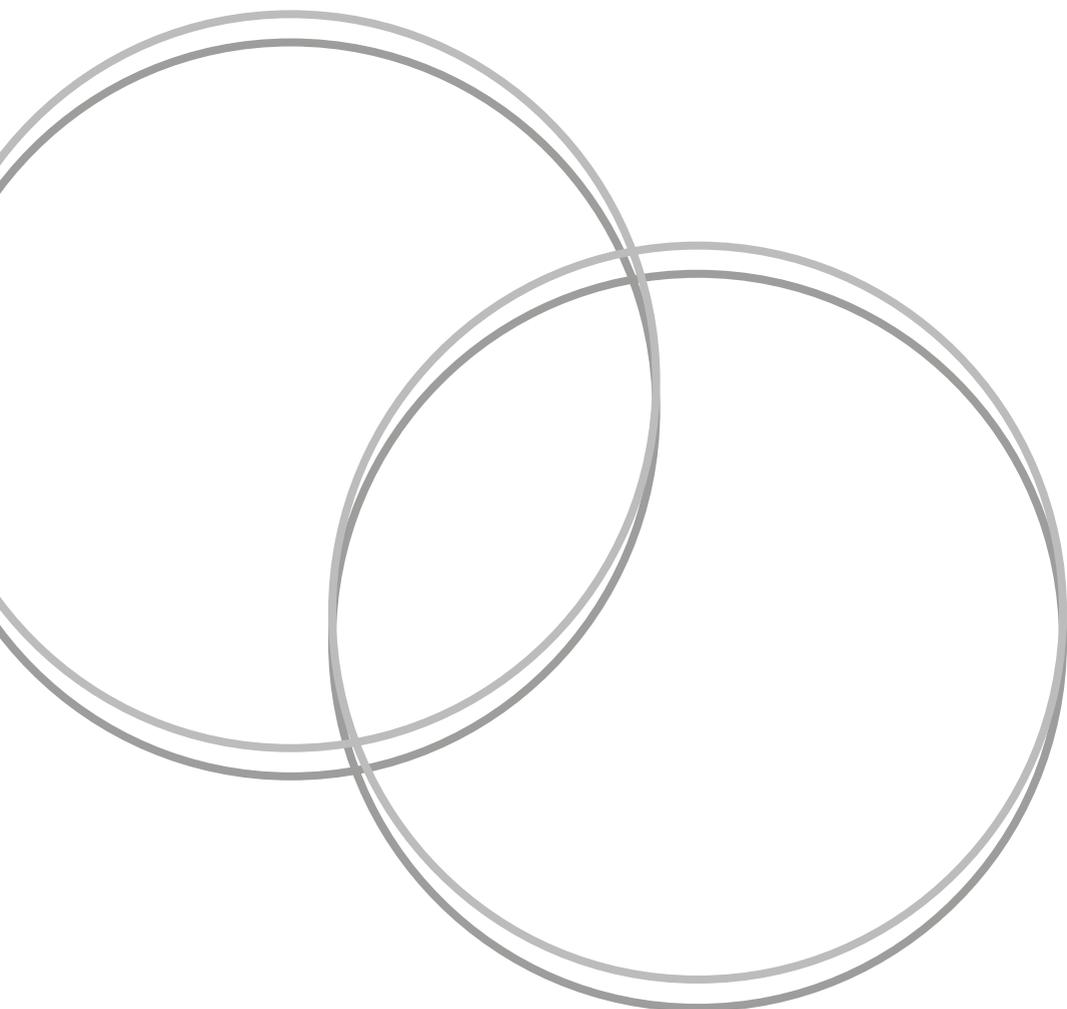




Oxford University Hospitals
NHS Foundation Trust

Knee Replacement

Information about your discharge



You have been given this leaflet because you have had knee replacement surgery and have recovered to an extent where your surgical team, nursing team and physiotherapists are happy you can go home.

Wound and Dressings

You have a large bandage around your knee which must not be removed until we see you back in this hospital in 5-7 days. The bandage may feel a little tight due to the swelling in your knee, but this is normal after a knee replacement. The outside of the bandage should be dry or may have a small amount of blood showing. If it becomes very blood stained, or the leg becomes very swollen and painful, please contact the duty sister, the number is at the bottom of this sheet.

Pain and Swelling

It is normal for your knee to be very painful and swollen after knee replacement surgery and it is very important you **regularly take all the medication you have been prescribed**. You should continue to do this until we see you again in 5-7 days even if you do not think you are getting much pain. All the prescribed medications will help with your recovery. Please make sure that you or your carer understand how and when to take them.

Your operated leg may swell, and your knee may feel swollen and tight for the first week. Swelling is helped by raising your whole leg. The best place to do this is lying down in bed. It is good practice after an anaesthetic to go to bed for an hour or so twice during the day to rest. When you are on your bed raise your leg up on 2-3 pillows. Keep your knee straight. Do not rest with your knee bent as this makes it more likely to seize up and may result in it not fully straightening in the long term.

Activity at Home

You will be able to walk around your home using crutches or a walking frame and do some very light activities. There is no specific

restriction as to what you can do but it is best to do very little for the first week. Potter around inside, and when resting elevate your leg on pillows with it kept straight.

Physiotherapy

You will have been taught how to walk safely with crutches or a walking frame and shown some very gentle exercises by a physiotherapist. This is all you should do for now. You will be given more physiotherapy exercises when you attend for your follow-up appointment in 5-7 days.

Your Next Hospital Visit

An appointment will be made for you at the Nuffield Orthopaedic Centre in 5-7 days to check you are recovering as expected. It is very important that you attend this appointment as we will look at your wound to check that it is healing as expected. It will be re-dressed, and you will be seen by a physiotherapist who will give you more exercises and advice for your knee replacement. There will be time to ask any questions you may have. You may be seen by a member of the surgical team.

Knee Replacement Discharge Clinic Appointment

Date: Time:

Location:

Following this visit, if it is appropriate, you may be given another physiotherapy appointment at the Nuffield Orthopaedic Centre to progress your exercises further.

If you have any concerns at any point in the first 7 days, please ring 01865 741155 and ask for the operator. Tell the operator you have had a knee replacement in the last 7 days and you would like to speak to the on-duty sister at the Nuffield Orthopaedic Centre on pager 7101.

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: In-Patient Physiotherapy 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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