**Other problems after an operation**

* **Feeling sick**
  + It is common to feel sick after an operation or as a side effect of strong pain killers.
  + We will provide you with anti-sickness medicines to take if needed at home: *Ondansetron one tablet every 8 hours as needed (three times a day)*.
* **Constipation**
  + Is a common side effect of the painkillers you need to take after surgery.
  + We will provide you with a laxative medication to take if needed: It is important for your recovery that you take this medication if you do become constipated.
  + Make sure you drink plenty of fluids and increase the amount of fibre in your diet.
* **Blood clots**
  + Blood clots in the legs or lungs are a rare but important risk of any surgery.
  + We will provide you with medication specific to your personal risk to minimise this. The nurse on the ward will explain how to take this (either an injection or tablet) before you are discharged home.
  + Moving about and completing your physiotherapy exercises will reduce this risk as well.

**Contact numbers for help when you are home**

* We will contact you the day after you go home to make sure everything is going well and to answer any questions that you may have.
* If you are concerned about anything after your operation, you must seek advice.
* Please contact Sandringham Ward for further advice on: 01553 214 512.

**Day case and 24 hour stay joint replacement**

This document can be provided in different languages and formats.  
For more information, please contact:

The Queen Elizabeth Hospital King’s Lynn NHS Foundation Trust  
Gayton Road, King’s Lynn PE30 4ET  
Tel: 01553 613613

**This leaflet contains advice about your day case or 24 hour stay Hip or Knee replacement.**

Please read it before you come in for your operation.

If you have any further questions, please contact your surgeon.

**Feedback**

We appreciate and encourage feedback. If you need advice or are concerned about any aspect of care of treatment, please speak to a member of staff or contact the Patient Advice and Liaison Service (PALS):

**Telephone:** 01553 613351 or 01553 613343  
**Email:** pals@qehkl.nhs.uk  
**Letter:** PALS, The Queen Elizabeth Hospital King’s Lynn NHS Foundation Trust, Gayton Road, King’s Lynn PE30 4ET

The Trust endeavours to ensure that the information given here is accurate and impartial.

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**What to expect**

* The same day or 24 hour stay pathway for hip and knee replacements enables you to go home the same day or day after your operation. It provides the same excellent care as you would receive on the previous inpatient pathway, with the benefit of allowing you to continue your recovery from the comfort of your own home.

**The pathway**

* You will be seen by our pre-assessment team before you come in for your operation.
* Your anaesthetist will discuss how they will manage your anaesthetic on the day of your operation: either a ‘spinal’ or ‘general anaesthetic’. You will be offered a ‘nerve block’ (a local anaesthetic injection that provides pains relief).
* You will be provided with medicine to manage your pain.
* More information about anaesthetics can be found on the Royal College of Anaesthetists website here: <https://rcoa.ac.uk/patient-information/patient-information-resources>
* After your operation you will be seen by the physiotherapy team to help get you out of bed, into a chair, able to use the toilet and move about on the same day.
* You will be discharged home once we are satisfied you can continue your recovery safely and comfortably at home.

**Physiotherapy**

* You will be seen before surgery by a member of the therapy team in a class setting. There you will be taught your post-op exercises, the use of an appropriate walking aid and assessed for any further equipment needs.
* During your admission, you will be assessed by a member of the therapy team to ensure you are completing your exercises correctly and that you are able safely get up and about post-operatively.
* Once your pain is controlled, and you are safely moving with your walking aids (this may include a stair assessment) you will be discharged home.
* In the days following your joint replacement, you will experience stiffness and swelling in the operated leg. Therefore, you must complete your exercises to maintain range of movement at the joint, mobilise regularly and elevate the operated leg. You may also benefit from the use of an ice pack to reduce pain and swelling.
* To achieve the best outcome from the operation, it is essential you practice the prescribed exercises regularly and regularly walk about at home.
* If you have any concerns about your exercises, please contact the outpatient physiotherapy department on 01553 613796.

**Managing your pain at home**

* **It is essential to take the medication that you have been prescribed to keep on top of the pain after your operation.**
* Your anaesthetic may include a ‘nerve block’ which will provide excellent pain relief following your operation but will wear off after 18-48 hours.
* Taking your regular pain relief regularly will ensure you remain comfortable as the ‘nerve block’ wears off.
* Your Nurse will go through this with you before you go home.

**Regular pain relief:**

* You should take this every day for up to two weeks. This will usually include:
  + Paracetamol 1g 4 times a day
  + Dihydrocodeine 30mg 4 times a day
  + Ibuprofen 400mg 3 times a day
* Some people may already take similar medications or need individualised regular pain medicines (for example, you may not be able to take ibuprofen.), The team looking after you will discuss this with you before you go home and arrange alternative regular pain relief to suit you.

**Top Up pain relief:**

* **Oramorph** (10mg in 5ml) is a strong rescue pain relief for you to take as needed.
* You can take 5ml (10mg) to 10ml (20mg) every four hours as needed.