

Care after day case hip/knee replacement surgery

Orthopaedic Surgery

Information for Patients

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Introduction

You have been given this leaflet because you have had hip/knee replacement as a day case procedure. Your care after your surgery does not need to take place in hospital. This leaflet is to support your recovery at home.

What instructions should you follow at home?

- * Keep yourself hydrated, drink plenty
- * Keep yourself as mobile as possible. Follow physiotherapist instructions for exercises
- * We have given you anticoagulants to reduce the risk of blood clots after surgery. You should take them as prescribed by the doctor
- * If you have any severe chest pain and severe difficulty breathing you should call 999 or go to the Emergency Department right away. If you have pain and tenderness to your calf call 111 for advice and tell the call handler you have had surgery
- * You will have a follow up appointment with your medical team, usually between 6 to 8 weeks after discharge. We will send this date in the post. If you have not had an appointment after 2 weeks call the ward you were discharged from
- * You will get a text message with a follow up questionnaire, or a phone call next day to support you
- * You can contact us to report any concerns up until your go for your follow up appointment with the surgeon (usually 6 to 8 weeks after surgery). Your medical/nursing team will be able to support or signpost you to the right medical care. After this time, please call your GP.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

How to take care of your wound?

- **Hip replacement** - Keep the dressing applied to your skin in place until you go to see practice nurse at your GP.
- **Knee replacement** - If you have a bandage around your knee, remove it after 24 hours. Leave the dressing applied to your skin in place.
- Keep the wound dry and do not get it wet. Only change your dressing if it has a large amount of leakage on it. Do not change the dressing if there is only a few spots of leakage. If there is large amount of bleeding please contact the ward.
- The nurse will tell you if you can shower or bathe as some of the dressings given on discharge may be shower proof. If they are not the nurse will let you know. You will need to keep your dressing dry until you're seen at GP surgery for clips or sutures removal.
- Check for any bleeding or signs of infection such as redness, swelling, discharge/excessive bleeding. You can contact the ward up to your follow up appointment after discharge to report any concerns. But, if you have a high temperature, short of breath, lightheaded, confusion or disorientation, feel clammy, please go to the Emergency Department.
- You should book an appointment at your GP surgery for wound check and remove stitches/ clips/steristrips on

We will give you one of the following leaflets. Please read them carefully and follow the instructions given by the staff.

- Leaflet 1268 - [Hip replacement surgery](#)
- Leaflet 1271 - [Knee replacement surgery](#)

Medication you may be prescribed and their doses

Please note these medications may be subject to change due to allergies.

See table on next page

Medication	Dose	What it is for
<p>Knee replacement Aspirin dispersible tablets, by mouth (oral) for 2 weeks (14 days)</p> <p>Hip replacement Enoxaparin injection for 10 days. From day 11 take aspirin dispersible tablets for 28 days</p>	<p>Take 150 mg (2 tablets) once a day with food, at evening. Dissolve in water.</p> <p>Give 1 injection a day, at evening, for 10 days.</p> <p>On day 11 day start taking 150 mg of aspirin (2 tablets) for 28 days</p>	<p>Blood thinners. Information is in the blood clot leaflet given on discharge.</p>
<p>Paracetamol, oral 1000 mg 4 times a day</p>	<p>Take 2 tablets 4 times a day (morning, lunch, evening and bedtime). Minimum interval of 4 hours and no more than a total of 8 tablets in 24 hours.</p>	<p>Pain relief after your operation until no longer needed.</p>
<p>Codeine, oral 30mg to 60 mg, 4 times a day</p>	<p>Take 1 to 2 tablets 4 times a day (morning, lunch, evening and bedtime). Minimum interval of 4 hours and no more than a total of 8 tablets in 24 hours.</p>	<p>Pain relief after your operation until no longer needed.</p> <p>You can take codeine tablets with paracetamol.</p>
<p>Macrogol, oral 1 sachet to 2 sachets 2 times a day for 2 weeks (14 days)</p>	<p>Take 1 to 2 sachets in the morning and 1 to 2 sachets in the evening</p>	<p>To stop constipation after your operation</p>
<p>Naproxen, oral 500 mg 2 times a day for 2 weeks (14 days)</p>	<p>Take 1 or 2 tablets in the morning and in the evening (with food)</p> <p>You can take Naproxen with other prescribed pain relief tablets.</p>	<p>Anti-inflammatory pain relief after your operation until no longer needed.</p>
<p>Lansoprazole gastro-resistant capsules, oral 30 mg for 2 weeks (14 days)</p>	<p>Take 1 capsule in the evening, 30 minutes before meal and evening medications</p>	<p>Protects your stomach from medications.</p>
<p>Morphine sulphate 10mg/5ml oral solution, oral 5 mg to 10 mg as required</p>	<p>Use the orange syringe to measure 2.5 ml to 5 ml and take it as needed, minimum interval of 2 hours</p>	<p>Pain relief after your surgery for 5 to 7 days</p>
<p>Ondansetron, oral 4 mg, as needed</p>	<p>Take 1 tablet as needed, minimum interval of 8 hours</p>	<p>To stop you feeling or being sick after your surgery</p>

Contact details

If you have any questions or concerns please contact:

- Ward 18: 0116 258 4147 or 0116 258 4148
- Ward 14: 0116 258 4112 or 0116 258 4113
- Ward 16: 0116 258 8335 or 0116 258 4150

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો
ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

Previous reference:

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk