



# What you need to know about your joint replacement

Mr A. Hoad-Reddick  
Specialist Hip and Knee  
Surgeon

# Before Surgery

Mr Hoad-Reddick has advised that you need a hip or knee joint replacement. Once you have a date for surgery there are a few important things we need to know about in advance:

## ANTICOAGULANT THERAPY

If you are taking any anticoagulant (including Warfarin, Clopidogrel or Rivaroxban), **we need to know about this ahead of surgery**. We can then advise you when to stop your medication before your operation to avoid late cancellation.

## ASPIRIN

In some cases, dose may need to be adjusted **one week before your surgery**. Please discuss at your pre-operative clinic.

## ORAL CONTRACEPTIVE PILL & HRT

We advise patients to stop taking the pill or HRT **at least 4 weeks prior to surgery** as there is an increased risk of developing a clot. Please seek medical advice regarding alternative contraceptive methods in the case of the contraceptive pill.

If you sustain any **CUTS, SCRATCHES, BITES** on the leg that we are operating on, it is important that you inform us **before your surgery date**. This could otherwise harbour bacteria which could then become a source of infection in your new joint.

If you are planning to **TRAVEL ABROAD** post-operatively, please discuss the timing with Mr Hoad-Reddick but long haul flights should be avoided for 3 months.

## PRE-OPERATIVE ASSESSMENT

The hospital will contact you with a pre-operative clinic appointment. At this appointment, you will be seen by a nurse who will complete an in depth questionnaire to determine your fitness for surgery.

You will have some routine blood tests performed and some swabs taken for MRSA (bacteria resistant to widely used antibiotics).

After seeing the pre-operative clinic nurse, the physiotherapist and occupational therapist will meet with you to discuss your rehabilitation and recovery post-surgery.

(If you are undergoing a hip replacement, they will also explain post-surgery hip precautions to you).

Within 5 days of your surgery date, you will be asked to return to the hospital for another blood test.

Bring all your medication into hospital with you at the time of your admission for surgery so that we can prescribe this for you to take while you are on the ward.

**Please ensure that you have nothing to eat or drink after midnight the night before your surgery unless informed otherwise.**

# Your stay in hospital

## The day of your surgery

On arrival at the hospital you will register at the main reception desk and then be taken round to your room on the ward.

Mr Hoad-Reddick's Specialist Nurse will discuss consent with you and mark your leg for surgery. She will answer any questions that you may have. The ward nurses will then complete some forms with you and ask you to put a gown and paper pants on.

### **ANAESTHETIC**

The majority of patients have a spinal anaesthetic, an injection into your back to numb the lower half of your body. Patients can choose whether to be awake or asleep for the procedure. The anaesthetist will assess you to determine what type of anaesthetic will be best for you on the day. The General anaesthetic can take 48 hours to wear off completely and therefore we advise patients to not make any major decisions for 48 hours after their operation.

### **LIST ORDER**

The order of patients on the list for surgery will depend on their medical conditions. When all patients have been assessed, we will decide the most appropriate order of the list. We will then inform you of the expected time that you will be sent into theatre.

Once you have arrived in theatre, the nurse will take you to the anaesthetic room where you will see the Anaesthetist again.

## After surgery

After your operation you will be taken to the recovery ward to be monitored while you recover from your anaesthetic before being returned to your room on the ward.

If you have had a spinal anaesthetic, once you have full feeling back in your legs, the physiotherapist or nurses will help you to move around the ward with the help of a walking frame. You can start your post-operation leg exercises as soon as you can feel your legs. You will start your anti-clot medication the same evening.

Mr Hoad-Reddick and his team will assess your progress daily on the ward.

## Day 1 post-operation

You can expect some pain following your surgery but this will be managed with prescribed pain relief.

The physiotherapist will see you twice a day and occupational therapists will assist you with daily activities. The drip will usually be stopped on day 1 but the cannula will be left in your arm until after routine blood tests on day 2.

## Day 2 post-operation

The physiotherapy continues and occupational therapists will help you to shower. You will then be sent for an x-ray on a trolley and have some blood tests carried out. If blood results are satisfactory, the cannula in your arm will be removed.

## Discharge Day

Discharge is usually about 3 days after your operation, when the physiotherapist feels that you are confident and safe to go home.

On the day you leave the hospital your medications will be ready for you to take home.

Following discharge, you will receive a follow-up appointment by post for 6 weeks after your surgery. When you know the date of your follow-up appointment, it is important that you ring the Physiotherapy Department on **0161 495 7034** to arrange a physiotherapy assessment for the same day.

Mr Hoad-Reddick also routinely sees all his patients with joint replacements at 3 months and at 1, 3 and 5 years. You will receive reminder letters by post near the time of these further review appointments.

**Following Hip Replacement only** - The physiotherapist or occupational therapist will show you how to get in and out of your car safely. **We advise that you do not get in a car for two weeks unless absolutely necessary** but after that time you may ride as a passenger for short journeys only.

## Need more information?

### Contact us:

**Office: 0161 722 0007 (Office hours)**

**Stafford Suite: 0161 495 7022 (24 hours)**

**Fax: 0161 722 0002**

**Physiotherapy department: 0161 495 7034**

**Email: [secretary@hrorthopaedics.co.uk](mailto:secretary@hrorthopaedics.co.uk)**

**Website: [www.hrorthopaedics.co.uk](http://www.hrorthopaedics.co.uk)**

If you have any questions for your consultant in clinic or on the day of surgery you may find it helpful to write them in the space provided on the back of this booklet .

