

Wound Care-Knee Replacement

Hi my name is Liz and I am Mr Hoad-Reddick's specialist nurse, you'll meet me when you come in for your surgery. I'll come to see you after your operation, explain what we've done for you and give you this leaflet which is all about your wound care and what to expect when you go home. During the operation we will have injected some local anaesthetic into your knee, this helps with pain relief but wears off after 6 to 8 hours. At this point you may need to take some pain relief when you go home. We have applied a large crepe bandage onto your knee, this needs to be removed at 48 hours. You also have a cut on each side of your knee which has a stitch in it. This is covered by a sticky dressing, these dressings are waterproof and you'll be able to keep those on when you get in the shower.

When you come back to see Mr Hoad-Reddick for a follow up appointment, this is usually at 10-12 days and you will receive this appointment in the post. At this appointment Mr Hoad-Reddick will remove those stitches for you. You will need to speak to your physiotherapist before you leave for home. They'll go through the exercises that you will need to continue with when you go home. We also advise that you don't drive for a week, preferably until you come back to see Mr Hoad-Reddick.

You may get some swelling in your knee after the surgery, this is quite normal. The only time you need to be concerned about swelling is if you get swelling and redness in your calf. At that point you need to ring your GP or Stafford suite. All the contact details you may need following your discharge are at the bottom of the sheet that you are taking home with you.