

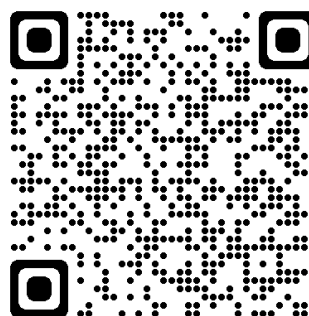
Preparing for Joint Surgery at the Royal United Hospital

You have been recommended to have joint replacement surgery. We would like you to consider how you will manage in the early days at home following your operation.

We aim to discharge you home on the day of your surgery or the following day, unless your surgeon advises differently. You need to plan for your discharge home and the support you will need to help you recover and confidently return home.

Please read the hip/knee replacement patient guide on the RUH website. This will help you to understand what to expect before, during and after your surgery. The link and QR code are here:

www.ruh.nhs.uk/jointreplacement



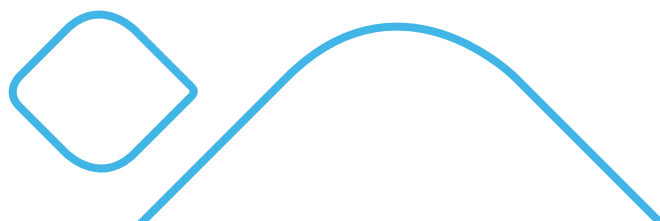
A hard copy of this should be available from the Orthopaedic Department when you discuss having an operation with your surgeon.

We do expect you to go home managing the essential day to day activities independently, but the points below are for you to consider and ensure that going home isn't too stressful for you.

- **Do you live alone?** If you live alone you will need overnight support for at least one night, and up to seven days, depending on your circumstances or needs. Please arrange this before your operation. Some organisations and charities may be able to help. For example Age UK. You can contact them directly to arrange this by:
Telephone: 01225 466135 (option 2)
Email: homeservices@ageukbanes.co.uk

Your GP may be able to offer advice too.

- **Do you care for anyone else?** If you do you will need to arrange help from friends/relatives as you will be unable to manage this caring role straight after your surgery. There is information about support for carers on the RUH website:
www.ruh.nhs.uk/CarerSupport



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- **Who will be caring for you?** You will need to consider if the person caring for you will have difficulties doing this role? If so, you may need to discuss how they can get support.
 - **Some practical things to do before your surgery:**
Ensure your fridge/freezer is well stocked for when you come home as you won't be able to go shopping straight away. You could ask a friend to help out with supplies whilst you are recovering.

You will be given pain killers to take home, but make sure you have a supply of your preferred pain control medications at home.

- **After your surgery:**
Initially you will be using two sticks or crutches to walk so you will not be able to carry items such as food and drink.

You will have seen how to manage stairs if you have watched the videos via the link in the hip/knee replacement patient guide on the RUH website and as shown above. However, you will find several flights of stairs difficult initially, and therefore you may wish to sleep somewhere more convenient than your bedroom and more accessible to the bathroom for the first few nights?

IF YOUR HEALTH CHANGES PRIOR TO YOU HAVING YOUR SURGERY PLEASE LET US KNOW AS SOON AS POSSIBLE SO THAT WE CAN PLAN ACCORDINGLY.

Contact 01225 825651

Royal United Hospitals Bath NHS Foundation Trust
Combe Park, Bath, BA1 3NG

01225 428331 | www.ruh.nhs.uk

If you would like this leaflet in email form, large print, braille or another language, please contact the Patient Support and Complaints team on 01225 825656.

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