

Mr David Mitchell
Mobile: 0438 322 969

KNEE REPLACEMENT PATIENT INFORMATION

DISCHARGE INSTRUCTIONS

Review appointment in rooms at 109 Webster Street Ballarat

Date: **Time:**

If you have any problems phone the consulting rooms in hours on 5332 2969 or out of hours David Mitchell on 0438 322 969. If you are to see a nurse or another doctor prior to the appointment - show them this information sheet.

The waterproof dressing will remain intact and a spare dressing has been provided. If the dressing needs changing, it is easiest to remove it in the shower, wash the leg, then pat the scar dry. Put the new dressing on with the knee out straight, and leave the dressing on until your appointment. Pull the tubigrip over the knee, try not to pull the dressing off.

You may have a pain patch on your shoulder. You will have been sent home with a spare patch, **change the patch the Wednesday following surgery and leave this on until your review appointment. Try to keep the patch fairly dry in the shower.** If it becomes hot, it releases more drugs, and you may become lightheaded & drowsy. If you are a bit sore, rubbing the patch may provide enough extra drug to avoid taking tablets.

Your leg will be swollen. Walking is encouraged but prolonged standing will result in increased swelling-have a rest every hour and elevate your leg. To reduce the swelling the leg needs to be higher than your heart. Do not sit for more than 10 minutes at a time. When watching TV etc elevate your leg by laying across the lounge with a pillow under the leg. TEDS or Venosan stockings will help control the swelling. These are a lot easier to put on before you get out of bed in the morning. A light dusting of talcum powder over the legs helps make application easier. Removing stockings and showering in the evening then going to bed makes better sense in the first two weeks after surgery.

Bruising is normal and is the result of bleeding that has occurred from around the operative site during surgery. The bruising will subside over the following weeks. The bruising will become evident in the days following surgery. Some people experience extensive bruising around the operative site, tracking down the leg to the ankle and foot.

If you are troubled by **nausea or vomiting** -
Phone the consulting rooms in hours on **5332 2969**
St John of God ward on **5320 2140**
Ballarat Health Services on **5320 4640**
or if out of hours phone David Mitchell on **0438 322 969**

Sometimes patients need to be readmitted if this occurs, but usually you will be instructed to stop one medication, and take an extra tablet to settle your stomach.

Constipation is a problem best avoided by eating plenty of fruit and walking frequently. Avoid Panadeine Forte, a common pain killer, although all pain killers can cause constipation. Prune or cloudy pear juice is a classic remedy and probably should be taken on day two (ie Saturday after a Thursday operation).

If your bowels haven't worked within three days of surgery, please seek advice from your local Pharmacy. If they still haven't worked the next day - contact your surgeon.

Checklist

Please check when you leave hospital you have:

Painkillers- Mobic

Panadol

Tramal

Norspan Patch

To minimise blood clots- Cartia (Aspirin 100mg)

A spare waterproof dressing (Opsite visible)

Alcoholic chlorhexidine antiseptic if using tank water

Access to ice packs (or frozen peas) when you get home

Medication Instructions

Take 1 cartia every day for six weeks.

Cease Mobic 3 weeks after surgery.

Take two panadol four times a day in the first four days, then only as required

Take Tramal if you are sore- try one the first time you use it. Up to two six times a day is possible, but rarely required.

Change Norspan patch Wednesday after surgery