



# Day case joint replacement surgery

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Version 2

## > About this leaflet

This leaflet provides information for people who have been referred for an orthopaedic joint replacement procedure to be carried out as a day case.

This will include information on how to prepare for your visit to NHS Golden Jubilee, along with what to expect when you are here and some advice for after your procedure.

## > Day case joint replacement surgery

Your surgeon has identified that you may be suitable to have your operation done as a day case. This means that you should not need to stay in Hospital overnight after your operation.

## > How to prepare for your surgery

- In the lead up to your surgery, please ensure that you are contactable by telephone; if your contact details change before you are admitted, please let us know as soon as possible.
- If we have informed you that we will provide you with adaptive equipment, and this is not in place, please contact the Occupational Therapy department on 0141 951 5161.
- Please make sure someone can collect you from the Hospital after your operation.
- Please arrange for an adult to stay with you overnight when you return home.
- Please follow all instructions about your medication, which were given to you at the pre-op clinic by the pharmacist or nurse practitioner. If you are unsure or no longer have your instructions, or your GP has changed your medication, please call the Pharmacist Answer Service on **0141 951 5523**.
- Please bring all your usual medication to Hospital with you, so it is available for you to take if required.
- Please bring your patient guide for hips and knees and ensure you have read it.

### It would also be helpful if you can follow the below steps before your operation:

- Please ensure that in the days leading up to your surgery you are eating balanced meals which include a carbohydrate/starch portion (for example bread, potato, pasta or rice) and have an evening snack (for example fruit, toast, plain biscuit or cracker).
- Bring your own dressing gown and slippers with you, to wear once you have changed into your theatre gown.

- Have a bath or shower before coming to Hospital.
- Wear loose comfortable clothing on the day of surgery so it can fit over dressings and bandages.
- Ensure you bring clothes you can wear to travel home in.
- Wear comfortable slip on shoes or trainers, with backs to help you walk safely when using sticks.
- Stock up your freezer so you do not have to worry about preparing hot meals.
- Take some time to think about how you will look after yourself at home. Having surgery will affect your daily living for a short time. If you live on your own, could relatives or neighbours help?

When you get home, if you have any concerns or questions, please contact the ward on **0141 951 5200**.

## Day of surgery

- Admission to the ward
  - On the day of your surgery, you will be admitted to the ward at 7am.
  - You will meet your anaesthetist who will discuss your anaesthesia and may also meet your surgeon to discuss your surgery.
  - The nursing team will ensure you are ready for theatre.
  - You will be following a 'Sip Til Send' pathway. You will be asked to sip water prior to going to theatre, up to 1 cup (150ml capacity) per hour. This will provide comfort and avoiding feelings of thirst.
- Theatre
  - You will be walked to theatre, however if for any reason you cannot manage this we will take you there in a chair or trolley.
  - You will spend time in the pre-op area where you will be prepared for your anaesthetic.
  - When your operation is complete you will spend a short time in recovery where the nurses will carry out routine observations to ensure you are recovering as expected.
  - You will then be taken on your theatre trolley back to the ward.
- On return to the ward
  - You will be transferred into a recliner chair.
  - You will be encouraged to eat and drink as soon as you feel able.
  - The ward nursing staff will continue to monitor your progress, regularly checking your observations and ensuring you feel well.
  - You will be given regular pain relief medication. Please let the nurse know if you need more pain medication.
- Post op rehabilitation and nursing input
  - The team will assist you out of your chair, and mobilise you with a wheeled walking frame to the bed.
  - They will help transfer you into the bed where you will carry out physiotherapy exercises.
  - You will then move out of bed and walk to your bedside chair.
  - The Occupational Therapist will work with you to show you the best way to get dressed and ensure you will be able to wash and dress yourself once home.
  - The Occupational Therapist will discuss with you if you will need to prepare meals on discharge home. If so, they will work with you to ensure you will manage this before you go home.

- You will have a rest period to ensure your pain and observations continue to be stable.
  - You will then walk to the toilet and progress from wheeled walking frame to 2 walking sticks or elbow crutches.
  - You will be assessed to ensure you can transfer on and off of the toilet.
  - You will attend x-ray.
  - On return from x-ray, you will attend the rehabilitation gym and practice stairs.
  - On return to the ward, the nursing staff will again review your pain, observations and prepare your discharge medications.
  - Your wound dressing will also be observed to ensure it is satisfactory before you go home.
  - You will need to pass urine prior to discharge home.
- Discharge home
    - You will need someone to take you home.
    - You will also need someone to stay with you overnight on the first night.
    - You will receive a follow-up phone call from the ward the day after you go home.

Although we will aim for you to be ready for discharge home on the same day as your operation, you **will not** be discharged home until you have met your nursing and rehabilitation goals.

## Contact

Following your phone call from the ward the day after your discharge, if you have any other issues, please call the arthroplasty helpline on **0141 951 5521** and routine follow-up care will apply.

### All of our publications are available in different languages, larger print, braille (English only), audio tape or another format of your choice.

我們所有的印刷品均有不同語言版本、大字體版本、盲文（僅有英文）、錄音帶版本或你想要的另外形式供選擇。

كافة مطبوعاتنا متاحة بلغات مختلفة و بالأحرف الطباعية الكبيرة و بطريقة بريل الخاصة بالمكفوفين (باللغة الإنكليزية فقط) و على شريط كاسيت سمعي أو بصيغة بديلة حسب خيارك.

Tha gach sgrìobhainn againn rim faotainn ann an diofar chànanan, clò nas motha, Braille (Beurla a-mhàin), teip clàistinn no riochd eile a tha sibh airson a thaghadh.

हमारे सब प्रकाशन अनेक भाषाओं, बड़े अक्षरों की छपाई, ब्रेल (केवल अंग्रेज़ी), सुनने वाली कसेट या आपकी पसंदनुसार किसी अन्य फॉरमेट (आरएफ) में भी उपलब्ध हैं।

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ਸਾਡੇ ਸਾਰੇ ਪਰਚੇ ਅਤੇ ਵਿਤਾਬਚੇ ਵਗੈਰਾ ਵੱਖ ਵੱਖ ਭਾਸ਼ਾਵਾਂ ਵਿਚ, ਵੱਡੇ ਅੱਖਰਾਂ ਅਤੇ ਬ੍ਰੇਲ (ਸਿਰਫ਼ ਅੰਗਰੇਜ਼ੀ) ਵਿਚ, ਆਡੀਓ ਟੇਪ 'ਤੇ ਜਾਂ ਤੁਹਾਡੀ ਮਰਜ਼ੀ ਅਨੁਸਾਰ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ ਵੀ ਮਿਲ ਸਕਦੇ ਹਨ।

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: **0141 951 5513**