



Day case joint replacement surgery

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Version 3

> About this leaflet

This booklet 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 are suitable to have your joint replacement carried out as a day case or sometimes referred to as day zero discharge.

This means that you should not need to stay in Hospital overnight after your operation.

> How to prepare for your surgery

In order for you to have your joint replacement carried out as a day case you must:

- Have a responsible adult who can drive you home from hospital on the evening of your surgery.
- Have a responsible adult who can stay overnight with you on the day you receive your surgery.
- Must live within 30 minutes of your local hospital
- Have a realistic journey time to and from Golden Jubilee University National Hospital.
- 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.
- A member from our Orthopaedic enhanced recovery team will phone you in advance of your surgery to re-iterate the information within this booklet and answer any questions.
- 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 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 in original labelled packaging 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 the evening 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?

What will happen on my day of surgery?



Please scan this QR code to watch a patient journey on the daycase pathway.

- Admission to the ward
 - On the day of your surgery, you will be admitted to the ward at 7am.
 - You may meet your surgeon and anaesthetist who will discuss your surgery and anaesthesia.
 - The nursing team will ensure you are ready for theatre.
- 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
 - Early mobilisation is key to regaining your independence post-operatively – 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.
 - You will attend the rehabilitation space and practice stairs.
 - On return to your room, 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
 - On discharge you will receive a phone number for an out of hours telephone service which you can use for up to 48-72 hours after your operation.
 - When you go to bed it is a good idea to keep your medication and a large glass of water nearby. You may feel light headed on waking, drinking water may help with this.
 - It is important you take your analgesia as instructed.
 - 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.

Frequently asked questions

What time will I leave the hospital on the day of my operation?

This will depend on the time you meet all your nursing and rehabilitation goals but the most common time for discharge is between 6-8pm.

Will I receive less treatment if I am in hospital for a shorter period of time?

No you will receive as much input from our multidisciplinary team as you require to meet your rehabilitation and nursing goals.

What will happen if I am not ready to go home on the day of surgery?

You will be able to stay overnight if the team caring for you feel this is most appropriate. You would aim for discharge home the next morning.

I live alone – can I still be a day case?

If you have a friend or family member who can provide transport home and stay overnight with you then you can be on the day case pathway.

I live 2 hours away from the Golden Jubilee Hospital – can I still be a day case?

Yes, the journey to and from the hospital must be a reasonable distance for you to undertake. Considerations could include opportunities to stop and take a break from sitting, the time of year and weather conditions. Remember you must live within 30 minutes of your local hospital.

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.

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