



# Joint Replacement: what to expect while you are in hospital

For patients having elective Total Joint Replacement, Length of Stay 3-5 Days

One of our staff will talk with you about your stay in hospital. They will give you this guide to help you understand what we plan to achieve while you are in hospital. If you have any questions please speak with your nurse or the nurse in charge.

	<b>Day 1 Post operation</b>	<b>Day 2 Post operation</b>	<b>Day 3 Post operation</b>	<b>Discharge home</b>
<b>Physical Activity</b> 	<ul style="list-style-type: none"> <li><input type="checkbox"/> Get out of bed with the help of the physiotherapist</li> <li><input type="checkbox"/> Practice the exercises given to you by the physiotherapist</li> <li><input type="checkbox"/> Sit out of Bed during the day</li> <li><input type="checkbox"/> Begin walking</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Nurses will help you to walk to the shower</li> <li><input type="checkbox"/> Walk further with the physiotherapist</li> <li><input type="checkbox"/> Sit out of bed for most of the day</li> <li><input type="checkbox"/> Get in and out of a chair</li> <li><input type="checkbox"/> Practice the exercises given to you by the physiotherapist</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Walk to the shower and toilet with crutches or frame</li> <li><input type="checkbox"/> Practice walking</li> <li><input type="checkbox"/> Sit out of bed for most of the day</li> <li><input type="checkbox"/> Practice moving from your bed to a chair</li> <li><input type="checkbox"/> Practice the exercises given to you by the physiotherapist</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> You are confident to get up from bed and move around on your own</li> <li><input type="checkbox"/> You know what exercises to do when you get home.</li> </ul>
<b>Pain management</b> 	<ul style="list-style-type: none"> <li><input type="checkbox"/> Your pain will be managed. This may be by a machine where you control when you get the medicine, or the nurses may give you medicine.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Your pain is managed with medicines given to you by the nurses.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Your pain is managed with medicines given to you by the nurses.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> You are given medicines and a discharge letter to take home with you. You understand what medicines to take and when to take them. If you have any questions ask to speak with the pharmacist or your nurse</li> </ul>

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	<b>Day 1 Post operation</b>	<b>Day 2 Post operation</b>	<b>Day 3 Post operation</b>	<b>Discharge home</b>
<b>Toileting</b> 	<ul style="list-style-type: none"><li><input type="checkbox"/> You take the laxatives given to you by the nurses.</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> You take the laxatives given to you by the nurses.</li><li><input type="checkbox"/> You go to the toilet and have a bowel movement.</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> You go to the toilet and have a bowel movement. If you do not go to the toilet by day 3 please tell your nurse.</li></ul>	
<b>Discharge planning (Going home)</b> 	<ul style="list-style-type: none"><li><input type="checkbox"/> Expected length of stay is 3-5 days.</li><li><input type="checkbox"/> We will talk with you about the date we expect you will go home.</li><li><input type="checkbox"/> Ask us any questions or concerns you have about what you will need to do when you get home.</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> Ask us any questions or concerns you have about what you will need to do when you get home.</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> Organise someone to pick you up from hospital. You may even be ready to go home today.</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> On the day you are discharged from hospital you may be taken to the discharge lounge You can be collected from there. You may need to wait for your medicines.</li></ul>

Professional interpreters are available if you need help in understanding or speaking English. Interpreter services are free and confidential. Please ask the staff if you would like an interpreter.