

DAYCASE JOINT REPLACEMENT

Joint replacement surgery is usually booked for a one night stay on the night of the operation. Occasionally someone may require a second night if they are not ready to go home on day one.

For patients who are generally fit and well, they may be offered the choice of going home on the day of your surgery, as a 'day case'.

Benefits of going home as a day case:

- Reduced length of stay in hospital
- Being back in your own environment and own bed
- More control over your own recovery
- Faster and simpler recovery - getting back to daily life quicker
- Lower hospital-acquired infection rates and blood clots

You will not be eligible to be a day case if:

- You have nobody to stay with you overnight
- You have other mobility problems which may mean it could take a bit longer to be ready to go home
- You have other medical problems or a history of falls which may mean you would need closer monitoring on your first night
- You live too far from the hospital

Being a day case is optional. Even if the opportunity is offered to you, you can choose to stay overnight if you prefer.

CONTACT



01484 533131



The Huddersfield Hospital,
Birkby Hall Road, HD2 2BL



circlehealthgroup.co.uk/hospitals/the-huddersfield-hospital



Circle Health Group

IS DAY CASE JOINT REPLACEMENT SURGERY FOR ME?

ON THE DAY

You will have your surgery in the morning and be back on the ward by late morning or early afternoon.

It can take a couple of hours for the sensation in your legs to return after the spinal anaesthetic. You will be then assisted to get up and walk with a walking frame, practice with crutches, practice doing stairs and go through your post op exercises. If you are doing well with your exercises and are safe and confident with your crutches and on the stairs, you will be allowed home.

If you go home on the day, you must have a responsible adult to stay with you for at least 48 hours, who can bring you back to the hospital if you have any concerns.

On the day of surgery the leg is relatively pain free because the spinal anaesthetic, pre-med and long acting pain killers are still masking the pain. Your pain will increase on the first night or following morning and the knee will start to swell.



You will be sent home with a selection of painkillers. This will be discussed with you on the ward by the nurses, doctor or pharmacist. Knee replacement is a painful surgery and we aim to control your pain so that you are comfortable at rest and able to sleep, but there will be pain on moving, walking and doing your exercises. If your pain is not well controlled or if you have any unpleasant side effects, such as dizziness or nausea, ring the ward for advice. If an alternative medication is required, you will need someone to be available to come to the hospital to collect a new prescription for you.

IS BEING A DAY CASE RIGHT FOR ME?

Some patients much prefer to go home on the day and avoid an overnight hospital stay.

If you have any concerns or worries about going home as a day case and would prefer to stay overnight, you can choose to stay instead. If you have any questions, we can discuss this at your Pre-Assessment appointment.

If you have decided in advance that you would rather stay overnight, it would be helpful to let us know at your Pre-Assessment appointment. Then we can allocate the early theatre slots to patients who would like the chance to go home on the day.

Even if you have come in on the day of your surgery with the plan being to go home on the day, you can change your mind at any point. Your room is always booked for an overnight stay just in case.

Occasionally, even if it has been planned that you will go home as a day case, it might not be possible on the day. This could be because:

- Delays on the day mean you are not back from theatre in time
- You feel dizzy or nauseous after the surgery
- You do not feel confident with your walking on the day
- If you are not passing urine easily on the day (occasionally in some men it can take a bit longer for bladder function to come back after the spinal anaesthetic. This will have resolved by the following day)

