

## THE FIRST FEW DAYS AT HOME

In hospital on the day of your surgery it is likely that you will be able to walk without pain and perform all of your exercises easily.

By day 1 post-op, the knee will be swollen and painful so bending and lifting it can be very difficult.

If you cannot lift your leg up off the bed or on and off the bed, don't worry, this is perfectly normal. Your physiotherapist will have discussed techniques with you so that you can help lift the leg yourself using other methods like lifting with a dressing gown belt or using the other leg to help lift the operated leg.



## CONTACT



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[circlehealthgroup.co.uk/hospitals/the-huddersfield-hospital](https://circlehealthgroup.co.uk/hospitals/the-huddersfield-hospital)



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## WHAT TO EXPECT FOLLOWING KNEE REPLACEMENT SURGERY

The knee will not want to bend as much as it did on the day of your surgery. This is also perfectly normal, but it is vitally important to keep the knee bending as far as you can. Bending the knee, even if it is very painful, cannot damage the knee joint, and it is important not to allow the knee to stiffen up too much at this early stage or it is difficult to get the movement back



It is important to not lie in bed or sit in your chair for long periods during the day.

- Take your painkillers regularly, as prescribed, and do not wait for the pain to build before starting to take them
- Get up and walk around regularly to prevent blood clots
- Do your exercises as advised by your physiotherapist to get the best result from the new joint (even though the exercises will be painful)
- Balance this with resting the leg and not overdoing things for the first couple of days
- Elevate the leg and use your ice pack every hour or so to reduce swelling

If you have any problems or unpleasant side effects with your painkillers, 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.

**The first couple of days are the worst, and then you will start to see gradual improvement.**

If you have any concerns or problems please contact The Huddersfield Hospital on 01484533131

Pre Surgery: Ask to speak to the Pre-Assessment Nurses or Physiotherapy Team

Post Surgery: Ask to speak to the Inpatient Nurses or Physiotherapy Team

