

## Patient information

# Waiting for a joint replacement - what happens now?

You are now on the Orthopaedic waiting list for a joint replacement operation.

### Joint Group Meeting

You will receive an invitation to attend a 'Joint Group' meeting, where you will receive essential information regarding your surgery. Most people find this meeting very helpful. We recommend that you are accompanied by a family member or friend, who can act as a support after surgery.

Approximately one month before your admission, you will be sent an appointment to attend the orthopaedic pre-admission clinic.

### Pre-Admission Clinic

In this clinic an assessment will be made of your general fitness and investigations carried out, eg blood tests, blood pressure, ECG (heart tracing) and MRSA screening. You will receive further information about this nearer the time.

You will also be seen by a physiotherapist and occupational therapist for an assessment to be made regarding any equipment such as walking aids, raised toilet seat etc that may be needed following your discharge from hospital.

### Hospital Stay

We aim for your stay in hospital to be 2-3 days. So as not to delay your discharge, preparation prior to admission is very important. The joint care programme has been set up to help with this preparation.

## What You Can Do To Help Yourself

Whilst waiting for surgery there are changes you may be able to make to improve your general health.

- Keep to your ideal weight. If you are overweight losing even a few pounds will reduce the stress on an arthritic joint.
- Stay active. Regular exercise will improve muscle tone, which can help to protect arthritic joints. It is also good for your general health. Exercise regularly and in moderation, avoiding those activities that put a lot of strain on your joints.
- Use a walking stick to reduce weight and stress on a painful hip or knee.
- Stop smoking. This will improve your general health prior to surgery and reduce the risks of possible complications after surgery.

Help and advice are available on the above either through your GP or the hospital.

It is important to have the support of your family member or friend following your surgery, so do start making some preparation for this in plenty of time.

*If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the disabledgo website link below:*

<http://www.disabledgo.com/organisations/west-suffolk-nhs-foundation-trust/main>

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