

Knee Replacement

Introduction

Your consultant has added you to the waiting list for a knee replacement which is a procedure that involves replacing a damaged, worn or diseased knee with an artificial joint. Common reasons for having a cemented total hip arthroplasty are:

- Osteo-arthritis
- Rheumatoid Arthritis
- Knee Injury

The Covid pandemic has had a significant impact on the NHS ability to provide routine elective services. We recognise that patients are waiting longer than we would all like and it is not always possible to identify when treatment will take place. This document provides you with information on how you are able to support yourself while waiting to attend the hospital. The guidance has been written by clinicians who are responsible for your care.

Guidance for Patients

Whilst waiting for your operation arthritis slowly worsens. This can lead to an increase in your pain which is not always constant. The operation planned for your arthritis treatment is unlikely to change due to this deterioration whilst you wait. Whilst we apologise that you are in discomfort for a potential prolonged period this will not change your overall outcome.

Simple measures can help improve your symptoms whilst you wait. These include taking painkillers (with guidance from your GP), optimising your weight, remaining as active as possible and using walking aids. You can also self-refer to physiotherapy to help with your walking if this is a problem.

You may find the following resources helpful:

NHS Website - <https://www.nhs.uk/conditions/knee-replacement/>

This NHS website can help you understand more about the surgery but also about the condition which have led to the need for surgery.

Take Your Medication

Medicines are widely used by the NHS to prevent and treat poor health. When medicines are not taken or used properly, it can lead to poor and worsening health and wellbeing. Before taking any medication, carefully read all the instructions on the label and ask your doctor or pharmacist for help if you are not sure how to take them.

My Planned Care Patient Information Platform

When it comes to getting the best from our medicines, we all need to know: it's OK to ask.

<https://meandmymedicines.org.uk/>

You need to know:

- ✓ When and how to take them
- ✓ What you should and shouldn't take them with – such as alcohol or food
- ✓ Any side effects, both on its own or in combination with any other medication you're taking

What can I do?

- ✓ Learn about your medication
- ✓ Organise and plan your medication
- ✓ Take your medication as prescribed and complete the course

Read the written instructions that accompany your medication and keep in one place – in a drawer or folder – so that you know where to find them.

What should I do if my health is deteriorating?

Urgent Health Advice

For urgent health advice about physical or mental health, when it's not an emergency, please call 111 from any landline or mobile phone. You can also visit www.nhs.uk. The NHS 111 service is available 24 hours a day, seven days a week.

Life Threatening Emergencies

For something life threatening – severe bleeding, breathing difficulties or chest pains – please dial 999.

What if my health has deteriorated in relation to the condition that I am waiting to be treated for at the hospital?

If you have already booked or attended an outpatient appointment at the hospital and your condition has deteriorated contact the relevant hospital and department.

If you feel you no longer need or wish to proceed with your surgery please contact our Admissions department who will take you off the waiting list.

Whiston Hospital

Switchboard: **0151 426 1600**

Admissions: **01744 647 497**

Note: this service does not offer urgent or clinical support, however they will direct you to who you need to speak with about your condition