

# My Planned Care Patient Information Platform

## Knee Replacement

### Introduction

You are awaiting a knee replacement because of painful arthritis. A knee replacement removes the arthritic surfaces improving your pain. Your x-rays have confirmed the diagnosis of arthritis and the treatment of this is well established.

### 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.

<https://www.nhs.uk/conditions/knee-replacement/what-happens/>

### What should I do if my health is deteriorating?

If your symptoms worsen please try all methods above. If your general health worsens you may need to seek advice from your GP. If you feel you no longer need or wish to proceed with your surgery please contact our secretaries who will take you off the waiting list.

If you feel your foot health is deteriorating while waiting for a new patient appointment you should contact your GP.

However if you are waiting for an operation and your symptoms change you should contact the Outpatient Reception and ask for a telephone consultation with your consultant.

One of the signs of knee arthritis is a deformity of the knee. If this is worsening whilst you wait please contact the consultants secretary who will be able to help you.

### Contact Us

Orthopaedic Secretaries – 01246 513118 or 513123 or [CRHFT.Outpatients@nhs.net](mailto:CRHFT.Outpatients@nhs.net)

Outpatient Reception – 01246 512673 or [crhft.outpatientsreception@nhs.net](mailto:crhft.outpatientsreception@nhs.net)