

HIP & KNEE

repair, replacement and recovery

PATIENT INFORMATION SHEET

ADVICE WHILE YOU ARE WAITING FOR YOUR KNEE REPLACEMENT

While you are waiting for your knee replacement there are a few things you can do that may help speed your recovery.

Exercise

General exercise - Exercise is always of benefit, and continues to be so, whilst you are waiting for your knee replacement. It will also help your recovery following your operation. Gentle exercise (within the limits of your pain) such as cycling, swimming or walking with periods of rest in between, are recommended.

Specific exercise - Knee specific exercises include strengthening the muscles around the front of the knee. This will be of benefit after your operation.

General health

Keep yourself as fit and healthy as possible whilst you are waiting for your operation. This will greatly help with your recovery. If your general health deteriorates it is important to contact your GP, so that problems may be dealt with before your operation. It is particularly beneficial to stop, or at least reduce, smoking.

Pain relief

If you are experiencing pain in your knee your GP will be able to prescribe appropriate medication to relieve your pain. Usually we recommend a combination of anti-inflammatory and simple pain killers.

Load reduction

Reducing the pressure taken through the knee may also help with pain. You may find that using a walking stick, held in the hand on the opposite side to the affected knee, will help reduce the pressure and therefore your pain, whilst you are walking. Adequate rest periods and avoidance of unnecessary strain also help to reduce the pressure on your knee joint.

Foot care

It is important to pay particular attention to foot hygiene as minor wounds, sores or infections may result in cancellation of your operation. If you have any concerns seek advice from your GP.

Skin care

If you have any cuts, abrasions, rashes or other skin conditions around your knee, leg or foot please see your GP, as this may also result in cancellation of your surgery if left untreated.

Dental care

It is advisable to visit a dentist to ensure your teeth and gums are in good order prior to your operation, as infection from your teeth or gums may spread to your knee joint if left untreated.