

KNEE	Pre-Admission Clinic	Day of Surgery
Tests and Treatments	<ul style="list-style-type: none"> ➤ You will have an appointment with the Pre-Admission Clinic Nurse ➤ You will have blood drawn for testing ➤ You will inform the nurse if you have donated your own blood (autologous) ➤ You may have an ECG (electrocardiogram -test of your heart pattern) 	<p><u>Before the Operation</u></p> <ul style="list-style-type: none"> ➤ You will arrive at least 1 ½ hours prior to your surgery time ➤ You will come to Patient Registration (1st floor) and then to the Surgical Day Care department (4th floor) ➤ An intravenous will be started <p><u>After the Operation:</u></p> <ul style="list-style-type: none"> ➤ You will wake up in the recovery room ➤ You may have a catheter (tube into your bladder)
Medication	<ul style="list-style-type: none"> ➤ Be sure to discuss any allergies you have ➤ Remember to bring a detailed list of your medications ➤ You will be told which medications you should stop prior to surgery 	<p><u>After the Operation:</u></p> <ul style="list-style-type: none"> ➤ You may have a pump for pain. You can push the button pinned to your gown – when you feel pain ➤ You may receive extra oxygen by a tube in your nose
Nutrition		<ul style="list-style-type: none"> ➤ You will be offered clear fluids after your operation
Activity	<ul style="list-style-type: none"> ➤ Your normal activity 	<ul style="list-style-type: none"> ➤ You will stay in bed for today ➤ You will use the bedpan/urinal for today
Teaching	<ul style="list-style-type: none"> ➤ You will attend a <u>group class</u> to prepare you for after your surgery ➤ Exercises, pain management and equipment to assist you to manage after your knee surgery heals will be discussed in the group class 	<p><u>Each day you will be reminded to:</u></p> <ul style="list-style-type: none"> ➤ take deep breaths and cough ➤ move your ankles and toes ➤ ask for medication for nausea ➤ push the pain button when you have pain
Preparing to leave Hospital	<ul style="list-style-type: none"> ➤ You may want to obtain some of the suggested equipment and have in your house prior to your surgery ➤ You may need to prepare your home for after your surgery 	<ul style="list-style-type: none"> ➤ When you feel well enough, start to do your exercises on your own (you learned them in class)
Patient Expectation	<ul style="list-style-type: none"> ➤ Feel free to ask any questions, concerns 	<ul style="list-style-type: none"> ➤ Pain and nausea controlled ➤ You are comfortable with your surroundings

Day 1, Day 2 after surgery	Day 3	Discharge Day
<ul style="list-style-type: none"> ➤ You may have blood drawn for testing ➤ Your dressing will be changed ➤ You may need a blood transfusion or will receive your own donated blood if you had it taken prior to surgery ➤ If you have a drain, it will be removed. 	<ul style="list-style-type: none"> ➤ You will have your dressing changed ➤ Your intravenous will be taken out 	<ul style="list-style-type: none"> ➤ Discharge Time: 11:00 a.m. ➤ The nurse will change your dressing ➤ The nurse will review the medications you will take at home and will return your own medication ➤ A Physiotherapist will visit you at home within 4 days of your discharge
<ul style="list-style-type: none"> ➤ The pain pump may be removed and you will be given pain medication by mouth 	<ul style="list-style-type: none"> ➤ Ask for your pain medication regularly so you are comfortable ➤ You may need medication to help you have a bowel movement if you are constipated 	<ul style="list-style-type: none"> ➤ You will be given a prescription for pain medication at home. Pain pills are constipating – you may need a laxative at home
<ul style="list-style-type: none"> ➤ You will gradually have fluids to a regular diet 	<ul style="list-style-type: none"> ➤ You will be eating a regular diet ➤ Drink lots of fluids 	
<ul style="list-style-type: none"> ➤ You will start to get up and sit in a chair ➤ A Physiotherapist will help you to walk using a walker ➤ You may go to the bathroom on a commode chair 	<ul style="list-style-type: none"> ➤ You will be up in a chair for meals ➤ You will start to walk to the bathroom using a walker ➤ You will walk in the hall with a walker 	<ul style="list-style-type: none"> ➤ You will be able to get out of bed and walk by yourself using a walker ➤ You will be taught how to do stairs
<ul style="list-style-type: none"> ➤ The Physiotherapist will review your exercises with you and will review precautions so you do not hurt your new knee ➤ The Nurse will talk to you about how to give yourself an injection of medication that is used to prevent a blood clot 	<ul style="list-style-type: none"> ➤ You will practice your exercises on your own ➤ The Occupational Therapist may suggest devices you could use to get dressed ➤ You will be shown how to get in and out of the car ➤ The Nurse will practice with you how to give yourself an needle 	<ul style="list-style-type: none"> ➤ You will continue your exercises at home ➤ Continue to increase your walking at home ➤ You will be able to give yourself a needle or we will make arrangements to ensure you receive your blood thinning medication
	<ul style="list-style-type: none"> ➤ The Home Care nurse will visit you ➤ You have found transportation to get you home ➤ You could send some of your belongings home the night before discharge 	<ul style="list-style-type: none"> ➤ You will be given an appointment time for your check up with your surgeon
<ul style="list-style-type: none"> ➤ Start to mobilize, sit out of bed 	<ul style="list-style-type: none"> ➤ Out of bed and walking ➤ Preparing for return home 	