

# **RAPID RECOVERY PROGRAMME**

## **PATIENT'S DAILY DIARY**

# DAY OF ADMISSION

## On Admission

- You will be admitted to your room
- Your blood pressure, temperature and breathing will be recorded.
- Your check list for theatre will be completed.
- Blood tests will be repeated if required.
- You will be seen by a Resident Medical Officer.
- You will be seen by your Anaesthetist.
- You will be seen by your Surgeon. Your consent will be confirmed and a mark will be placed on the limb which is to be operated on. Date of discharge will also be confirmed.
- The Ward Nurse will escort you to the theatre anaesthetic room.
- You will be met by the Anaesthetic Nurse who will recheck your theatre check list.

## Following your operation

- Your blood pressure, pulse, breathing, temperature and pain score will be recorded regularly.
- Your drip and oxygen will be continually checked.
- Your dressing will be checked regularly.
- Once recovered from the anaesthetic, the Physiotherapist will assist you to get out of bed and you will sit out in a chair if your condition allows.
- The Physiotherapist may visit you later in the day and you will walk a few steps if your condition allows.
- You will receive pain relief regularly according to your pain score.
- You will be taught how to self administer your anti co-agulation therapy.

# DAY ONE

*(First day after your operation)*

- You will have a wash and put on comfortable day clothes and have breakfast.
- Your drip and oxygen will be removed.
- The dressing over your wound will be reduced and redressed.
- Your blood pressure, pulse, breathing, temperature and pain score will be recorded.
- You will receive pain relief according to your pain score.
- A blood sample will be taken from you to determine how much blood you have lost during and after your operation.
- You will be visited by your Consultant.
- You will be visited by your Anaesthetist.
- You will see the physiotherapy team in the morning and the afternoon and they will show you exercises.
- You will carry out these exercises with the Physiotherapy team and also practice these exercises yourself.
- You will sit out of bed and have a walk with the Physiotherapy team.
- You will be observed administering your anti co-agulation injection – full instructions on the administration and disposal of syringe will be given.



# DAY TWO

- You will be assisted to shower and you will dress in day clothes.
- Your blood pressure etc, will be recorded as before.
- Supervised exercises with Physiotherapy team and Nursing staff morning and afternoon.
- Staff will ensure that you have adequate pain relief.
- The dressing over your operated knee will inspected by nursing staff and redressed if necessary.
- An X-Ray of your knee will be taken either today or on Day Three.
- You will be observed administering your anti co-agulation injection – full instructions on the administration and disposal of syringe will be given.



# DAY THREE

*(Most patients will go home on this day)*

- You will shower or wash yourself and dress in day clothes.
- Your blood pressure etc. will be recorded as before.
- Continue to practice your exercises on your own. Walking distance increased with appropriate walking aids. If appropriate you will also practice the stairs with the Physiotherapy team.
- Staff will ensure that you have adequate pain relief.
- Dressing over operated knee inspected by the Nursing staff and redressed if necessary.
- If not taken yesterday, you will have a check x-ray of your new joint in the X-Ray Department prior to your discharge



# DAY OF DISCHARGE

*(Normally day 3)*

- Your discharge from hospital can be between 3-4 days from the day of your surgery.
- You will have had plenty of opportunity to make plans for today with your family, Nursing staff, Physiotherapy staff who have been helping you with your rehabilitation.

***The Nurse organising your discharge will also ensure you have the following:***

- Anti-coagulation therapy to cover a total of 10 post operative days.
- The correct tablets, including pain killers.
- Dressings and a letter for your District Nurse.
- An appointment to see your Consultant - about 8 - 10 weeks following your operation.
- The date that your clips/sutures will need removing. You may either visit your Practice Nurse or return to the hospital or a District Nurse may be arranged.
- When you can go in the bath or shower.
- How to care for your wound.
- Your discharge information pack including ward telephone numbers for queries.