

If you have questions during your journey, ask!

PREPARING FOR SURGERY

- Your orthopedic surgeon's office will provide you with a date for surgery.
- Prior to the surgery, a nurse from the hospital will call to setup a date for your pre-admission session. This will take place in the hospital's Pre-Admission Clinic or by phone, depending on your condition.
- During the session you will:
 - Learn how to prepare for a safe surgery and recovery;
 - Be expected to provide your health card and list of current medications;
 - Be asked questions about your medical history; and
 - Have an opportunity to ask questions.
- Continue to take your medications and eat regular meals on the day of your pre-admission session.
- **Make plans to have someone come with you for the procedure and take you home after the surgery. You will not be able to drive after your surgery.**

DAY OF SURGERY

- Bring your health card, a list of current medications, and any equipment recommended for you after surgery, like crutches.
- Check-in at the Admitting Department, located at the main entrances of the hospital.
- After check-in, you and your family will go to Day Surgery, where you will change into a gown and your care team will prepare you for surgery.
- The total time at the hospital is about 4 hours.

RECOVERING AT HOME

- Mild soreness and a slight grinding sensation in your knee for a few days after your surgery is normal.
- Elevate your leg when resting or sleeping for the first few days.
- Crutches or other assistance after surgery may be necessary.
- Do not drive, do not do demanding exercises like running or playing sports, and do not soak your knee in the bath tub until after you talk with your doctor.
- Get adequate rest and sleep to help with healing.
- Perform any exercises recommended by your care team.
- Take your pain medication as directed.
- Eat a well-balanced diet including foods high in protein and vitamins to help with healing.
- Drink 6-8 glasses of water per day.

CARING FOR YOUR KNEE

- Reapply the tensor bandage if it is too tight or loose.
- Use an ice pack on your knee to reduce swelling and pain.
- Keep the incision clean and dry.
- The steri-strips (white tape) that were used to close the incision will fall off naturally. Avoid touching the bandages.
- Don't rub or scratch the area. Let your incision heal naturally.
- After your surgery, pay attention to your symptoms and report any concerns you have to your doctor. **If you experience any of the symptoms below, you should seek immediate medical attention.**
 - Fever, chills, or temperatures of 38°C (101°F) or more
 - Redness, swelling or warmth at the incision site
 - Severe or increased pain at the incision site
 - Bright red bleeding from the incision site
 - Coloured or foul-smelling drainage from the incision site
 - Problems going to the bathroom or stomach pain
 - Shortness of breath or chest pain
 - Sudden increased pain in your knee

