

Day case hip and knee surgery

This leaflet answers common questions about ‘day case’ hip and knee replacement surgery.

What is day case hip and knee surgery?

Day case hip or knee replacement surgery (also known as ‘same-day’, ‘outpatient’ or ‘rapid recovery’ surgery) means completing the whole process in one day. It means a faster recovery for suitable patients, who are able to return home the same day.

What are the benefits of day case hip and knee surgery?

The benefits include a lower risk of infection and blood clots, a quicker return to normal activities and a more comfortable recovery at home. Patients need to be assessed as suitable to have day case surgery.

Who might benefit from day case hip and knee surgery?

Patients in good health, who are motivated, and who have good support at home are the best candidates. In general, this means:

- Surgery which is expected to be straightforward
- Aged 75 or less
- A ‘Body Mass Index’ (BMI) of less than 35
- No complex pain issues – patients should not be taking regular opioids
- No severe lung or heart conditions
- No prostate symptoms
- Motivated patient with support at home for 5-7 days
- Must be willing and able to attend pre-operative joint school

Your surgeon will assess you on this basis. If eligible, it will be discussed with you at your appointment.

How does day case differ from inpatient surgery?

There are a few differences between day case surgery and inpatient surgery. These should be discussed with your surgeon and are outlined below:

- We encourage all patients to attend a pre-operative joint school and this is an absolute requirement for day case patients.
- You are likely to be admitted to a different area or ward from other hip or knee surgery inpatients.
- You are likely to have your operation in the morning to give you more time to recover from the operation and the anaesthetic.
- The physiotherapy team will see you on the afternoon of your operation.

- When you return to the ward, you will be encouraged to change into your own clothes and sit out in a chair as much as possible. This is to prepare you for the rehabilitation phase of your treatment.
- You will be reviewed by a doctor or nurse before you leave hospital, to ensure you meet our safe criteria for discharge.
- We will give you information leaflets with contact details, in case you have any concerns or questions following your operation.

How will I be followed up?

Follow-up appointments after your operation will depend on your individual case, with physiotherapy appointments and/or appointments with the surgical team. This will be explained to you before you leave hospital.

You will also receive a phone call the day after the operation to see how you are progressing.

Contacting us

Clinical Admin Team (CAT 5) Orthopaedics: 0118 322 7415 email: rbbh.CAT5@nhs.net

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

Orthopaedic Department, February 2023

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