

Same Day Discharge for Hip and Knee Replacement

What you should do before surgery:

- Watch the patient education videos on our website: www.oakvalleyhealth.ca/preparing-surgery.
- Obtain necessary equipment, as indicated in the video and patient guide.
- Arrange to have a support person stay with you at the hospital on the day of the surgery.
- Arrange to have a support person stay with you at least three to four days after being discharged home.
- Complete the Patient Reported Outcome Measures (PROMs) survey: www.oakvalleyhealth.ca/proms

On the day of your surgery you will:

- Go home the same day.
- Be seen by the patient navigator, physiotherapist, and pharmacist prior to your discharge.
- Have a support person be available the day of your surgery to come into the Day Surgery department and help listen to all instructions. Please ensure you have transportation to go home.
- Bring in your 2-wheeled walker.



The day after your surgery:

- It is recommended you sit up at all meal times and walk to the washroom. Try to do your exercises three times daily and walk with your 2-wheeled walker for a few minutes every hour while awake. Apply ice to your operated joint every two hours for 20 minutes.
- Take your pain medications as prescribed.
- You will receive a phone call from the patient navigator or your surgeon one to two days after your surgery.

Other reminders:

- You may continue to increase your activity as tolerated.
- If you have an Aquacel bandage, remove it seven days after surgery. Apply the Mepore dressing provided to you by the hospital. If you do not have an Aquacel bandage, remove it 14 days after surgery.
- If you have staples, make an appointment to see your family doctor to have them removed 14 days after surgery.
- You will receive information for a follow-up appointment with your surgeon in the Fracture Clinic.
- Please call the Post-Surgical Wellness Clinic (PSWC) if you have any questions or concerns within 30 days of your surgery date.

Should you have any questions or concerns please call:

Patient Navigator: 905-472-7373 ext. 6105

Post-Surgical Wellness Clinic: 905-472-7627

Fracture Clinic: 905-472-7020