

**PATHWAY OF CARE**

**TOTAL KNEE REPLACEMENT**

First Consultation

After careful consideration, you may decide on surgery

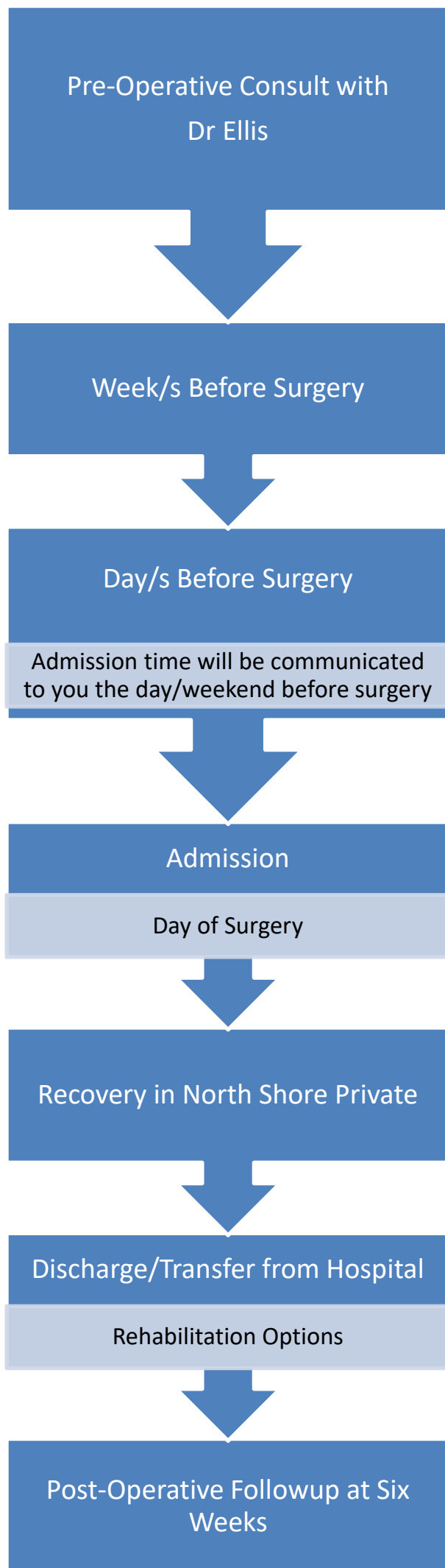
Contact Our Rooms and Complete Booking Form (online or paper)

Pre-Admission Clinic at North Shore Private

Chest X-Ray, ECG, Blood Tests, Medical History

OTHER COMPLICATING HEALTH CONDITIONS - Specialist Visits

- You and Dr Ellis have discussed that total knee replacement may be appropriate. You will have been supplied with printed information sheets about surgery, anaesthesia and North Shore Private Hospital.
- Please take the time to read ALL the information sheets and brochures in this file. Think over your appointment with Dr Ellis, and consider the time off work/off caring for relatives that you will require.
- **Please note that you will be an INPATIENT for 5 to 7 days, at rehab for 10 to 12 days (total hospital stay ≤ three weeks), and will not be able to drive for the first six weeks post-op.**
- Call our rooms and discuss a date of surgery. Dr Ellis has a busy surgery list and may be booked for some months ahead, but we will do our best to accommodate your needs.
- Over the phone, Sally will discuss booking your surgery and appropriate Pre-Operative Appointments.
  - This will include PRE-ADMISSION CLINIC at North Shore Private Hospital
  - If you have a known cardiac condition or other complicating health issues, Dr Ellis may advise you to visit your specialist to obtain clearance for surgery
- The Pre-Admission Clinic is located on the First Floor of North Shore Private Hospital. Please find enclosed a flyer with a map of the location and required items to bring
- **This pre-operative assessment is required** to optimise your care in hospital and make sure that your operation goes as smoothly and safely as possible. Usually this will happen two weeks prior to surgery.
- Please be aware of **any other specialist appointments** that are required prior to surgery. Dr Ellis may ask you to visit an **Orthogeriatrician** from North Shore Private if you have a complicated medical history that requires managed care during your inpatient stay.
- **If you have a cardiologist and are on blood thinners**, clearance for surgery from your specialist and a management plan for your medications are required.



At this appointment, Dr Ellis will answer any questions you may have from reading the information booklets and your concerns about your upcoming surgery.

- Once all has been discussed and you feel fully informed of the risks and benefits of surgery, you will be asked to sign a document acknowledging your informed consent of your upcoming procedure.
- **You will be advised of any medications to wean in the weeks prior to surgery**
- **Please take care of your skin** in the weeks before surgery – cat scratches, gardening wounds from thorns/branches and other breaks in your skin on the limb that is due to be operated on may cause your surgery to be delayed due to the risk of infection.
- **If you have any dental work** planned, let Dr Ellis know due to the risk of infection.
- Ensure that you are prepared for your inpatient stay with a packed bag. Please do not bring any valuables to hospital. Comfortable slippers/shoes with an enclosed heel are a must, as slip-on shoes are a trip hazard.
- If you have **any printed x-ray** films, please bring with you to hospital, as Dr Ellis will need these to perform your operation.
- If you feel suddenly ill or unable to attend your operation, please let us know so that we can manage your care appropriately.
- Most patients are admitted on the date of surgery
- You will be asked to fast for SIX hours (NIL by mouth)
- Dr Ellis' anaesthetist will visit you before your surgery to discuss your anaesthetic and post-operative pain management. Dr Ellis will also speak with you about any last minute concerns.
- Your operation will take approximately **TWO HOURS**
- Once out of recovery, you will be transferred to the Orthopaedic Ward where you will stay for **FIVE TO SEVEN DAYS**
- **Physiotherapy** will start early in your recovery to get you back on your feet as quickly as possible.
- Most patients are transferred directly to rehab via patient transfer vehicle. Options include Hunters Hill, Arcadia, Mt. Wilga, Manly Waters, Lady Davidson, MetroRehab according to your preference and local area.
- North Shore Private will arrange your bed and transfer – just inform the hospital of your preference on Admission or at your Pre-Admission Clinic.
- Some patients opt to rehabilitate at home with in-home or online physio, such as the Patient Partner Program
- **PLEASE RING DR ELLIS OR THE ROOMS if you are concerned IN ANY WAY regarding your post-op progress, especially if concerned about infection.**
- Arrangements will be made for a new x-ray of your operated limb at six weeks. You will not be cleared to drive until this appointment.