



**You have been selected
by your surgeon to
have day surgery.**

**Please read this
information carefully.
It will help you get
ready for your surgery.**

**For questions before or
after surgery call:**

**The Patient Surgical
Educator - Hip and Knee
Clinic
306-766-0409**

**24 hour professional
health advice and
information, call:**



Before surgery

- Get your home ready with any equipment you may need to recover. If asked, bring your walker to the hospital.
- Choose a support person (“coach”) to help you before and after surgery.
- You will not be able to drive after your surgery and will need someone to drive you home.
- A responsible adult must stay with you for 24 hours after surgery, or your surgery will be cancelled.
- If your health changes before surgery, call your surgeon’s office right away.
- The Day Surgery unit will call you 24 hours before surgery to go over any preparation or information with you and your coach.

On the day of surgery

- Your surgery will be early in the morning.
- You will likely stay 6 to 12 hours in the hospital, then go home.
- Most of your hospital recovery will be in the Day Surgery unit.
- Your coach should come to the hospital to learn how to help you at home.

Going home

Before you leave, you must be able to:

- walk a short distance
- review and perform your physiotherapy exercises
- have your pain controlled with pills
- drink fluids with no nausea or vomiting
- pass urine
- have stable vital signs (blood pressure, pulse, temperature, breathing, oxygen).

Recovery at home

- Hip and knee surgery can be painful.
- Pain medicine given during surgery can last up to 24 hours. Be sure to take your pain pills when they are due, even if your pain is tolerable.
- Plan to take your medication on a regular schedule. Even if your pain is mild, take it so it does not get worse.
- Make sure to take pain medication before exercises as good pain control helps you do your exercises properly.
- Swelling and pain will slowly improve. Use ice often.
- Taking part in your recovery from the start will help you return to your normal activities more easily.

