

# Knee Replacement Guidebook



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*The information in a guide does not replace medical advice from your doctor. Please see your doctor if you have any questions about your health, physical or mental condition.*

# A New KNEE A New BEGINNING

- ✓ Bring this **booklet with you** to all appointments
- ✓ **Attend ALL** scheduled appointments; missing an appointment **may result in cancellation** of your surgery. See Appointment List on page 3.
- ✓ Bring your care partner to your pre-op appointment

## Why do you need a knee replacement?

You may need a knee replacement to:

- Lessen your pain;
- Improve the function of your knee; and/or
- Make your knee more stable.

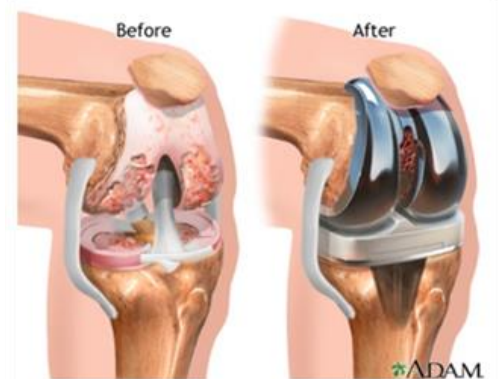
Your surgeon can tell you more about why a knee replacement is right for you.

## What is a knee replacement?

Your knee joint works like a hinge. The knee joint allows the shin bone to move backward and forward on the thigh bone so that you can bend and straighten your leg.

The parts fit together and move smoothly to allow easy movement. Your skin and soft tissue are cut during the operation so that the surgeon can access your joint and then mend soft tissue back together

Your surgeon removes the old knee joint and puts in a new joint made of metal and plastic. These new parts allow the knee joint to move smoothly again and without pain. Surgical cement or glue can be used to hold the new parts in place.



# About Grand River Hospital

## Location

Grand River Hospital, 835 King St. West, Kitchener Ontario

## Important Phone Numbers

Main Switchboard Phone Number .....(519) 742 – 3611  
Pre-Op Occupational Therapist.....(226) 753 – 4564  
Pre-Surgical Clinic.....(519) 749 – 4300 ext. 2123  
Day Surgery.....(519) 749 – 4300 ext. 2262  
Fracture Clinic.....(519) 749 – 4300 ext. 2637



## FINDING YOUR WAY AROUND

K-W HEALTH CENTRE WINGS



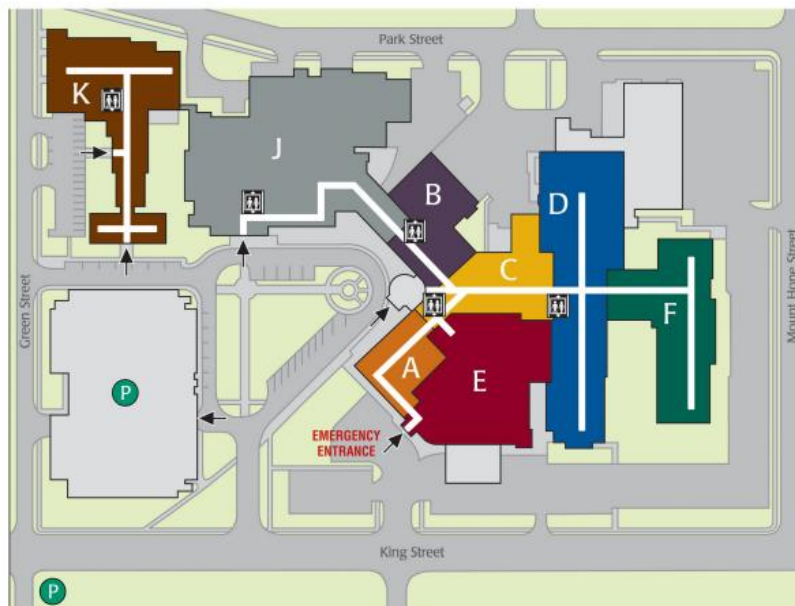
J GRAND RIVER REGIONAL CANCER CENTRE

K KAUFMAN BUILDING

P PARKING

ELEVATOR LOCATIONS

ENTRANCES



## Parking

### Where:

1. Parking garage by Main Entrance
2. Pay & Display parking also available:
  - Around the main loop
  - Forty Green Building (40 Green St)

### Cost:

- \$3 per half hour
- \$14 per day

## Feedback

At Grand River Hospital, we are committed to providing exceptional care for our patients, you may be asked to complete a short patient survey about the care you have received at our Hospital.

You may also provide feedback about your care to our Patient Relations Department.

Phone: 519-749-4300 ex. 2966 or through email: [feedback@grhosp.on.ca](mailto:feedback@grhosp.on.ca)

## Covid-19 Information

### Vaccination:

- You will be asked to provide proof of vaccination prior to your scheduled surgery
- If you are not vaccinated, you may be required to have a COVID-19 test prior to surgery- a member of your care team will provide further information regarding testing for you

### Visitor Information:

- Any Visitors/Care Partners are required to provide proof of COVID-19 vaccination prior to entering the Hospital
- If your care partner is not vaccinated, please speak to a member of your care team about alternative options for your visitor.

# Appointments List: Step by Step

The following is the sequence of appointments that you are **required to attend** leading up to your joint replacement surgery. If possible, please have one care person with you for all appointments.

## 1. Pre-Op Hip & Knee Clinic Phone Call

A 30 minute phone call with an occupational therapist to prepare you for recovery and life with a new knee.

You will be contacted by the clinician using phone number you provided.

## 2. Pre-Surgical Clinic Appointment

Meetings with the pre-op nurse, anesthetist, pharmacist, orthopedic navigator and internal medicine doctor

## 3. Surgery Date

Go to 'Patient Registration' on the 2nd floor.

After registration, go to 'Day Surgery'

**Day Surgery Contact: (519) 749-4300 ext. 2262**

Date of Surgery:

Time:

Arrive at Hospital (Time):

## 4. Fracture Clinic Appointment #1 (2 WEEKS POST-OP)

Go to 'Patient Registration' on the 2nd floor.

After registration, go to the 'Fracture Clinic'

**Fracture Clinic Contact: (519) 749-4300 ext. 2637**

Date of Appointment:

Time:

## 5. Fracture Clinic Appointment #2 (6 WEEKS POST-OP)

Go to 'Patient Registration' on the 2nd floor.

After registration, go to the 'Fracture Clinic'

**Fracture Clinic Contact: (519) 749-4300 ext. 2637**

Date of Appointment:

Time:



# Bundled Care Program

The Bundled Care Program at Grand River Hospital helps patients having their knee replacement move smoothly through pre-operative appointments and pre-surgical preparations, and will provide you with information and guidance on moving from the hospital to your home.

Before surgery, you will receive a phone call from a Physiotherapist or Occupational Therapist. They will make recommendations to assist you in planning for your hospital stay and for your return home with services you need in place.

The Physiotherapist or Occupational Therapist will communicate with the Bundled Care Coordinator to ensure you are aware of your commitment to preparing family/friend supports, transportation, equipment rental/purchase and outpatient therapy booking **prior to having your knee surgery.**

The Bundled Care Coordinator will work with all the members of your healthcare team throughout your care journey. The Coordinator will continue to work with you after you leave the hospital to support you as you complete your outpatient rehabilitation.

**At any time, you can reach the Bundled Care Coordinator at 519-749-4300 ext. 2214.**

## Privacy: Choosing a Contact Person

It is important that you **choose one responsible family member or friend** to be your contact person. You will be given a privacy card when you arrive with a four-digit privacy code.

Staff will not give out any information about you over the phone, unless the caller can provide this number. When you arrive, we will tell you more about how we protect your privacy. If you would like more information about this, please let us know.

## Physiotherapy: Book before Surgery

Have your outpatient/community (not in hospital) physiotherapy appointment booked at a Bundled Care physiotherapy clinic of choice. You will be attending physiotherapy there **5-7 days after your surgery.** The list of physiotherapy clinics who participate within the Bundled Care Program is located in **Appendix A** of this booklet

You may also choose an alternative physiotherapy treatment provider that is not part of the bundled care program, ***however, this will be done at your own expense or paid for through your personal insurance provider.*** In home therapy is only provided under very rare and specific circumstances through the Home and Community Care Support Services (formally the LHIN).

During these outpatient treatment sessions, your walking will be assessed by a physiotherapist and they will recommend when you can begin using a different gait aid (i.e. crutches, cane etc.) based on how you are moving. They will also review your exercises and determine when you are able to do more/different exercises than you did during your hospital stay.



# Pre-Op: Medication Information

## Medication Changes for Surgery

We will advise you at the **Pre-Surgical Clinic (Step 2)** what medications you can take on the day of surgery.

### **You can take the following medications on the morning of your surgery:**

\*To be filled out at your pre-op clinic visit by your care team

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### **You must stop taking the following medications before your surgery:**

\*To be filled out at your pre-op clinic visit by your care team

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## Discharge Medications: Meds to Beds Program

You can have your prescriptions delivered to your bedside before leaving the hospital. Our retail pharmacy will then send a list of your medications to your family doctor and your regular pharmacy so they have an updated record of your medications. If medication counselling is needed, the pharmacist on unit will provide this to you.

We will bill your drug plan directly. For charges not covered by drug plans, we accept cash, VISA, MasterCard or debit payments.

*Please be aware, some of the medications you will be taking after your surgery are not available at all community pharmacies. We highly recommend you utilize our hospital retail pharmacy to ensure that you get the prescriptions you need after surgery*

### **Grand River Hospital Retail Pharmacy**

Health Care Centre Pharmacy: (519) 749-4227

Email: [hccp@grhosp.on.ca](mailto:hccp@grhosp.on.ca)

Hours of Operation: Monday to Friday 8:30 – 6:00 p.m. Saturday 9:00 – 5:00 p.m.



# Pre-Op: Getting the Most Out of Surgery

## Discharge: Planning Ahead

- As an elective surgical procedure, you will be discharged once you achieve your post-operative goals following your joint replacement surgery (See box below).
- If you do not feel you have the supports to return home, you must arrange for alternative supports prior to your surgery (i.e. temporary respite retirement home living at your cost).
- Discharge from the hospital can occur at any time of the day and you are responsible for arranging your own transportation home.
- If you meet the criteria for same day discharge, your discharge time will be late afternoon to early evening.

### Post-Operative Goals

- ☐ Up to the washroom for all bathroom trips
- ☐ Up to a chair for all meals
- ☐ Pain and nausea are under control with the medication prescribed
- ☐ Up for a short walk with a Physiotherapist - with use of walking aid
- ☐ Reviewed bed exercises
- ☐ Reviewed deep breathing and coughing
- ☐ Reviewed how to safely bathe, dress and toilet while following knee precautions
- ☐ Discussed the importance of a high fiber diet and need for stool softener/ laxative at home
- ☐ Care partner present during discharge review (in person preferred, this is dependent on covid-19 hospital restrictions)
- ☐ Fracture clinic follow up appointment date and time set
- ☐ Have prescription for pain medication and blood thinners (we recommend filling your prescription at GRH Retail Pharmacy prior to discharge)
- ☐ Reviewed how to climb stairs and complete transfers
- ☐ Have all recommended equipment ready at home

## The Supports You Must Arrange:

- ☐ Plans for safe travel home and to my appointments.
- ☐ Arrangements for my pets, bill payments, and mail for the time I will be in hospital.
- ☐ Arrangements to have some help for when I go home  
Examples: with grocery shopping, **meal preparation/frozen meals**, cleaning, laundry, etc.
- ☐ A back-up plan just in case I can't manage at home  
Examples: family who stay with you, friend who you stay with, temporary retirement/respite
- ☐ Make a list of people I can call when I get home in case of emergency.
- ☐ Rent or make other arrangements for the recommended equipment  
Example: walker, commode, etc. as recommended during **Pre-Op Phone Call in Step 1**
- ☐ Schedule your Physiotherapy follow up appointment and arrange for transportation.





## Smoking, Alcohol and Marijuana Use

- If you smoke, try to quit now! Smoking slows healing and makes it harder for your body to recover.
- If you do smoke, we offer you nicotine replacement therapy while you're in the hospital, free of charge.
- Please note there is no smoking allowed on hospital property.
- Early after surgery, it is difficult to access designated smoking areas outside.
- Please provide a truthful description of your alcohol and marijuana intake when asked at the pre-surgical clinic; **this information helps us provide safer care to you**
- Try to decrease your use of alcohol before your surgery.

## Healthy Lifestyle

- A healthy weight will speed up your recovery and places less stress on your joints.
- Eating healthy foods that are high in protein, calcium, fiber and iron helps you heal.
- Follow Canada's new and improved Food Guide: [www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide)

## Showering/Bathing Before Surgery

- Do not remove hair from the area of your body where the surgery will take place for one week before your surgery. Removing hair can damage skin which can increase your risk of infection.
- We recommend that you use an antibacterial sponge the evening before and the morning of your surgery. The sponges are available for a small fee in the Grand River Hospital Retail Pharmacy. Instructions are included.

## Valuables Before Surgery

- All jewelry, piercings, nail polish, make-up and false nails (including any body ornaments, religious or cultural items, barbells, captive bead rings, tongue rings etc.) must be removed before you arrive for surgery. If this is not done, your surgery could be cancelled.
- If you can't remove your jewelry yourself you must go to a jeweler and have it removed before surgery.
- Wearing jewelry during surgery can:
  - Result in burns from surgical equipment;
  - Loss of circulation (fingers and toes);
  - A risk of swallowing or suffocation;
  - Loss of jewelry or precious stones; and/or
  - Infections and contamination.
- Please have someone take your Health Card home after you have registered.
- Label all of your belongings with your name including denture cups and hearing aid containers.
- The hospital does not accept responsibility for patient belongings.

## Immediately After Surgery

- If you are a same day candidate, after your surgery you will spend approximately 1-2 hours in Recovery Unit, then be transferred to the 6<sup>th</sup> floor or Day Surgery. Here you will be discharged when appropriate.
- If you are not a same day candidate, after your surgery you will spend approximately 1-2 hours in Recovery Unit, then be transferred to the appropriate inpatient unit. Here you will be discharged when appropriate.



# Day of Surgery

## Eating and Drinking before Surgery

### Eating the night before your surgery:

Eat a healthy snack at bedtime, but **do not eat anything after midnight** and **eat nothing on the day of your surgery**. Doing so will result in surgery being cancelled and rescheduled.

### Drinking on the day of your surgery:

Drink a total of 500 mL or 2 cups of apple or cranberry juice at:

- 5 am if your **surgery is before 12 noon**
- 8 am if your **surgery is at 12 noon or later**

## What to Bring On Day of Surgery:

Pack a small overnight bag for yourself following your surgery including:

- ✓ This booklet
- ✓ 1 housecoat
- ✓ 1 pair of comfortable shoes that have good grip - No flip flops!
- ✓ 1 set of comfortable loose fitting clothes, socks and underwear to go home in.
- ✓ Toiletries: brush, comb, toothbrush etc.
- ✓ Medications from home if you were advised to take them during your pre-op visit.
- ✓ CPAP machine if you use one at home.
- ✓ Cell phone charger

*\*Patients who are planning on returning home on **the same day as their surgery** are still encouraged to pack a small overnight bag in the event that they stay overnight in hospital\**

### What NOT to bring with you:

- ✗ Large sums of money, jewelry.
- ✗ Perfume, cologne, aftershave, or any other scented products.

## Wound Care: 7 Day Dressing

Most surgeons recommend the use of a 7 day dressing after surgery. Your pre-op clinic nurse will discuss this and how to apply/remove the dressing for when you go home. This can be purchased at the Grand River Hospital Retail Pharmacy.

### Applying a 7 day dressing:

1. The dressing is intended to be left on for 7 days unless it is 80% saturated.
2. You should be checking your incision daily after discharge from the hospital.
3. Peel a corner and assess the incision for drainage, colour, smell, etc.

**Tip:** Due to the location of the incision and dressing, it may be difficult to assess without a family member or friend. If you do not have someone who can assist you, it may be easier to see the incision while standing in front of a tall mirror.





# Recovering at Home: Home Equipment

Please try to have your home equipment ready and set-up in your home prior to your surgery. You will need your own walking aid (Example: walker and/or cane) at discharge so that you can transfer from a wheelchair into your car when leaving the hospital and walk from your car into your home.

Your Therapy team will review what equipment to purchase, but typically people will require:

1. **Gait aid (Example: walker and/or crutches)**
2. **Stair aid (Example: cane or crutch), and**
3. **Toilet aid (Example: raised toilet seat/versa frame or commode)**

\*Items such as bedrails, dressing aids (e.g. Reacher), bath chairs or benches are typically optional items.

## Equipment List Following Knee Surgery



- Please pick up your equipment **before your surgery**
- Do not bring your equipment to the hospital, except for a walking aid (**walker or crutches only**) at discharge to transfer into vehicle
- Take time to **practice** using your equipment to build confidence

### ☐ Adjustable Folding Walker with TWO wheels

Height: \_\_\_\_\_ inches

Measured in standing with arms straight at side and shoulders relaxed, from crease of wrist to floor



### ☐ Adjustable Crutches

Height: \_\_\_\_\_ inches

### ☐ Adjustable Cane

Height: \_\_\_\_\_ inches

Required if you will need to do stairs after surgery.  
Speak to your therapist for guidance on which is suitable.

### ☐ Bath Bench



### ☐ Bath Chair (With or Without Arms)



Height: \_\_\_\_\_ inches  
Measured from floor to seat.

\*Recommended for showering after surgery

### ☐ With Arms



Height: \_\_\_\_\_ inches  
Measured from floor to seat

### ☐ Without Arms



OR

### ☐ Versa-Mode

Height: \_\_\_\_\_ inches  
Measured from floor to seat

\*Recommended if toilet is too low\*



OR

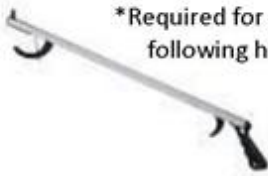
### ☐ Versa Frame

Height: \_\_\_\_\_ inches  
Measured from floor to handles

\*Recommended if toilet is adequate height but you need more support with toilet transfers



☐ Long Handled Reacher



\*Required for lower body dressing following hip replacements\*

☐ Sock Aid



\*Allows you to put on your socks independently\*

☐ Long Handled Shoe Horn



\*Helps to put on shoes, socks and pants. Needs to be taller than your knee or else you will be still bending too much

☐ Long Handled Sponge/Brush



\*Allows you to reach your lower legs, feet and back without bending or twisting

☐ Elastic Shoe Laces



\*Allows you to easily slip in and out of your shoes

☐ Chair with arms (no wheels, no stools, no rockers/ gliders)



Height: \_\_\_\_\_ inches

\*Place a pillow or cushion on the chair if you need to increase the height of seat\*

☐ Cushion



\*To increase height of chair, either flat or wedge

☐ Chair Risers



\*Legs of chair go into risers to increase the seat height



# Recovering at Home: Bariatric Equipment

Some patients require specialized medical equipment based on their weight. Your therapy team will recommend the most appropriate size of equipment for you. Examples of bariatric equipment:



**Bariatric commode**



**Bariatric Rollator**



**Bariatric Sock Aide**



**Peri-area/Bottom/Bum Reacher**



# Home & Medical Equipment Vendors

(Most equipment can be rented or purchased based on patient preference)

Store Name, Address, #	Services	Hours of Operation
<b>Grand River Hospital</b>		
<b>Health Care Pharmacy</b> 835 King St. W., Kitchener (519) 749-4227	Sells – crutches, canes, assistive devices (reacher, sock aid, long handle shoe horn & sponges, etc..)	Mon – Fri: 8:30 am - 6:00 pm Sat: 9 am - 5 pm
<b>Kitchener</b>		
<b>Medigas</b> 450 Belmont Ave. W. (519) 893-3250	Rents/Sells – canes, crutches, walkers, raised toilet seats & versa frames, commodes, bath bench, wheelchairs, assistive devices, etc..	Mon – Fri: 8 am – 5 pm On call 24hrs a day for emergencies  Delivery Available: for a fee
<b>Aftercare Home Health</b> 69 Sydney St. South (519) 570-9333 (On call # 519-998-0408)	Loans/Sells – canes, crutches, walkers, raised toilet seats & versa frames, commodes, bath bench, wheelchairs, assistive devices, etc..	Mon - Wed: 10 am - 5:30 pm Thurs - Fri: 10 am - 8 pm Sat: 11 am - 4 pm (On Call: Sun & Holidays)
<b>Motion Specialties</b> 1362 Victoria St. N. (519) 885-3160	Rents/Sells – canes, crutches, walkers, raised toilet seats & versa frames, commodes, bath bench, wheelchairs, assistive devices, etc..	Mon - Fri: 8:30 am - 5 pm
<b>National Home Health</b> 148 Weber St. East (519) 578-3188	Rents/Sells – canes, crutches, walkers, raised toilet seats & versa frames, commodes, bath bench, wheelchairs, assistive devices, etc..	Mon – Fri: 9 am – 5 pm
<b>Shoppers Home Health Care</b> 379 Gage St. (519) 579-6200	Rents/Sells – canes, crutches, walkers, raised toilet seats & versa frames, wheel chair, bath bench, etc	Mon – Fri: 8:30 am – 6 pm Sat: 9 am - 5:00 pm Sun: 12 noon - 5 pm
<b>Silver Cross</b> 569 Lancaster St. W/N (519) 513-2429	Rents/Sells – canes, crutches, walkers, raised toilet seats & versa frames, commodes, bath bench, wheelchairs, assistive devices, etc..	Mon - Friday: 9 am - 5 pm  <i>Ramps, ceiling lifts, stair lifts. ADP approved, trades, buy back, recycle</i>
<b>Waterloo</b>		
<b>Wilder Medical Home Care Centre</b> 85 Northland Rd. (519) 888-0618	Rents/Sells – canes, crutches, walkers, raised toilet seats & versa frames, commodes, bath bench, wheelchairs, assistive devices, etc..	Mon – Fri: 9 am - 5 pm
<b>Westmount Place Pharmacy Home Health Care</b> 50 Westmount Rd. N. (519) 886-7670	Rents/Sells – canes, crutches, walkers, raised toilet seats & versa frames, commodes, bath bench, wheelchairs, assistive devices, etc..	Mon – Fri: 9 am – 9 pm Sat: 9 am – 6 pm Sun/Holidays: 11 am - 5 pm
<b>Elmira</b>		
<b>Woolwich Community Services</b> 5 Memorial Ave. (519) 669-5139	Loans - crutches, walkers, canes, wheelchairs	Mon - Fri: 9 am - 5 pm
<b>Cambridge</b>		
<b>Ontario Home Health</b> 1515 King St. East (519) 624-7587	Rents/Sells – canes, crutches, walkers, raised toilet seats & versa frames, commodes, bath bench, wheelchairs, assistive devices, etc..	Mon - Fri: 9 am - 5:30 pm



<b>Mobility In Motion</b> 1710 Bishop St. (519) 623-9930	Rents/Sells – canes, crutches, walkers, raised toilet seats & versa frames, commodes, bath bench, wheelchairs, assistive devices, etc..	Mon - Fri: 9 am - 5 pm
<b>Red Cross Home Healthcare</b> 17 Cambridge St. 519-621-1840	Rents– canes, crutches, walkers, raised toilet seats & versa frames, commodes, bath bench, wheelchairs	Mon - Fri: 8:30 am – 4:30 pm
<b>Preston Medical Pharmacy</b> 125 Waterloo St. (519) 653-1994	Rents/Sells – canes, crutches, walkers, raised toilet seats & versa frames, commodes, bath bench, wheelchairs, assistive devices, etc..	Mon – Fri: 9 am – 6 pm Sat: 9 am - 2 pm 24hr After Hours/Holidays: emergency call & delivery available
<b>Shoppers Home Health Care</b> 1 Hespler Rd. (519) 624-6020	Rents/Sells – canes, crutches, walkers, raised toilet seats & versa frames, commodes, bath bench, wheelchairs, assistive devices, etc..	Mon - Fri: 9 am - 6 pm Sat: 9am - 5 pm Sun: 12noon - 5 pm
<b>Guelph</b>		
<b>Mobility In Motion</b> 51 Woodlawn Rd. West (519) 824-7789	Rents/Sells – canes, crutches, walkers, raised toilet seats & versa frames, commodes, bath bench, wheelchairs, assistive devices, etc..	Mon - Fri: 9 am - 5 pm Sat: 10 am - 3 pm
<b>Medigas</b> 485 Silvercreek Pkwy N. (519)780-2521 / 1-866-446-6302	Rents– canes, crutches, walkers, raised toilet seats & versa frames, commodes, bath bench, wheelchairs, assistive devices, etc..	Mon - Fri: 8 am - 5 pm
<b>Red Cross Home Healthcare</b> 257 Woodlawn Rd. W. (519)836-3523	Rents– canes, crutches, walkers, raised toilet seats & versa frames, commodes, bath bench, wheelchairs	Mon - Fri: 8:30 am – 4:30 pm
<b>Norfolk Surgical Supplies</b> 85 Norfolk St. (519) 837-1820	Rents/Sells – crutches, walkers, wheelchairs, commodes, bath bench, assistive devices, etc.. (if available)	Mon - Fri: 9 am - 6 pm Sat: 9 am - 2 pm
<b>Ontario Home Health</b> 66 Delhi St. (519) 821-9519	Rents– canes, crutches, walkers, raised toilet seats & versa frames, commodes, bath bench, wheelchairs, assistive devices, etc..	Mon - Fri: 9 am - 5:30 pm Sat: 9 am - 12 noon
<b>New Hamburg</b>		
<b>Pharmasave</b> 100 Mill St. Unit K (519) 662-9995	Rents– canes, crutches, walkers, raised toilet seats & versa frames, commodes, bath bench, wheelchairs, assistive devices, etc..	Mon – Wed: 9 am – 6 pm Thurs – Fri: 9 am – 8 pm Sat: 9 am – 5 pm
<b>Stratford</b>		
<b>Ontario Home Health</b> 180 Ontario St. (519) 273-5770	Rents/Sells – canes, crutches, walkers, raised toilet seats & versa frames, commodes, bath bench, wheelchairs, assistive devices, etc..	Mon - Fri: 9 am - 5:30 pm Sat: 9 am - 12 noon
<b>Action Health Care Inc.</b> 684 Ontario St. (519) 271-6700	Rents/Sells – canes, crutches, walkers, raised toilet seats & versa frames, commodes, bath bench, wheelchairs, assistive devices, etc..	Mon - Fri: 9 am - 5 pm Sat: 9:30 am - 1 pm

\*\*\*Subject to change by the vendor without notice

\*\*\* Please note this is not an exhaustive list. There may be other vendors in your community that are not included this list and you have the freedom to decide where to obtain your equipment.





# Recovering At Home: Supports and Tips

## Preparing your home

Prior to your surgery date, please take time to prepare your home for recovery. These arrangements must be made prior to your surgery.

- Move frequently used items to hip and shoulder level.
- Clear hallways of clutter and ensure a path is wide enough for a walker to fit through (30 inches)
  - Remove small rugs, bath mats, cords etc.
- Put a non-slip rubber mat and/or bath tub bench in the tub or shower
- If you live in a multi-level home with many stairs, you may consider a temporary main floor set up to minimize the number of stairs you need to climb immediately following your return home.

## Personal Support

- You will need to arrange for a family member or friend to drive you to the hospital on the day of your surgery and home when you are discharged.
- You will also need to arrange for help with chores and/or running errands for the first few weeks that you're recovering at home.
- You won't be able to drive for a while (typically 6 weeks) after the operation so ask a family member or friend to drive you to any follow-up appointments, including your physiotherapy sessions.
- There are times when patients who are living alone prior to their surgeries may want to seek respite options in a retirement home setting for several weeks post-op while they recover. In this setting, meals, medications and nursing care are supported so that patients can focus on recovering. Please see your pre-surgical clinic nurse if you require this information.

## Daily Activities

- You will be able to use a walker by the time you leave the hospital, but you will still need some help to change bed linens, do laundry, shop, take out the garbage and prepare meals.
- You may need a long-handled reacher to help you pick up items without bending.
- You will be advised of the proper height of your sleeping and sitting surfaces prior to your surgery.
- If your bed is too low, you may need to raise it by having someone place it on sturdy blocks. While you recover, you should only sit in **armchairs**- arms help you sit down and stand up safely.
- Make sure you have one chair with a strong seat (not too low), a firm back, and sturdy arms. Avoid chairs that recline, rock, roll or glide.

## Transportation

- Transportation to and from appointments before and after surgery are the patient's responsibility.
- For those that do not have access to support for their transportation needs, Grand River Transit does offer specialized transportation services for those who qualify. For more information, please visit the GRT website at <https://www.grt.ca/en/rider-information/using-specialized-services.aspx>.
  - Please note that it may take time to register for mobility plus services, typically 2 weeks prior to using the service.

## Meals and Housework

- Before your surgery, **stock up on toiletries, basic and frozen foods and/or freeze meals**
- Ask family or friends to help by shopping and cooking for you while you recover.

Please see **Appendix B (SEAMLESS MD)** or **Appendix C** for further explanation of some of the information in this document, such as how to get out of a car, get dressed, or walk up and down stairs



# Knee Precautions:

## Recommendations Following Your Knee Surgery

Please remember to follow your knee precautions prior to any activity **for at least 6 WEEKS** unless otherwise instructed by your surgeon. These precautions typically include the following:

- X NO heavy lifting** (typically no more than 10lbs is recommended. For a functional example, lifting heavy grocery bags, or large laundry baskets are not recommended during your recovery period).
- X NO twisting or jerking at the knee joint**, keep your feet pointed forwards/straight ahead and not turned out.
- X NO placing a pillow under your knee in bed.** You want to be able to keep the leg straight.
- X NO kneeling** after surgery.

Practicing how you will move around after surgery makes you more comfortable and confident. Changing your position often after surgery will prevent stiffness and promote healing and strength.

## Moving Safely After Surgery

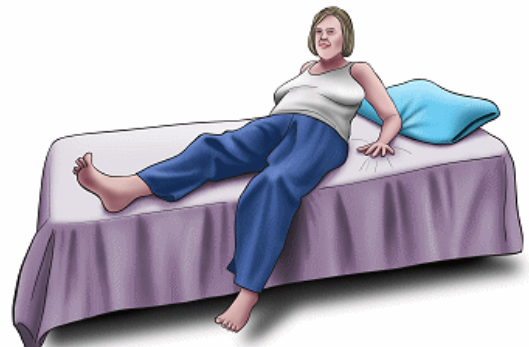
### Lying in Bed...

- ✓ Lie on your side with a pillow wedge or 1-2 pillows between (**but not under**) your knees.
- X** Having a pillow just under your knees will encourage your knee to stiffen in a bent position. If this happens, it will be detrimental to a normal walking pattern, causing a limp. You can try elevating your leg in a straight position using a wedge or several pillows.



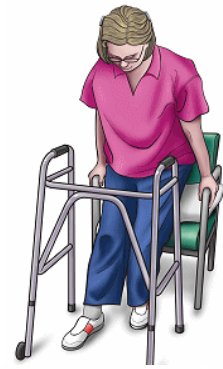
### Getting in and out of bed...

1. Move to the edge of the bed, keeping your knees apart.
2. You may use a heel loop to assist your operated leg to the edge of the bed.
3. Push up with your elbows and hands.
4. Slide your legs over the edge of the bed to sit up.
5. Move to the edge of the bed.
6. Bend your good leg under you to get ready to hold your weight.
7. Slide the foot of your operated leg forward.
8. Push yourself up with your hands on the bed to stand up.
9. Once you have your balance, use your walking aid.



## Standing up from a chair...

1. Move forward to the edge of the chair.
2. Bend your good leg under you to get ready to hold your body weight.
3. Slide the foot of your operated leg forward.
4. Push yourself up with your hands on the armrests to stand up.
5. Once you have your balance, use your walking aid.



## Sitting down on a chair...

Be sure to choose **high, firm chairs with arms**. Ask your therapist about using your recliner chair or a footstool. Anything you sit on should be firm yet comfortable, and at a height that makes it easy for you to get out of.

1. Back up to the edge of the chair  
(You should feel it against the back of your legs)
2. Feel the edge of the chair with your hands.
3. Slide your operated leg forward.
4. Hold the armrests and slowly/gently lower yourself into sitting.



## Walking...

1. Move the walker first.
2. Then, move your operated leg forward.
3. Push down with your hands to support yourself when you step forward with your non-operated leg.
4. Do not pivot (turn) on your operated leg. Instead, pick up your feet and turn using lots of small steps.
5. Land on your heel and push off with your toes.



## Getting in and out of the car...

1. Have a friend/family member move the seat back as far as it will go.
2. Recline the seat to give you more space.
3. Roll the car window down so that you can hold onto the car door when sitting.
4. Turn your back to the car and sit down on the seat.
5. Use a slippery surface such as a plastic garbage bag on the seat to help you slide more easily.
6. Slowly slide back on the seat, keeping your operated leg straight.
7. Use a heel loop to assist your operated leg getting into/out of the car if needed.
8. Turn your body as you bring your legs back into the car, continuing to lean back slowly.
9. Bring one leg into the car at a time. Do not twist your knee.
10. Reverse these instructions to get out of the car.



# Using Stairs

## Going up stairs...



1. Use a handrail if available to climb stairs with a crutch or cane in the other hand.



2. Lead with your non-operated leg, then your operated leg.



3. Finally, bring up your crutch or cane.

## Going down stairs...



1. Use a handrail if available to go down stairs with a crutch or cane in the other hand.



2. Lead with your crutch or cane, then your operated leg.



3. Finally, bring your non-operated leg down.

REMEMBER:



**GOOD GOES UP...**

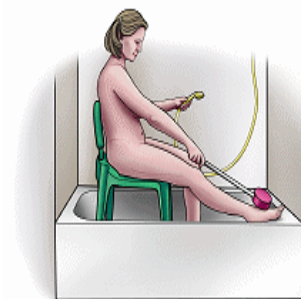


**BAD COMES DOWN**



## Washing and Bathing...

1. You can try taking a sponge bath at your sink until you feel comfortable standing on a slippery surface.
2. If you have a walk-in shower, you can use a shower chair/stool to rest as an option. A grab bar may also help you to keep your balance as you get in and out.
3. Shower while sitting on a tub transfer bench.
4. You can use a long-handled sponge to wash your legs and feet if reaching down is difficult, or a caregiver can help with this.



## Using the Toilet...

You may need to use a raised toilet seat or commode chair in the hospital and at home if your toilet is too low.

You might also need arms around the toilet to help you sit down and get back up. These can be grab bars on the wall, arms attached to the raised toilet seat, or a separate device often called a versa frame.



## Dressing Yourself...

Equipment such as elastic shoelaces, sock aid, long handled shoe horn, and reachers will all help you to get dressed if you are struggling.

Choose clothing that fits loosely (for example a jogging suit) and lightweight, supportive shoes with a non-slip sole that you can easily slide on.

When you're getting dressed:

- Sit on the edge of your bed or in a high, firm chair with a straight back and arms.
- Have your clothes shoes and equipment near you.
- Dress your operated leg first and undress it last.





# Exercises!

Here are some strengthening exercises you can do **before and after your knee surgery**:

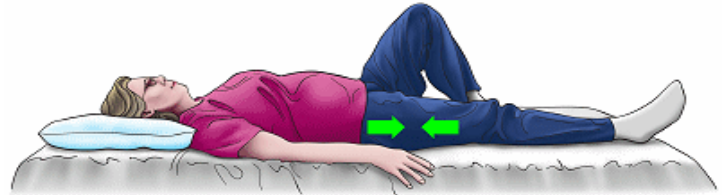
## 1. Ankle Pumps

- Pump each of your ankles up and down
- Complete **10 repetitions every hour**.



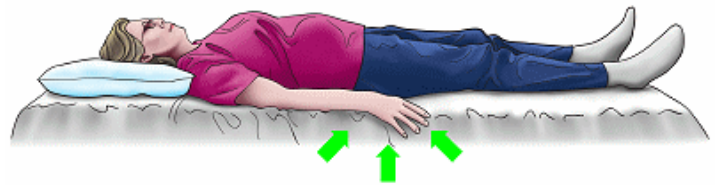
## 2. Quad Strengthening

- With your legs straight, tighten your thighs and push your knees down into the bed. **Hold for 5 seconds** then relax.
- Complete **10 repetitions, three times a day**.



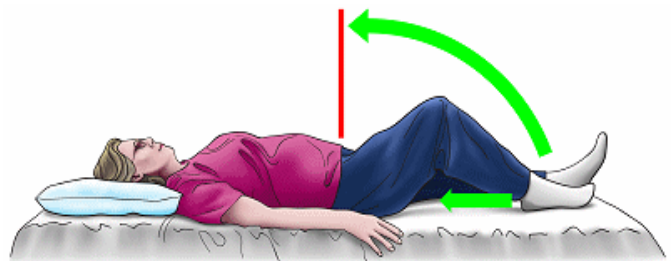
## 3. Glute Strengthening

- Squeeze your buttocks as tightly as possible and **hold for 5 seconds** then relax. Complete **10 repetitions, three times a day**.



## 4. Bed-Supported Knee Flexion

- Bend your hip and knee by sliding your heel along the bed towards your buttocks. Then slowly slide your leg back down.
- In the first 2 weeks after surgery, we recommend bending your knee to 90 degrees as you will have staples along the incision site. Once staples are removed (this happens at 1<sup>st</sup> visit at Fracture Clinic), there will be no end point to how far you can try bending your knee.
- Complete **10 repetitions, three times a day**.



## 5. Quad Strengthening Over Roll

- Place a firm support under your knee. Lift your heel off the bed, keeping your knee on the roll.
- Complete **10 repetitions, three times a day**.



# Exercise Diary

Typically recommend exercises completed 3-4x/day  
Consider monitoring your daily exercise with a list or diary like this one!

Exercises	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Example: <i>Ankle and foot</i>	8 AM 12 PM 8 PM	8 AM 12 PM 8 PM	8 AM 12 PM 8 PM	8 AM 12 PM 8 PM	8 AM 12 PM 8 PM	8 AM 12 PM 8 PM	8 AM 12 PM 8 PM
Ankle Pumps							
Quad Strength (tighten thighs)							
Glute Strength (tighten buttocks)							
Knee Flexion (heel slides)							
Quad strength over roll (supported knee, heel lift)							
Walking							



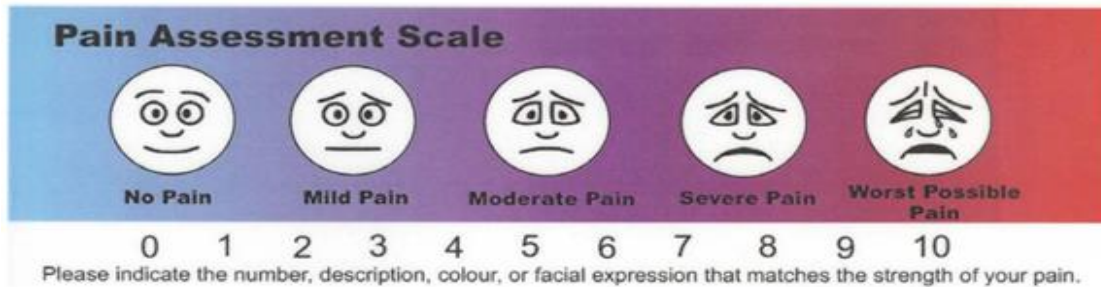


# Managing Pain After Surgery

## Managing Pain

- Pain is expected after surgery, so plan to take pain medication and tell your nurse if you have pain
- It will be important for you to describe your pain on a scale of 0-10, 0 = “no pain” and 10 = “the worst pain possible”. See the Pain Assessment Scale as a guide.
- Take your pain medication before certain activities and as needed to avoid uncontrolled pain.

Controlling your pain is important for you to be able to get up out of bed and do your therapy. Being active early after surgery will prevent scar tissue from forming and reduce the risk of other issues.



You may have pain or discomfort for several weeks after your surgery. These tips will help you manage your pain well and avoid long-term discomfort:

## Pain Medications

Acetaminophen (Tylenol™) will help to relieve mild pain. Your prescribed pain medicine from your surgeon is for moderate to severe pain. As your pain decreases, you should take less of your prescription pain medicine, gradually switching to Acetaminophen. It is rare to become addicted to your prescribed pain medicine if you use it in this way. Using ice is another type of pain reliever.

Plan to take pain medication **BEFORE** certain activities, such as:

- Leg exercises
- Therapy sessions
- Getting up to walk or into a chair; and/or
- Going for an x-ray.

### Pain Medication Side Effects:

Pain medications may make you drowsy which can increase your risk of falling. Pain medication can also cause constipation and/or upset stomach. To help with this:

- Eat more fiber and drink lots of fluids
- Ensure you are taking stool softeners/laxatives routinely after your surgery, especially if taking the narcotic/opioid medication.
- Be more active
- Take pain medication with food
- Ask your family doctor about medications to relieve upset stomach



# Managing Risks After Surgery

## 1. Infection After Surgery

- Hand washing is the best way to prevent the spread of infection. Wash your hands often and thoroughly! With any surgery, infection is possible, a knee replacement increases your chance of infection at new joint. While in hospital, we'll give you antibiotic drugs to kill harmful bacteria.
- We will also monitor you for signs of an infection; rise in temperature, redness, drainage or swelling at the incision, cough, pain when you're breathing, or cough with sputum. **From now on, you will always need to let your doctors and dentists know that you have a new knee.**

## 2. Blood Clots

- Your risk of developing a blood clot increases after surgery for at least two months. All patients who have a knee replacement are given medicine called '**anti-coagulants**'. This will make your blood thinner and less likely to clot.
- It's important to **do ankle pumping exercises** and get up to **move as much as you can after surgery** to prevent blood clots. Legs are the most common spot for blood clots.
- If you have redness, swelling, warmth or pain anywhere in either leg, tell a member of your care team right away.

### Contact your Doctor Right Away if you Experience:

- Fever, redness, swelling and/or warmth at your surgical site (signs of infection)
- Lots of bleeding
- Foul smelling drainage from your incision
- A saturated dressing
- Nausea or vomiting that you can't control
- Dizziness
- Sudden increase in pain not related to activity
- Signs of a blood clot (redness, pain, swelling anywhere in either leg)

## 3. Urinary Problems

- Some patients experience trouble urinating after surgery. It's important to drink lots of fluids to prevent these problems.
- If you cannot urinate, are urinating often, or have burning, let your nurse know.

## 4. Joint Dislocation

- If your knee moves out of place, it will be very painful, and you will not be able to stand. If this happens you should come to the nearest emergency department immediately.

## 5. Dizziness or Lightheadedness

- After you are discharged from the hospital, you may still experience periods of lightheadedness or dizziness particularly when changing position from sitting to standing or from lying to sitting.
- This can be managed by transitioning between positions slowly and allowing dizziness to clear.

## 6. Skin Breakdown or Pressure Sores

- Lying in bed puts pressure on your skin which can lead to sores. If you have burning, redness or pain on your skin, tell your nurse or therapist. The best way to avoid these problems is to change positions often and not lay in bed for long periods of time.



# My Pain Diary

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Date							
Time							
<b>Example: Pain Intensity 0 to 10</b>  <div> <div>Date: Aug 4, 2020 at 8 AM</div> <div>5/10</div> </div> <div> <div>Date: Aug 5, 2020 at 8 AM</div> <div>5/10</div> </div> <div> <div>Date: Aug 6, 2020 at 8 AM</div> <div>4/10</div> </div> <div> <div>Date: Aug 7, 2020 at 8 AM</div> <div>4/10</div> </div> <div> <div>Date: Aug 8, 2020 at 8 AM</div> <div>3/10</div> </div> <div> <div>Date: Aug 9, 2020 at 8 AM</div> <div>3/10</div> </div> <div> <div>Date: Aug 10, 2020 at 8 AM</div> <div>3/10</div> </div>							
Pain Intensity 0 to 10							
Pain quality (words to describe the pain)							
Satisfaction with pain management							
Side effects							



## Pain Medicine Schedule - After Surgery

[illegible]

# Frequently asked questions

## **What are the major risks of this surgery?**

Any surgery has some risks. Some possible complications may include blood clots, infection and constipation. There is a chance of some nerve damage or bone fracture during the surgery. For more information, you can speak with your doctor.

## **How long is the surgery?**

The surgery will be approximately one and a half hours. Right after your surgery you will go to the post anesthetic care unit for 1 to 2 hours where we'll keep a close eye on you. After that, you will be moved to a day surgery bed or inpatient bed where you will begin your recovery and therapy.

## **Will I be awake during the surgery?**

You and your anesthesiologist will discuss the pain medications that will work best for you. If you are awake during the surgery, we normally give you medication that will put you into a light, dreamlike state and allow you to feel relaxed.

## **Will I be in a lot of pain after surgery?**

It is normal to have some pain and discomfort after surgery. You will find more information about this on pages 25-28.

## **What will my scar be like?**

Your scar may have some numbness around it after it heals. This is normal and usually disappears over time.

## **Will I need a blood transfusion after surgery?**

The need for a transfusion after surgery is becoming less common. Take your iron supplement as you are instructed - this will reduce the chance that you will need one.

## **How long will I be confined to bed?**

You will get out of bed on the day of your surgery with assistance. Do not get out of bed on your own. You will have a call bell that you can use to request help. Your therapist will work with you to learn healthy knee movements and the amount of weight you can put on your leg. Your level of movement will increase each day under the guidance of your therapist.

## **What equipment will I need?**

Your therapist will help you make a list of the equipment you will need. Pages 8-11 has a list of equipment people who are recovering from a knee replacement commonly need.

## **Will I need physiotherapy when I go home?**

Yes, you will. As mentioned before, you will need to pick an outpatient clinic supported through the Bundled Care program and set up your initial visit. It is important that you perform the exercises shown in hospital, on a daily basis, until your first visit to your outpatient physiotherapist.

## **After I leave the hospital when will I see my surgeon again?**

Before you leave you will be given a follow up appointment for approximately two weeks after your surgery (see page 3 for a list of your appointments).

It is important to know that the hospital's fracture clinic is very busy. We do our best to see our patients at the time their appointments are booked but often, there is a wait up to one or two hours. It's a good idea to bring a book or activity with you and limit family members to one because there is limited waiting space.



### **When can I drive again?**

Your surgeon will let you know when it is safe to drive again. There are a few things we have to look at; which knee you had surgery on, whether you are driving a car with an automatic or standard transmission. You should not drive while you are taking prescription pain medication.

### **When can I go back to work?**

Your surgeon will tell you when you can return to work. People who have had a knee replacement need to take anywhere from one month to six weeks away from work. The length of time you are away depends on the type of work you do and how physical your job is.

If your work requires a doctor's letter or surgeon's written update, please bring such documents to either your 2 week fracture clinic follow up appointment or contact your surgeon's office/secretary to enquire about how to proceed.

### **When can I resume having sexual activity?**

You will need some time to regain your strength and to gain confidence in your new knee. Incisions, muscles and ligaments are usually healed well enough in four to six weeks. Most people feel able to engage in sexual activity, both mentally and physically by this time but talk to your surgeon if you have any questions.

### **Will my medications affect my ability to engage in sexual activity?**

Some medications can impact performance and/or enjoyment during sexual activity. Some of the common side effects of pain relievers are a lowered interest in sex, vaginal dryness, abnormal erections and delayed orgasms.

If you are experiencing any of these side effects, try having sex in the morning before your first dose or in the evening before your last dose. Do not adjust or stop taking your prescribed medicine without talking to your surgeon first.

### **Are there any activities I shouldn't do?**

It's important to keep your new joint moving but return to your normal activities slowly. Start out slowly and work your way up. We will tell you to avoid certain positions of the joint so that you don't put stress on it and you should limit participation in high impact activities such as long distance running, tennis, downhill skiing. If you have any questions, talk with your surgeon.

### **Will my new knee joint set off the metal detector at the airport?**

It depends on the type of metal detector but it's likely. Let staff at the airport know that you have a metal implant, and where it is in your body. They may screen you with a metal detecting wand.

### **Your questions and notes:**

Please read this booklet carefully before your first appointment. You can write down any questions or concerns you may have on this page.

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# Appendix A: Local Bundled Care Physiotherapy Clinics

Book your first physiotherapy appointment ASAP, prior to your surgery, so you ensure you have timely access to therapy.

1. When you call, inform the clinic of your date of surgery.
2. Schedule an appointment for **within 5-7 days** after your surgical date.
3. You will need to arrange your own transportation to and from the clinic of your choice.

Publically Funded Community Physiotherapy Clinics				
<b>Freeport Total Joint Physiotherapy Clinic</b>	3570 King Street East	Kitchener	N2A 2W1	(P) 519-749-4300 ext. 8340
<b>The Physiotherapy Centre</b>	386 Gage Avenue	Kitchener	N2M 5C9	(P) 519-742-5482
<b>Achieva Health</b>	247 Franklin Street North	Kitchener	N2A 1Y5	(P) 519-896-0805 <a href="mailto:swc@achievahealth.ca">swc@achievahealth.ca</a>
<b>CBI Health</b>	421 Greenbrook Drive, Unit 1	Kitchener	N2M 4K1	(P) 519-584-2609 <a href="mailto:greenbrook@cbihealth.ca">greenbrook@cbihealth.ca</a>
<b>Grand River Physiotherapy</b>	1-39 Grand Avenue North	Cambridge	N1S 2K7	(P) 519-621-3035 <a href="mailto:grandriverphysio@yahoo.com">grandriverphysio@yahoo.com</a>
<b>Physiotherapy Alliance</b>	10 Waterloo Street	New Hamburg	N3A 1V5	(P) 519-662-4676 <a href="mailto:physiotherapyalliance@rogers.com">physiotherapyalliance@rogers.com</a>
<b>South City Physiotherapy</b>	620 Scottsdale Drive	Guelph	N1G 3M2	(P) 519-763-2885 <a href="mailto:francine@southcityphysio.com">francine@southcityphysio.com</a>
<b>Stone Road Physiotherapy</b>	212-435 Stone Road West	Guelph	N1G 2X6	(P) 519-822-2435 <a href="mailto:physio@omh-inc.com">physio@omh-inc.com</a>
<b>Listowel Physiotherapy &amp; Health Care Centre</b>	218 Main Street W.	Listowel	N4W 1A1	(P) 519-913-2727 <a href="mailto:info@listowelphysiotherapy.com">info@listowelphysiotherapy.com</a>
<b>Revive Physiotherapy and Wellness</b>	106B-353 St Paul Ave	Brantford	N3R 4N3	(P) 519-304-2311
<b>Woolwich Physiotherapy</b>	8-25 Industrial Drive	Elmira	N3B 3K3	(P) 519-669-2578
<b>Impact Physiotherapy</b>	110 Charles Street East	Arthur	N0G 1A0	(P) 519-843-3961
Publically Funded Hospital-Based Physiotherapy Clinics				
<b>Groves Memorial Community Hospital</b>	235 Union Street East	Fergus	N1M 1W3	(P) 519-843-2010
<b>North Wellington Health Centre- Palmerston and District Hospital</b>	500 Whites Road	Palmerston	N0G 5H8	(P) 519-343-2030
<b>St Joseph's Health Centre Guelph</b>	100 Westmount Rd	Guelph	N1H 5H8	(P) 519-824-6000 ext. 3414



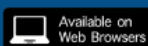
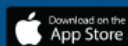
# Appendix B: Seamless MD

Grand River Hospital has teamed up with Seamless MD to offer you virtual access to your care team and information about your upcoming procedure. You will be asked to provide a preferred email to access this incredible resource!

SeamlessMD



## For Patients and Family: How to get started with SeamlessMD



SeamlessMD is available on your smartphone, tablet, and/or computer.



## What is SeamlessMD?

SeamlessMD is an interactive, step-by-step guide to help you prepare for your procedure and recover faster afterwards. You and/or a caregiver can access the platform on any smartphone, tablet and/or computer.

SeamlessMD can send you messages and reminders from your doctor through:



Text Message (SMS)



Email



Push Notifications



Caregiver Support

**\*Note:** SeamlessMD is not monitored 24/7 by your healthcare team. If you have a serious concern, please contact your healthcare team/surgeon's office.

If you have any technical questions, please email: [support@seamless.md](mailto:support@seamless.md) or call: 855-605-1483.



SeamlessMD will guide you through two (2) stages of your procedure:

### 1. Before Your Procedure:

- Messages to help you manage your procedure preparation
- To-do lists to help you prepare for procedure
- Access to a self-care library with information on different topics

### 2. At-Home Recovery:

- Messages about what to expect with your recovery
- To-do lists to help you heal well at home
- Daily Health Checks to make sure you are recovering well at home, and to give you feedback on your recovery

## How do I sign up for SeamlessMD?

To sign up, you need to:

1. Have your healthcare team enroll you onto the program.
2. Ensure your device is connected to Wi-Fi.
3. Check your email for a message "Welcome to SeamlessMD".
4. Open the email and click on the [blue](#) button "Click here to start".
5. Click on the [green](#) button "Let's Start".

SeamlessMD is available for you and/or your caregiver on your computer, smartphone, and/or tablet. For mobile use, download the "SeamlessMD" app from the Google Play Store or Apple App Store.

**\*\*\*Remember to log in to SeamlessMD when you go home!\*\*\***



# Appendix C: Additional Web and Video Links

Web-links that you may find **useful to review** prior to having your **knee** surgery

What are my <b>Knee Precautions</b> ?	<a href="https://www.youtube.com/watch?v=Qu-PS8XCQJU">https://www.youtube.com/watch?v=Qu-PS8XCQJU</a>
How do I get <b>in and out of bed</b> after my knee surgery?	<a href="https://www.youtube.com/watch?v=zQRSxTIHTjY">https://www.youtube.com/watch?v=zQRSxTIHTjY</a>
How do I use a <b>cane or walker</b> after my knee surgery?	<a href="https://www.youtube.com/watch?v=OeZrVkVDtbk">https://www.youtube.com/watch?v=OeZrVkVDtbk</a> <a href="https://www.youtube.com/watch?v=A1ZUZT6yI3g">https://www.youtube.com/watch?v=A1ZUZT6yI3g</a>
How do I get on and off <b>my toilet</b> after surgery?	<a href="https://www.youtube.com/watch?v=DdRTb6bKLiM">https://www.youtube.com/watch?v=DdRTb6bKLiM</a>
I'm worried I won't be able to <b>reach myself to wipe or shave my legs</b> after surgery. What can I do?	<a href="https://www.youtube.com/watch?v=zmbKgeccHiM">https://www.youtube.com/watch?v=zmbKgeccHiM</a> <a href="https://www.youtube.com/watch?v=qs9MgLIh2Hs">https://www.youtube.com/watch?v=qs9MgLIh2Hs</a>
How do I get <b>Dressed</b> after my knee surgery?	<a href="https://www.hamiltonhealth.com/services/orthopedics/joint-moves-video-library/post-surgery-hip-precautions/">https://www.hamiltonhealth.com/services/orthopedics/joint-moves-video-library/post-surgery-hip-precautions/</a>
How do I get in and out of a <b>Tub</b> after my surgery?	<a href="https://www.youtube.com/watch?v=GyLrDYMWW0I">https://www.youtube.com/watch?v=GyLrDYMWW0I</a>
How do I <b>manage stairs</b> after my knee surgery?	<a href="https://www.youtube.com/watch?v=YcGJKE2HbLA">https://www.youtube.com/watch?v=YcGJKE2HbLA</a>
How do I get up or down a <b>curb</b> using my walker after surgery?	<a href="https://www.youtube.com/watch?v=q9J5Q_NW8">https://www.youtube.com/watch?v=q9J5Q_NW8</a>
How do I get in or out of a <b>Car</b> after my surgery?	<a href="https://www.youtube.com/watch?v=Kcc6tIE9dgA">https://www.youtube.com/watch?v=Kcc6tIE9dgA</a>
My knee is swelling a lot after surgery. What can I do?	<a href="https://www.youtube.com/watch?v=5EB280xdhrw">https://www.youtube.com/watch?v=5EB280xdhrw</a>
If I can't cook for myself after surgery, I could explore: <b>Meals on Wheels, Heart to Home Meals</b> as alternatives.	<a href="http://www.mealsonwheels.ca">www.mealsonwheels.ca</a> <a href="http://www.hearttohomemeals.ca">www.hearttohomemeals.ca</a>
I don't think I can get to my appointments. How do I get considered for <b>Mobility Plus</b> through Grand River Transit?	<a href="https://forms.grt.ca/GRT-MobilityPLUS-Application">https://forms.grt.ca/GRT-MobilityPLUS-Application</a> <a href="https://www.grt.ca/en/rider-information/forms.aspx#">https://www.grt.ca/en/rider-information/forms.aspx#</a>
What if I need help with bigger tasks/things and I have no family to assist me. What <b>local (Tri-City) assistance options</b> do I have?	<a href="http://www.wwhealthline.ca">www.wwhealthline.ca</a> (under the tab ' <b>Home Health and Community Supports</b> ', you will find a wide range of private paid services from <b>foot care to shopping/grocery assistance</b> to in home <b>Hairdressing</b> .)

\*\* Please note that all the above web-links were active at the time this information sheet was generated (December 2020)

