Knee Replacement Surgery Information

HERE IS SOME KEY INFORMATION FOR YOUR UPCOMING KNEE SURGERY:

- **Handout TKR Checklist** – information and checklist to help you prepare for your surgery

- **Before, During, and After Hip and Knee Replacement Surgery** – education regarding your surgery and how you can best prepare/recover

- **Exercise Guide for Knee Replacement Surgery**- exercises to stabilize and strengthen your knee

- **Energy Conservation** – tips to manage energy levels

- **A copy of the Red Cross referral for your equipment**

  ◦ Please wait until the Red Cross calls you to arrange pick-up of your equipment. If you have not heard from the Red Cross by next week, you can call them (see Red Cross contact list for phone number)

EDUCATION LINKS FOR REVIEW:

- Osteoarthritis Service Integration System (OASIS):
  OsteoArthritis Service Integration System (OASIS) | Vancouver Coastal Health (vch.ca)

- OASIS Class Offerings: OASIS class descriptions | Vancouver Coastal Health (vch.ca)

EQUIPMENT:

Please remember to bring your 2-wheeled walker and any other equipment recommended to the hospital on the day of your surgery. It is important to label these items with your name using a luggage tag or masking tape.

Please install bathroom equipment (ie. raised toilet seat, bath bench etc.) before you come into hospital, so it is ready for you when you get home.

- Cryocuff Rentals (ice wrap that goes around your knee with cooler attachment): available from

  ◦ Medichair – 250.562.8280

  ◦ PG Surg Med – 250.564.2240

  ◦ Amazon – Cryo Cuff

- Dressing aids (reacher, sock aide, long shoe horn): Some sites have them available for purchase, so check in with your site if you are interested in purchasing one or more of these items. They can also be purchased beforehand from PG SurgMed and Medichair, as well as from Amazon.ca (Rehabilitation Hip Replacement Kit)

If you have funding through WorkSafe BC (WSBC), please connect with your local pre-surgical screening or optimization team for further information about what is available for you.

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