

Virtual Pre-Operative Education Class on Zoom

You have to attend the pre-operative educational class at least two weeks before your scheduled surgery. This class will increase your confidence and reduce anxiety after the operation.

You will learn more about knee replacement surgery, recovery journey after surgery, preparation plans, and some simple exercises during the class.

Please register the slot with our Co-ordinator at +65 8790 9089.



Online Knee Replacement Resources

You and your caregiver are encouraged to access these online resources to better prepare yourself.

Knowing what to expect after the operation will help you be better prepared. You can also start doing some simple exercises.

Please scan the QR code on the right to access the library of resources prepared for you.



Getting Help

Before Surgery

TKR Co-ordinator: Joelle

Contact

+65 8790 9089

Weekdays, 9AM – 5PM

E-mail: joelle_x_yong@ttsh.com.sg

After Surgery

24-hour Knee Arthroplasty Hotline

Contact

+65 9159 8305

You can call, SMS or WhatsApp (with pictures) if needed.



Scan the QR Code with your smart phone to access the information online or visit <http://bit.ly/TTSHHealth-Library>



© Tan Tock Seng Hospital, Singapore 2021. All rights reserved. All information correct as of August 2021. No part of this document may be reproduced, copied, reverse compiled, adapted, distributed, commercially exploited, displayed or stored in a database, retrieval system or transmitted in any form without prior permission of Tan Tock Seng Hospital. All information and material found in this document are for purposes of information only and are not meant to substitute any advice provided by your own physician or other medical professionals.



Department of
NURSING
OCCUPATIONAL THERAPY
ORTHOPAEDICS SURGERY
PHYSIOTHERAPY

Care Planning and Self-Preparation
Before Knee Replacement Surgery



You are Scheduled for Knee Replacement Surgery.

Knee replacement surgery is a common procedure.

In order to discharge smoothly after surgery, you should do proper care planning and arrangements prior to surgery.



Care Planning and Arrangement Prior to Surgery

You will be admitted to the ward after your surgery. You should be able to start walking within 24 hours after surgery using a walking aid. Your therapists will work with you to maximise your independence and safety in walking and daily activities before you are discharged home.

Most patients can return home 2-3 days after surgery and will continue to see our healthcare team at the outpatient clinics to ensure proper recovery and function.



Your therapists will train your caregiver(s) and ensure their competency to assist you at home.

My identified caregiver(s) is / are: _____

Duration of availability: _____

Caregiver Arrangement

After discharge, you should be able to walk with a walking aid and perform most light tasks at home on your own.

You are encouraged to identify and arrange for a caregiver who can help you in your daily activities such as meal preparation, household chores and hygiene needs.

Your family and friends can also plan for you to stay with them temporarily, prepare your meals in advance, or arrange for food delivery and transportation as needed.

Home Help Services

If you are living alone or do not have a caregiver, you can seek assistance from various community service providers who can support and assist you in coping better at home.

- AIC's Meals on Wheels/Home Personal Care*
- Private Hourly Caregiving Services
- Private Home Delivery Services

**Visit AIC Link @ TTSH located at Centre for Health Activation, TTSH level 1, beside Toast Box for more information.*

Household means testing for these services are required.

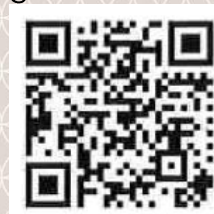


HDB's Enhancement for Active Seniors (EASE) Application

To improve home safety, you are encouraged to install grab bars and slip-resistant treatments.

These home improvement items help to reduce your risk of falling and allow you to perform activities of daily living independently and safely.

You can apply EASE by scanning the QR code on the right or request for assistance from your Occupational Therapist.



Prepare Your Home Environment Before

Please access the resource by scanning the QR code on the right for more recommendations on how to ensure safety at home.



Pre-Operative Rehabilitation Exercises

You should start doing some simple exercises to strengthen your leg before your operation so that you are able to walk better before and after surgery.

Please refer to resources "Lower Limb Exercises Before and After Operation" & "Knee Replacement Seated Exercises" online to learn some exercises to improve your lower limb strength.

