

# Back On The Ward - Day 0 - Operation day

After a short while you will return to the ward. Nursing staff will make sure you are comfortable and perform regular observations on you. You may have oxygen; your pain will be managed with painkillers. You may have a urinary catheter, you may have a drain coming from your wound and a drip in your arm to build up your fluid levels.

We would encourage you to eat and drink as soon as you are able to. If you are unsure please ask the nursing team for guidance.

You will be encouraged to commence exercise.

The Physiotherapist or Nurse will help you to get out of bed and encourage you to walk with the use of a high roller.

They will also reinforce your exercises and talk you through the rehabilitation process.

Nursing staff will continue to monitor your progress and ensure you are comfortable.

Once you are tolerating fluid and diet your drip and drain will be removed and your dressing renewed. You may have an x-ray taken.



High Roller

## Day of Surgery - Day 0 - to be completed by the patient

Date: \_\_\_\_\_

- Washed with Octenisan®?
- Have you sat on the edge of the bed?
- Used High Roller and walked to the toilet with assistance?
- Completed bed exercises?
  - 1 time:
  - 2 time:
  - 3 time:
  - 4 time:

### Comments

To help assess your pain you will be asked to score your pain on a scale of 0 to 10.

0 – No Pain      5 – Moderate Pain      10 - Worst possible pain

Pain score =

# Day after Surgery - Day 1

Walking should be much easier and you should be able to move around comfortably. You will be encouraged to continue your exercise by yourself during the day. You can walk to the bathroom to wash or use the toilet as required. The nursing staff will continue to monitor your progress.

The physiotherapist will show you how to go up and down stairs safely. Over the coming days you should progress to being able to walk independently with crutches, wash and dress with minimal or no help and be getting ready to go home.

The Occupational Therapist will see you to offer any advice as needed.

## Day after Surgery - Day 1 - to be completed by the patient

Date: \_\_\_\_\_

- Washed with Octenisan®?
- Have you sat on the edge of the bed?
- Used High Roller and walked to the toilet with assistance?
- Used High Roller and walked to the toilet independently?
- Progressed to elbow crutches?
- Completed exercises?
  - 1 time:
  - 2 time:
  - 3 time:
  - 4 time:
  - Completed stairs/steps

Comments

To help assess your pain you will be asked to score your pain on a scale of 0 to 10.

0 – No Pain      5 – Moderate Pain      10 - Worst possible pain

Pain score =

# Day 2 after surgery

Date: \_\_\_\_\_

Reason for still being in hospital:-

- Washed with Octenisan®?
- Used High Roller and walked to the toilet with assistance?
- Used High Roller and walked to the toilet independently?
- Progressed to elbow crutches?
- Completed exercises?
  - 1 time:
  - 2 time:
  - 3 time:
  - 4 time:
  - Completed stairs/steps

Comments

To help assess your pain you will be asked to score to score your pain on a scale of 0 to 10.

0 – No Pain      5 – Moderate Pain      10 - Worst possible pain

Pain score =