

Enhanced recovery.

Is a new evidenced based approach that helps patients recover more quickly after undergoing major surgery.

Having an operation can often be both physically and emotionally stressful. Enhanced recovery programmes try to get the patient back to full health as quickly as possible.

All patients that have a total hip or total knee replacement are on the enhanced recovery programme.

It aims to ensure that patients

- Are as healthy as possible before receiving treatment
- Receive the best possible care during the operation
- Receive the best possible care whilst recovering.

The earlier a patient gets out of bed and begins walking and completing their exercises the shorter their recovery time. This is why the Physio will get the patient out of bed the day after surgery and work with them daily. They also attend clinics before surgery to be given equipment and walking aids and shown how to use them.

The earlier a patient starts to eat and drink the shorter their recovery time. This is why most surgery is undergone under spinals and sedation and regular anti sickness is given routinely.

Patients are given specific medications and analgesia to help with mobility and pain. A specific dressing called an aqua cell is also used which stays on the wound for 14 days post-surgery and does not get changed.