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Patient name:

NHS number:

**KNEE REPLACEMENT AGREEMENT**

Dear …………………… Date:……….

It was a pleasure to meet you in clinic and I am very happy to continue your care for your knee. As you know I have listed you for a knee replacement. I would be extremely grateful if you could read the appropriate patient information leaflet regarding knee replacement that we have written to help patients understand the process of what is involved. This can be found on our website – [www.readinghipandkneeunit.co.uk](http://www.readinghipandkneeunit.co.uk/). If you are unable to get online to access this document, please contact us and we can provide a written copy.

A knee replacement is a big operation not to be taken lightly. It is not classed as major surgery, but it is important to be fully prepared before you go through with it.

Over the last 10 years as a knee specialist, I have performed hundreds of knee replacements and I try to explain, as best as I can, what it will be like for patients after the surgery. Unfortunately, unless you actually go through the process yourself, this is nigh impossible.

We find that people who are physically and mentally prepared for the operation do much better in the post-operative period. The time to recover or ‘get back to normal’ after such an operation is extremely variable from one person to the next. Postoperative recovery (elevating and icing your knee) and early post-operative exercises, given by the physios, are absolutely essential to a steady recovery, but this phase may last many months, in some patients.

I tell my patients that usually, at the 6 -8-week post-operative check in clinic when I see them, things are starting to turn the corner, but as everybody I different, some patients reach their goals quicker and some slower.

Knee replacements are painful and require lots of painkillers particularly in the first few weeks – this in combination with regular icing and elevating the knee are crucial for a good result. Everyone’s pain thresholds again vary and different pain killers suit different patients. I joke with patients explaining that they will want to punch me in the first few weeks after surgery as its very painful and often they reply ‘it can’t be as bad as it is now’. This may well be true but post-operative surgical pain is very different to arthritic pain. The good news is that with time it will improve.

I use this letter as an agreement between us that you fully understand about knee replacement as best as you can and you’ve had a chance to digest this information before you go ahead. Despite my preoperative discussions, I still unfortunately have had a small handful of patients who are very upset and unhappy in that early postoperative phase.

We are a team together heading on this knee replacement journey and I need you fully on board before we proceed. I would be grateful if you could sign two copies of this letter and return one to us in the supplied envelope. We will not proceed with your surgery until we have received this signed letter.

With best wishes

Nev Davies Patient:

**Mr Nev Davies**

**Trauma & Orthopaedic Consultant Surgeon**  …………………………………………………

Cc: GP