

# Service helping knee op recovery

Shropshire patients are benefiting from a new service which has significantly reduced knee replacement recovery times.

The majority of patients are ready to leave hospital within 24 to 72 hours and most are able to drive within three to four weeks.

The Rapid Recovery Service at the Spire Yale Hospital in Wroxham has been developed by consultant orthopaedic surgeon and knee specialist, Mr Tony Smith.

Key factors of the programme include patient education and careful pre-operative preparation, pioneering surgical and anaesthetic techniques, the rapid mobilisation of patients, often within hours of leaving the operating theatre, encouraging them to dress in their normal clothes after surgery and lead as normal activities as possible, and early, supported discharge home.

Mr Smith said: "The benefits of this approach are enormous.

"As well as returning to activity as soon as possible, patients achieve a better result from their operation and a decreased risk of complications such as deep vein thrombosis.

"It is not often changes in surgical practice yield such huge changes in outcomes for patients, but I am convinced the rapid recovery programme is a huge step forward for my patients having joint replacement surgery.