



Altnagelvin Area Hospital

Information Leaflet on Social Services *(To help you and your family to plan ahead)*



You can expect to be called soon for your orthopaedic surgery which should enhance the quality of your life and promote your independence.

To prepare for your surgery and ensure the best outcome, we would suggest that you and your family consider the following points to ensure a plan is in place for a safe discharge home.

Hip/ Knee Surgery

- Following your surgery and discharge home you may require help for a short time to assist with lower half washing and dressing.
- You may require help overnight on the night of your discharge to provide reassurance and support with toileting if required.
- Arrangements for shopping.
- Arrangements for meals.

- It is likely you will have anti-embolic stockings. If so you may require support to assist with changing stockings.

Following surgery most people will be fit for discharge with the support of family, friends and informal carers. However if required a social assessment can be requested and support provided if your needs are assessed as “critical.” Referral to social services can be made by your nurse following discussion and agreement.