

Going home with a clear handover

Complete this with the treating team before departure. It records your individual instructions; it does not supply a standard exercise programme, medicine dose or travel-clearance date.

Operation, side and date

Implant details and where the labels are kept

Permitted weight-bearing, brace and movement restrictions

Wound plan and who will examine it

Medicines and clot-prevention instructions: attach the prescription

Planned review and travel reassessment

Local clinician and physiotherapist: accepted handover and appointments

Operating team routine contact and agreed response arrangements

Documents to leave with

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| ☐ Discharge summary and operation note | ☐ Implant record where relevant |
| ☐ Relevant imaging and investigation results | ☐ Medicine list, wound plan and rehabilitation instructions |

A short physiotherapy progress update

The therapist can record the measurement or test used, rather than a result without context.

Date, swelling, pain and walking aid

Extension and flexion: measurement and method

Current restrictions and completed tests

Current goal, progress and next review

Planned video review supports the handover. A new or urgent problem still needs local hands-on assessment. Use the getting-help sheet for the agreed contacts.

Related guides: [Planned follow-up](#)