

Self-isolation instructions for patients before and after surgery

This is an important leaflet that is designed to provide you with instructions to keep you safe from Coronavirus before and after your surgery. This advice is based on guidance from NICE¹, the British Orthopaedic association² and ARMA³. It is important that you read this carefully. The precautions you need to take will depend on your level of risk for surgery. You will be advised of your risk level by the pre-assessment team.

You must follow these instructions if you are deemed to be in the *higher risk* category for surgery (ASA grade III or higher) OR if you are having two joints replaced at the same time OR if you are having a revision joint replacement.

In preparation for your hospital admission, you must carefully follow all of these instructions for **self-isolation for 14 days prior to your operation**

- You **MUST** stay at home except to take outdoor exercise or attend essential medical appointments.
- **DO** take outdoor exercise at least once a day, such as going for a walk, taking care to keep a safe distance from other people.
- Work from home if you can; you **MUST NOT** travel to your workplace.
- Stay **ALERT**.
- Limit contact with other people
- **AVOID** coming in to contact with anyone who has symptoms of COVID-19
- **DO NOT** invite any visitors inside your home.
- **DO NOT** meet indoors with friends and family who do not live in your home with you. You may meet outdoors keeping a safe distance.
- You must **AVOID** going out for shopping, arrange for this to be delivered home
- You should **CANCEL** any non-urgent dental or medical appointments whilst you are self-isolating.

Additional instructions

- Wash your hands often with soap and water or use hand sanitiser
- Avoid touching your eyes, nose and mouth with unwashed hands
- Wash your hands thoroughly after touching pets
- Clean and disinfect frequently touched objects and surfaces in your home
- Use separate household items such as towels, bedding and crockery
- Wear a face covering when you go out of your home eg for essential hospital appointments.
- If you or any household member becomes unwell during this 14 day isolation period you must report it to us immediately by calling 01372 735801.



Transport

You should aim to travel to your hospital appointments/admission using your own private vehicle, which may be driven by a member of your household (who has been taking the same precautions as you). If this is not possible, you may travel in a friend's or relative's car or in a taxi. In this situation, you must take the following precautions:

- check that the driver does not have any symptoms such as a continuous cough or fever
- you and the driver must wear a face mask or covering
- you should sit in the rear passenger seat or as far away from the driver as possible
- you should ensure that the car is ventilated by keeping the windows open (weather permitting)
- you should sanitise your hands immediately after the journey

DO NOT travel by bus or train. If you cannot arrange your own transport, please call the hospital for advice.

Other members of your household

- Other members of your household should follow the same precautions as far as possible.

1. <https://www.nice.org.uk/guidance/ng179>

2. <https://www.boa.ac.uk/uploads/assets/26d555f9-3dfc-45ad-81aa967e831149b1/BOA-statement-on-NICE-planned-care-FINAL.pdf>

3. <http://arma.uk.net/covid-19-vaccination-and-msk/>

- If members of your household need to go to work or are unable to self-isolate for any reason, you should “shield” from them within your home – see below.

Shielding within your household

If any member of the household is regularly leaving the home (e.g. for work), it is possible that they could catch the Coronavirus and pass it on to you unknowingly. To stay safe you will ‘shield’ yourself by distancing from others in your household to reduce the risk of infection.

- You MUST minimise the time other people living with you spend in shared spaces such as kitchens, bathrooms and sitting areas, and keep shared spaces well ventilated.
- You MUST keep 2 metres (3 steps) away from people you live with or wear face coverings when you are having a conversation.
- You MUST encourage them to sleep in a different bedroom where possible. If possible, use a separate bathroom from the rest of the household. Use separate towels from the other people in your house, both for drying after bathing or showering and for hand-hygiene purposes.
- If you share a toilet and bathroom with others, it is important that they are cleaned every time after use (for example, wiping surfaces you have come into contact with). Consider drawing up a rota for bathing, with you using the facilities first.
- If you share a kitchen with others, avoid using it while they are present. If you can, take your meals back to your room to eat. If you have one, use a dishwasher to clean and dry the family’s used crockery and cutlery. If this is not possible, wash them using your usual washing-up liquid and warm water and dry them thoroughly. If you are using your own utensils, remember to use a separate tea towel for drying these.
- Everyone in your household should regularly wash their hands, avoid touching their face and clean frequently touched surfaces.

Coronavirus vaccine It takes up to 14 days for immunity to develop after the first dose of the vaccine.



First dose: You should allow at least 2 weeks after having the first dose of the vaccine and your surgery.

Second dose: You should allow at least 1 week after your second dose and the surgery.

Pre-operative Covid-19 testing and self-isolation



As part of our admission process, you will need to Coronavirus swab test 3-4 days before your procedure and you may require some additional tests ahead of your procedure. Your hospital team will further advise you of what is required.

After you have had the swab test you must continue self-isolating/ shielding at home until you come in to hospital for your admission. This means that you must not leave your home for any reason other than once a day to exercise whilst maintaining a safe distance from other people.

Self-isolation after your surgery

- You should continue self-isolating/ shielding as described for a period of 14 days after your discharge from Hospital

You can only be admitted for your procedure if you (and your household members) have had no symptoms of Covid-19 infection in the fourteen days prior to your admission, have self-isolated or shielded following the instructions above and you have had a negative Coronavirus swab test.

You must inform the admissions team (01372 735801) straight away if –

- you (or a household member) develop Covid-19 symptoms
- you are unable to follow the guidance on self-isolation/ shielding or
- a household member has a positive swab test

For everyone’s safety your procedure will be postponed until we can be sure that it is safe for you to proceed.