



Knee replacement in Thailand: your checklist

Total or partial knee. Your surgeon and physio's advice comes first.

Emergency: call **1669** (free, 24 h). Also save your hospital's 24-hour number: _____ Tourist Police: **1155**.

1. Before you book

- ☐ Total or partial? Asked: 'Am I a candidate for a partial knee?'
- ☐ Quote: implant included? nights? physio sessions? take-home medicines?
- ☐ Price open to fly-in patients (not 'Thai and expats only')?
- ☐ Visa covers 4-6+ weeks (ask Thai Kru); flexible flight

2. Your room

- ☐ Lift; no step into the bathroom; raised seat if toilet is low
- ☐ Walk-in shower + shower chair; non-slip mats
- ☐ Firm armchair; bed high enough, feet flat on floor
- ☐ Clear path bed to bathroom; night lights
- ☐ Daily items at chest height

3. Supplies

- ☐ Walker (then cane); raised toilet seat or commode frame
- ☐ 2 cold packs; long-handled grabber and sponge
- ☐ Rolled towel for under the ankle (not a pillow under the knee)
- ☐ Non-slip shoes with backs; loose shorts; car-seat cushion

4. Discharge day

- ☐ Medicine list in English, blood thinner times highlighted
- ☐ Every exercise and the stair technique filmed
- ☐ Weight-bearing rule + bend target for next week written down
- ☐ Dressing check date (often day 14-20) and physio plan booked

5. Weeks 1-6, every day

- ☐ Exercises several times a day; short walks every 1-2 hours
- ☐ Rest 30-60 min morning and afternoon; leg raised on calf pillows
- ☐ No squatting, kneeling, floor sitting, low chairs, crossing legs
- ☐ Stairs: UP with the good leg, DOWN with the operated leg
- ☐ Wound, temperature and calves checked morning and evening

6. Flying home

- ☐ Surgeon has cleared you (Thai hospital: at least 7 days for any flight)
- ☐ Fit for Travel certificate + medical summary
- ☐ Wheelchair at both airports; legroom or aisle seat
- ☐ Walk and flex feet every 30 min; medicines in hand luggage
- ☐ Physio booked at home; exercise videos saved

Call 1669 now: chest pain or trouble breathing; fall and can't get up or hit your head; fainting or confusion.

Call your surgeon today: fever over 38°C; wound red, hot, swollen or oozing; severe pain at rest; one calf or the whole leg swollen, red or tight; knee feels loose or you can't bear weight; missed blood-thinner dose.

My address in Thai (for 1669):

ต้องการรถพยาบาล ผม/ฉันเพิ่งผ่าตัดเปลี่ยนข้อ
เข่า
ที่อยู่คือ _____