



Preparing for your

**Total Hip or Knee
Joint Replacement**

*Pre-operative education
for patients[©]*

**St. Clair Hospital
Center for Orthopedics**

The Orthopedic Team

- Physicians
- Nurses
- Nurse Aides
- Physical Therapist
- Occupational Therapist
- Care Manager / Social Worker



Objectives

This class and packet have been designed to:

1. Introduce you to the Professional Orthopedic Team.
2. Help you get ready for your surgery.
3. Describe what you will experience on the day of surgery
4. Describe what you will experience each day while in the hospital.
5. Help you prepare to go home.

Getting Ready for Surgery

- Complete the preparation checklist
- Designate a “Coach” to help you through the process
- Prepare for surgery
 - The week before
 - The night before: pre-op shower
 - The morning of: second shower
- What to expect
 - Day of surgery
 - Throughout your hospital stay
 - Day of discharge
- Prepare for discharge home: know what you’ll need

Preparation Checklist

- Your medical doctor and cardiologist (if applicable) has cleared you for surgery

- The following testing has been completed:
 - Chest x-ray
 - EKG
 - Blood work
 - Other screens/tests as needed

- You have designated a coach (support person) who will be available to help you when you go home

Preparation Checklist (cont.)

- You have your home ready for you to return after discharge
- You have arranged transportation to go home by **noon** on discharge day
- You have chosen an outpatient physical therapy location
- You have a plan for getting your prescriptions filled so your medicine will be available to you when you arrive home

Your “Coach”

- Designate a support person who will be available to:
 - Get your mail, newspaper, & help you at home
 - Take you home from the hospital. Our goal for discharge is 12 p.m.
 - Take you to your follow up doctor appointments
 - Take you to outpatient physical therapy
 - Pick up medication prescriptions
- You may choose to use the St. Clair van to transport you to physical therapy at St. Clair’s Outpatient Center on Oxford Drive.



Important Information:

Before your surgery

- You may need to stop taking some medications 5 to 7 days before surgery. Talk with your doctor if you are taking, for example, blood thinners such as:
 - Coumadin
 - Plavix
 - Baby aspirin
- Notify your surgeon if you develop any injury, physical illness, or signs of a urinary tract infection:
 - Fever
 - Chills
 - Painful or burning sensation with urination
 - Back pain
 - Cloudy or foul smelling urine

Important Information:

After your surgery

- After having joint replacement surgery, you may need to take antibiotics in order to minimize the risk of future infections before having other procedures.
- Tell your physician or dentist you've had a joint replacement before undergoing any of the following:
 - Any dental procedure
 - Barium enema
 - Bronchoscopy
 - Genitourinary instrumentation
 - Kidney surgery
 - Liver biopsy
 - Prostate / bladder surgery
 - Sigmoidoscopy
 - Tonsillectomy
 - Vaginal exam / GYN surgery
 - Or if you experience any other infection

Smoking Policies

- Do not smoke for at least 24 hours before surgery.
- St. Clair Hospital is a non-smoking facility. Smoking is not permitted at any time on the premises.
- St. Clair Hospital provides printed information about smoking cessation upon request



Disclosure of Your Information

- In accordance with standard HIPAA regulations, your medical information will only be disclosed to the person to whom you have chosen to give your special code:
 - Your code = your hospital account number
- We respect your privacy!



Before Your Surgery: *Clothing*

- Leave jewelry/valuables and money at home. You will not need them and we would not want them to get lost.
- Do not wear make-up or nail polish.
- Bring comfortable clothing (shorts & shirts) for wear during your post-op exercise. You will feel better getting dressed for physical therapy sessions.
- The hospital provides skid-resistant slipper socks to wear to and from the bathroom
 - Please also bring a comfortable pair of athletic shoes for your exercise sessions.

Before Your Surgery: ***Preparing your home for discharge***

- Place frequently used items within easy reach
- Arrange your furniture for safe walking and enough space for you to use a walker
- Remove throw rugs to prevent tripping
- Install handrails:
 - On stairways
 - In bathrooms and tub areas
- Plan to have someone stay with you for a few weeks to help
- Make arrangements to keep pets from being underfoot
- Have meals prepared ahead of time and frozen

Before Your Surgery: *Eating*

- The hospital will contact you after 1 p.m. one business day prior to your surgery to provide you with specific instructions regarding:
 - What you can eat or drink
 - What medicine to take before surgery
 - What time to arrive at the hospital



Before Your Surgery: Medications

- A nurse will review your medications with you individually.

MEDICATION LIST

Last Name: _____ First Name: _____

Date of Surgery: _____ DOB: _____

Allergies	Reaction

Medications: Include all prescription , OTC, Vitamins and inhalers

Name:	Dose	Time of Day

1. Have you ever had a blood clot in your legs or lungs? YES NO

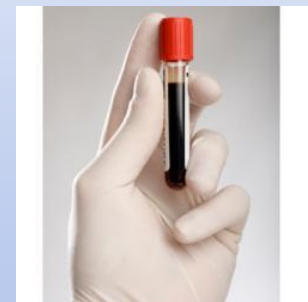
2. Has anyone in your family had a blood clot in their lungs or legs? YES NO



Before Your Surgery: *Blood Work*

- You will need to have blood work done before you can be medically cleared for surgery.
 - A test called a “Type and Screen” is good for only **14 days**.
 - ❖ Please be sure to have this completed within 2 weeks of your scheduled surgery.
 - Additional restriction: the “Type and Screen” must be done within **3 days** before the surgery **if**:
 - ❖ You have had a blood transfusion or been pregnant within the last 90 days
 - ❖ You have had an inpatient hospital stay within the last 14 days prior to surgery
- All other blood work results are acceptable if done within 30 days prior to surgery.

IMPORTANT: “Type and Screens” must be done at a St. Clair Hospital facility (hospital or outpatient). All other blood work may be done elsewhere, if you choose.



Before Your Surgery: *Preparing items to bring*

- Be sure to bring the following items on the day of surgery:
 - Photo ID (drivers license or other ID)
 - Advance directives, if applicable
 - **Your prescription medicines** in a labeled container
 - ❖ Nurse and anesthesiologist will review with you
 - Toiletries
 - The education folder you received in class
 - ❖ This is your reference guide while you are in the hospital.
- Designate a family member or your coach to bring your belongings/clothing to your room after surgery.
- You do **not** need to bring your insurance cards

Day of Surgery

- Report to **Patient Registration** on the 3rd floor at the time you were instructed.
- From there you will be assisted to the **Outpatient Surgery Unit** (OPSU), where your preparation for surgery will begin:
 - An IV will be started
 - Compression pumps will be put on both legs
 - A compression stocking will be applied to the non-operative leg
- The anesthesiologist will see you in the pre-op holding area to discuss the type of anesthesia you will receive.

After Surgery

- You will be taken to the **recovery room** until you are easily awakened from anesthesia.
- When it is okay for you to leave the recovery room, you will be brought up to your room on the **orthopedic floor**
 - Usually unit **5A** on 5th floor
- *Because patient flow is sometimes unpredictable, you may experience a delay in getting to your room on the nursing unit. We kindly ask for your patience if this occurs.*

On the Orthopedic Unit

- The orthopedic staff is dedicated to providing you with a comprehensive program for your “pathway to recovery” after total joint replacement surgery.
- We share your goal of regaining mobility and optimizing your quality of life.



During Your Hospital Stay

- The staff will be working with you as a team to give you the best possible outcomes and the best possible experience.
- If at any time you or your family feel you are not getting the best of care and service, please ask to speak to a member of your care team.
 - Use the call button at your bedside any time
 - Dial 5A nursing station at ext. 5400 from your room phone
 - Cindy Gaber, RN, Manager of 5A Ortho Unit, will be rounding during your stay

Length of Stay in the Hospital

- The expected length of stay for patients having total joint surgery is *3 days*. *For example:*
 - If your surgery is on a Wednesday, you can make plans ahead of time to leave the hospital on Saturday.
 - If you have surgery on a Friday, your discharge day would be Monday.
- Discharge destination:
 - The goal is for you to be able to return directly home upon leaving the hospital.
 - If the care team determines that you may need additional rehabilitation before going home, we will work with you to determine the best place to meet your needs.

Day by Day...

- Let's go through what happens after surgery. We will take it day by day...
- Our orthopedic team follows a clinical pathway – in other words, an established path of care to help you meet your goals.
- We will explain this in terms of days:
 - Surgical Day (the day you have surgery)
 - Post-op Day 1
 - Post-op Day 2
 - Post-op Day 3



The Surgical Day:

Arriving on the orthopedic nursing unit

- When you arrive on the orthopedic nursing unit, you will receive a great amount of attention. There is a lot for the nurses and therapists to accomplish.
- Your family / support person will be shown to the waiting room while a registered nurse completes a full assessment on you.
 - *For your comfort and healing, and out of respect for your roommate, we ask that only 2 visitors be in your room at any given time.*
- Your temperature, pulse, respirations, blood pressure and urinary output will be monitored often. It is important for the nurses to monitor you closely – even through the night!

The Surgical Day: *In your room*

- You should use your incentive spirometer every hour.
 - Frequent deep breathing and coughing exercises are also important in preventing pneumonia.
- You will have a dressing on your hip or knee.
- Your IV fluids will continue.
- The pumps on your legs will be on continuously while not working with physical therapy.
 - The pumps help with circulation and prevent blood clots
- To help relieve pressure on your heels and prevent skin breakdown, you will either wear heel protectors or have pillows placed beneath your legs.
- You may have a Continuous Passive Motion (CPM) machine to help restore movement in your leg.

The Surgical Day:

Ambulation and Physical Therapy

- A physical therapist will teach you exercises to help with blood flow and muscle strengthening.
 - You should continue to do these exercises on your own every hour.
- You will get out of bed the day of your surgery and walk with the assistance of the physical therapist.
 - A therapist will see you in your room shortly after your arrival on the orthopedic unit.



Surgical Day (and every day): *Getting out of bed*




- Do not attempt to get out of bed on your own: Call for assistance from nursing staff.
- “Call, don’t fall!”

The Surgical Day: *Fluids*

- You will have at least one clear liquid* meal. This is because the function of your intestine is sluggish and solid food needs to be re-introduced slowly.
 - **Clear liquid trays are not sugar free.*
 - *Your doctor will determine if sugar-free jello and drinks need to be ordered.*
- You may receive a blood transfusion.
 - Knee replacement patients may receive blood collected through a drain from your surgical site post operatively.

Surgical Day (and every day): *Hourly rounding*

- The nursing staff is dedicated to maintaining a safe comfortable environment.
- A member of the nursing staff will check on you as frequently as every hour:
 - bathroom needs
 - pain medication
 - to make sure you have simple, but important things close by
 - ❖ water, tissues, your phone, and call bell
-  Please remember to call for assistance any time you need to get up or out of bed.

Post-Op Day 1: *Blood / Fluids*

- You will be taught how to give yourself injections at home to prevent blood clots.
- Your doctor will order blood work for the next 2 days to monitor your blood levels.
 - This will be done very early in the morning.
 - *You may receive a blood transfusion if your blood levels drop too low.*
- IV fluids will be discontinued.



Post-Op Day 1: *Diet*

- A concierge will see you to help you order from a menu and determine when you want to eat.
 - If you are on a special diet, the appropriate menu will be available for you.
 - You can also order items from the menu if you do not like the main meal selection.

Seasonal Menu
July 18th thru July 24th, 2011

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Whole Body Soup	Local Vegetable	Lentil	Balkan Chorizo	White Bean	Mushroom Barley	
	Soup	Chicken Noodle	Local Cream Of Mushroom	Tortilla	Waldie	NE Corn Chowder	Turkey Vegetable
	Chili	3 Bean Chili	3 Bean Chili	3 Rivers Bean Chili	3 Bean Chili	3 Bean Chili	3 Bean Chili
	Entrée	Baked Lemon Passer Cod	Local Roasted Vegetable Lasagna	Nacho Bar	Pasta Shrimp	Grilled Tuna Steak	Roasted Turkey Breast
	Entrée	Asian Glazed Pork Chops	Chicken Roma	Mini Steaks	Mano Mestizo	Chicken Parmesan	
	Vegetable	Local Broccoli	French Beans	Porcini	Local Roasted Asparagus or Fresh Lemon	Local Roasted Button Mushrooms	
	Vegetable	Baby Glazed Carrots	Local Broiled Tomatoes	Baked Beans	Local Roasted Yellow Squash	Local Tomato Basil Zucchini	Rivers Vegetables
	Starch	Wild Rice Pilaf	Garlic Breadstick	Go Bucchosi!	Garlic Smashed Potatoes	Rice Pilaf	Mashed Potatoes
Pizza	BBQ Chicken Pizza					Cheese and Peppercorn Pizza	Cheese and Peppercorn Pizza
	Vegetarian Entrée	Roasted Red Pepper Risotto	Seame Tofu with Grilled Bok Choy	Ham BBQ Sandwiches	Brown Rice Cakes with Tomato Sauce	Vegetable Lo Pan	
	Items available at the Grill daily: "Fresh Grains" Hamburgers and Cheeseburgers, All Beef Hot Dogs, and Garden Burgers (V) Cheese available: American, Cheddar, and Swiss						
	Special	Tuna Plat	Grilled Entrée with Onions	Freshly Cooked Steak	Turkey Racheal	Super Burger	Beacon Cheeseburger
	Starch	Waffle Fries or Onion Rings	Waffle Fries or Tater Tots	Waffle Fries or Onion Rings	Waffle Fries or Tater Tots	Waffle Fries or Onion Rings	Waffle Fries
	Fresh Baked Breadsticks, Breadsticks, hot and served in: Whole Wheat, Six Grains, Sourdough, Marble Rye, Rye, Kaiser Roll, etc. Pasta: Baked Pasta, Roasted Turkey, House Red Sauce, Prosciutto or Bologna, a selection of other imported salami. Vegetarian: Turkey, Beef Lettuce, Tomatoes, Red Onions, and Pickles, Cheese: American, Cheddar, Prosciutto and Swiss or Pepper Jack. Condiments available: Mustard, Healed Mayonnaise, Pesto, Fat Free Mayo, Horseradish and Red Hot.						
	Full Salad Bar including 2 selections of greens, 10 toppings, 4 dressings, 1 Toppin', Cottage Cheese, 3 Fresh Fruits, Extra Virgin Olive Oil, Balsamic Vinegar						

Did you know... we purchase 20% of our produce from local farms when in season...

Post-Op Day 1: *Hygiene / Self-Care*

- Your incision dressing may be changed post-op day 1 or 2.
- We will give you warm wipes for a sponge bath using a soap-like solution that does not have to be rinsed off.
 - You can wash with privacy, doing as much as you can, and the nursing staff will assist you in completing your bath.
 - If you prefer a traditional sponge bath with a basin of water, we can accommodate.
 - You and your nurse can discuss the time that is most convenient for you to freshen up.
- The occupational therapist may work with you on post-op day 1 or 2 to show you how to bathe within your limitations.
 - The occupational therapist will also evaluate your overall function related to dressing/self care.

Post-Op Day 1: *Physical Therapy*

- You will continue physical therapy in the gym located on the orthopedic unit.
 - You will have one morning and one afternoon session.
- Compression pumps will be in place on your feet/legs at all times except while in physical/occupational therapy.



Post-Op Day 1: *Discharge Planning*

- The care manager will visit with you to talk about:
 - plans you have made for discharge
 - your insurance information
 - any medical equipment you may need for home
- Our goal is to help you *return to your home* after leaving the hospital
 - However, we can help you arrange for a short stay in a skilled nursing facility if necessary, depending on your mobility and support system.



Post-Op Day 2

- Injections & Dressing Changes:
 - You will administer your own injection under the supervision of your nurse.
 - You will also change the dressing on your knee(s) or hip yourself.
 - It is helpful to have your coach or support person available to also learn how to care for your incision.
- Constipation:
 - Surgery, pain medications, and lack of mobility are contributors to constipation.
 - It is common to not have a bowel movement until the 2nd or 3rd day after surgery.
 - You will be advised of preventative measures offered to avoid constipation.

Post-Op Day 2

- Walking
 - Walking *with help* is encouraged, but you must not walk alone.
 - After surgery, you will have a greater risk of falling.
 - Falls can be serious, sometimes resulting in injury and significantly impact your recovery from surgery.
- Discharge Planning
 - Plans for discharge are confirmed.
 - Write down any questions for the doctor, therapists or nurses in your notebook.
 - You may be able to be discharged on this day if you are progressing well enough.

Post-Op Day 3

- During your stay you will be given an education sheet called “Exit Care” to help you recognize the signs and symptoms of infection and other complications. This will be reviewed with you on post-op day 3.
- You may have a morning session of physical therapy before you leave, if needed.



Daily: *Bedside Report*

- To keep you **informed**, the nurses will give one another “report” at your bedside at designated shift change times.
- The nurse leaving will introduce you to the next shift nurse.
- They will then discuss:
 - your progress
 - the plan for the day
 - discharge plans
 - your care needs, including pain control
- If you have visitors, the nurses will ask you if you would like to have the visitors step out of the room during report.
- You are welcome to use this opportunity to ask questions and **participate in decision making**.

Daily: *Housekeeping*

- Your room will be cleaned daily, *often occurring while you are out of the room at physical therapy.*
 - Therefore, you may not see the housekeeper actually cleaning, but you should notice the improvement!
- If you have any concerns during your stay about the cleanliness of your room or anything else, please talk to your nurse.



Any Time

- If during your stay you feel your needs are not being met, please notify a member of the care team as soon as possible so this can be discussed and corrected.
- Remember, it is important that you communicate with the orthopedic team!



Pain Control

- Each of our orthopedic surgeons has a pain protocol intended to provide round the clock pain control.
- Each pain protocol is a combination of medications that work on pain and inflammation.
 - These medications are given *when requested* with the intent of maximizing pain relief.
- It is important to know that you should expect to experience *some* pain in the days following your surgery. Together with your nurse, you will establish a “comfort goal”. If your pain rises above your goal level, please ask for medication.



Pain Control, *continued...*

- Realizing that every patient is different, our orthopedic nurses are trained to assess your pain level and medicate appropriately.
- Occasionally, you may need to be “rescued” from pain that is reaching a high level for you. ***Do not wait until your pain is severe.*** Your nurse has additional medication available for you.
- Relax with music, books and television may help control pain. Try the CARE Channel (channel 75).

The Pain Scale

Rating your pain



Care Management

- Care Managers and Social Workers are a vital part of the orthopedic team. They assist with helping you transition out of the hospital.
- Our care management department has information on various services, such as skilled nursing facilities, life-line systems, homecare nursing/therapy, caregiver agencies, meals on wheels, etc.
- If you anticipate needing a handicapped parking placard, please discuss this with a member of the care team *before* the day of discharge.
- For additional information, please call the Care Management office at 412-942-2200, Monday-Friday, 7:30 a.m. – 4 p.m.

Going Home

- Before leaving the hospital, you will be given:
 - Wound dressing supplies
 - Discharge instructions
 - A walker or crutches, if needed
 - Information about how to obtain other aids as needed to help you to function as independently as possible at home.

Let us know how we're doing!

- Please remember, if any problems arise during your stay, tell your nurse or ask to speak to the nurse manager so we can address the issues **during** your stay.
- *Our team places customer service as a top priority. We want to make your stay the best it can possibly be!*



Let us know how we did!

- Approximately one week ***after*** you get home you may receive a satisfaction survey in the mail.
- We need your feedback regarding areas in which St. Clair Hospital is meeting your expectations as well as those areas that need improvement. Our goal is to provide you with the very best care possible in every area!
- Please take a few moments of your time to complete and return this survey. We appreciate your time and efforts to help us continually improve our services.
- Thank you in advance for taking the time to complete the survey.

Summary

- Your recovery period is a **joint** effort between the orthopedic team, you and your coach.
 - You play a big role in your recovery.
 - It is important for you to understand as much as possible about the process.
- Please feel free to ask any questions about the things that you don't understand or that concern you.
- Please also let us know while you are with us if at any time you feel you are not receiving "very good" care. We will do our best to meet and exceed your expectations!!!

We are here to help!