



 Health Care

Joint Replacement Orientation
With Lisa Boyd, Orthopaedic Navigator

Your Journey to Wellness

Welcome to your orientation!

- Today is your one-stop shop to prepare for surgery.
- Medical optimization - we want you as healthy as possible PRIOR to surgery.
- You can help yourself be ready for surgery right now!

Pre-Operative Exercises

- BOTH legs, 10x each exercise, twice a day
 - All Patients:
 - Quad sets (page 13)
 - Hamstring sets (page 13)
 - Heel slides (page 14)
 - Hip abduction (page 15 for hips, page 16 for knees)
 - Ankle Pumps 10x hourly while awake (page 14 for hips, page 15 for knees)
 - Hips:
 - Glut sets (page 13)
 - Knees:
 - Short arc quads (page 14)
 - Straight leg raises (page 15)

Get Your Home Ready

- ✓ Plan to return home after your 1-2 night hospital stay
- ✓ Entrance/exit without going through the grass, if possible
- ✓ Stairs/railings - PT will have you go up/down stairs prior to discharge
- ✓ Clean home with clear pathways (no trip hazards)
- ✓ Area in your living room where you can sit up during the day. Make sure your chair isn't too low.
- ✓ Bathroom safety - shower chairs and stool risers
- ✓ Help at home - cooking, cleaning, laundry, shopping, and transportation.

Preparing for Surgery

- ✓ One week prior to surgery you must stop taking anti-inflammatory and vitamins/supplements
- ✓ Three days before surgery - no shaving, lotions, creams, or ointments on your surgical leg to help minimize risk of infection.
- ✓ Hibiclens soap the 4 nights before surgery and the morning of surgery.
 - If you still want a shower in the morning, use an antibacterial soap such as Dial.
 - Change your sheets the day you start using your soap
 - Use a clean towel and washcloth for each shower, wear clean clothes and pajamas
 - Scrub from your neck down for 3 minutes, then rinse (avoid your eyes and your private areas)

The Day Before Surgery

- Please drink plenty of water/Gatorade. This will help keep you hydrated since you can't eat/drink after midnight.
- Make sure you have your bag packed
 - Shoes - close toed, no flip flops, etc.
 - Clothing that is loose and comfortable (NO jeans!)
 - Toiletries
 - Please note that you are responsible for your own personal items.
 - Walker
- Do your Hibiclens shower
- Nothing to eat/drink after midnight unless otherwise instructed

The Day of Surgery

- ✓ Do your final Hibiclens shower
- ✓ Take any medications that were written down for you with just a sip of water. No gum, hard candy, or smoking.
- ✓ Drink the Gatorade provided to you 4 hours prior to surgery. Finish this within 15 minutes. Do NOT drink anything else. Do NOT drink anything closer to 4 hours prior to surgery.
- ✓ Arrive at Liberty Hospital at the time designated to you on your paperwork (usually 2 hours before surgery). 5:45 a.m. is the earliest you would be asked to arrive.
- ✓ Leave all of your belongings in the car and lock it.
- ✓ Check in at Patient Registration.

The Day of Surgery

- ✓ Go to the pre-operative holding area and wait.
 - Change into your hospital gown only
 - Start your IV and IV fluids
 - IV antibiotic before and after surgery
 - Visit with your surgeon and anesthesia
 - Go to the OR!

In the OR

- Scrub your leg prior to surgery
- Surgical process
- Wash out your joint after surgery
- Close your incision
 - Knees - staples
 - Hips - staples or skin glue, depending on the surgeon
- NOTE: IF your surgeon allows you to shower, you must cover your dressing/incision with Press-N-Seal and waterproof first aid tape to keep it dry.

Infection Prevention

- Most at risk for infection after the first two weeks
- Signs and symptoms of infection
 - Fever above 101.5, red/hot surgical site, incision draining pus or a lot of clear/yellow fluid.
- Preventing infection starts today
 - All the things we have already discussed: Hibiclens shower, antibiotics, washing your leg before/after surgery, sterile dressings.
 - Things you can do:
 - Do your Hibiclens as directed
 - Wash your hands with soap and water or hand sanitizer before touching your dressing or incision
 - Wound care - leave it alone. Don't submerge your incision in water for 8 weeks.
 - Talk to your surgeon about their dental work recommendations. You may need a preventative antibiotic prior to dental work or cleanings. This is to minimize your risk of infection.

Preventing Blood Clots

- You are most at risk for blood clots 3-6 weeks out from surgery
- Signs and symptoms
 - Deep Vein Thrombosis (DVT) - pain, swelling, redness and/or warmth in your calf
 - Pulmonary Embolism (PE) - chest pain, shortness of breath, or sudden onset of confusion
- Preventing blood clots
 - Start your exercises today - both legs, 10 times each exercise, twice daily
 - Physical therapy exercises 2-3 times a day
 - Ankle pumps every hour while awake - in the hospital and at home
 - TED hose - wear these daily for 8 weeks on both legs. They are hand wash and hang up to dry.
 - Balance your rest and activity
 - Ice and elevate your leg
 - Take your blood thinner as directed. Take until complete; do not skip any doses.

Recovery Room

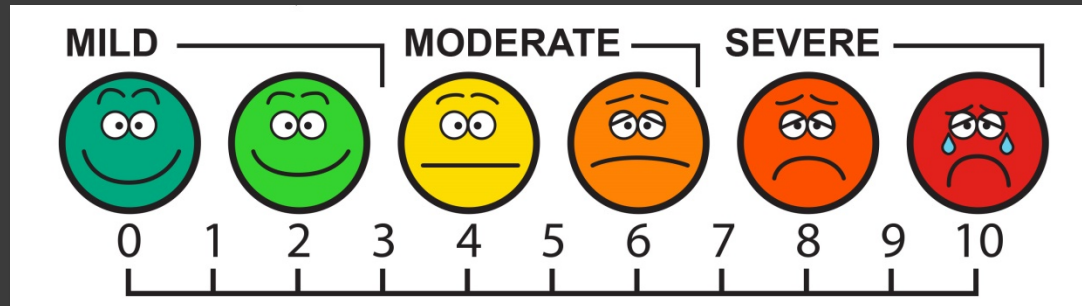
- Oxygen and oxygen monitor - take deep breaths in through your nose and out through your mouth
- X-ray of your surgical site
- Calf pumps - on both legs when you're in bed in the hospital.
- CPM if applicable
- Hips may have abduction wedge

Pain Management

- **You will not be pain free!**
 - Apply your ice packs/ice machine to your surgical site as much as possible
 - Get moving! Early ambulation and movement is key to pain reduction after surgery.
 - Keep busy! Read, color, listen to music or play a game on your phone.
 - Tylenol for mild pain. Yes, it really does work!
 - Interventions moving forward if you have moderate or severe pain.
 - Ask for pain medication before your pain is out of control

Pain Management

- Learn to use the 0-10 pain rating scale
 - 3 or less is considered tolerable pain
 - 4-7 would indicate you need one pain pill
 - 8-10 would indicate you need 2 pain pills
- Pain medication can't be called in.
- Constipation Prevention is very important! This can be achieved using stool softeners and/or laxatives.



Daily Schedule

- Early morning vital sign (and every 4 hours day/night)
- Up to chair at change of shift
- Breakfast up in chair- Ask for pain medication
- Morning PT
- Lunch up in chair- Ask for pain medication
- Afternoon PT
- Back up in chair for dinner- Ask for pain medication if needed
- PM medications and getting ready for bed
- Ask for assistance to get out of bed, ask for pain medication if needed, do your ankle pumps and I.S. hourly while awake

Post-Operative Positioning

- Sleep on your back or either side with pillows between your knees (hips must maintain precautions and cannot sleep on incision)
- Assistance with frequent repositioning
- Pillow under heel for knee replacements!

Physical Therapy

- PT will see you twice daily - sometimes starting once the day of surgery
- Goals for discharge
 - Walking at least 250 ft with a walker or crutches, getting in/out of bed independently, getting in/out of the chair/bathroom independently.
 - Maintaining your hip precautions, if applicable
 - For knee replacements: flexing (bending) your knee to 90 degrees and extending (straightening) your knee to 0 degrees
- Exercises start today

Occupational Therapy

- Will see you post-operative day one
- Work on dressing and grooming
- Start chair push ups today

Nutrition

- Now is not the time to diet
 - If you can't eat 3 big meals, eat small frequent meals instead. If you're not able to eat small frequent meals then you need to supplement (Boost, Ensure, any protein/nutrition drink).
- Protein for healing
 - Cottage cheese, eggs, yogurt, peanut butter, nuts, etc.
- Fluids and fiber for constipation prevention
- Don't take pills on an empty stomach

When will I be back to my regular activities?

- It is called a journey for a reason!
- 2-4 weeks before you're eating and sleeping like you normally do
- 6-8 weeks
 - Knees- meet range of motion goals
 - Hips- maintain hip precautions if applicable
- 12 weeks the average patient has the last bit of pain and swelling resolving, doing the activities you want to be doing

Question or Concerns?

- Please feel free to contact your Orthopaedic Navigator, Lisa Boyd, RN, BSN, ONC at any time before, during or after your hospital stay if you have questions or concerns.
- 816-792-7053
- Lisa.boyd@libertyhospital.org