Your Journey to Wellness

Liberty Hospital Orthopaedics
Joint Replacement Orientation
With Lisa Boyd, Orthopaedic Navigator
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.
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