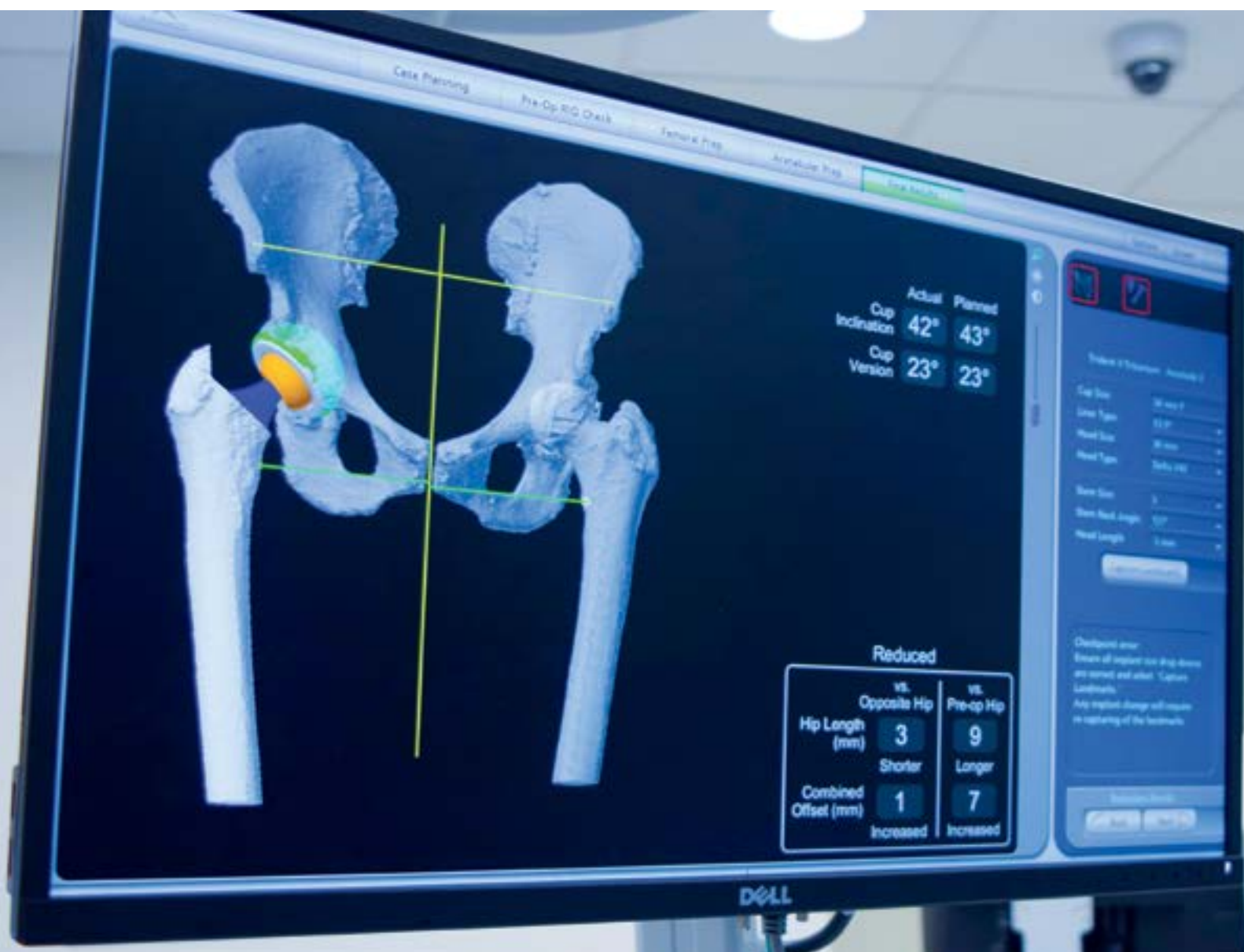


EXCEPTIONAL ORTHOPEDIC CARE

CENTER FOR ORTHOPEDIC & SPINE SURGERY

JOINT REPLACEMENT GUIDE



EXCEPTIONAL ORTHOPEDIC CARE



Andrew Casden, MD
Chief of Orthopedic Surgery
and Spine Surgery at
White Plains Hospital

The White Plains Hospital Center for Orthopedic & Spine Surgery provides advanced care to patients throughout the metropolitan region and beyond. Our board-certified, fellowship-trained, surgeons use the latest surgical and non-surgical techniques to relieve pain and restore function. This includes the highly-specialized and advanced methods of joint replacement surgery.

The multidisciplinary team of orthopedic surgeons, physician assistants, nurse practitioners, nurses, and physical therapists work collaboratively to provide a comprehensive and individualized care plan for each patient. Led by Dr. Andrew Casden, Chief of Orthopedic Surgery and Spine Surgery at White Plains Hospital, the team's highest priority is to ensure the best possible outcome and quickest recovery for patients.

This guide is intended to help you get ready for your surgery, answer your questions, ensure your smooth transition through rehabilitation, and prepare you to resume an active lifestyle as soon as possible.

Thank you for choosing White Plains Hospital.

Below is a checklist of items you are responsible for prior to your surgery:

- ☐ Please make an appointment for **Pre-Operative Medical Evaluation at the Surgical Navigation Center (SNC)** within **30 days** of your scheduled surgery date.
 - **The SNC is located at 122 Maple Avenue 6th Floor. You can call 914-681-2613 to schedule your appointment.**
 - Please bring a list of your current medications and the dosage to your appointment. You will also be asked to provide details on medical information and allergies.
 - At your appointment, you will have a medical exam with a perioperative medicine provider to make sure you are safe for surgery. Routine diagnostic testing, such as blood tests, EKG, etc., may also be collected at that time.
 - You will be provided with a list of pre-operative instructions by our team at the Surgical Navigation Department.
 - You will also be provided with a BLUE bag containing items we recommend to use before and after surgery.
- ☐ **IF YOU ARE UNDER THE CARE OF A SPECIALIST**

You may be asked to make a pre-operative appointment with your cardiologist, hematologist, pulmonologist, neurologist, etc. Please call our office with your scheduled appointment date and time. Pre-operative clearance notes from specialists must be obtained within 90 days of your scheduled surgery date (addendums made to prior notes are not accepted).
- ☐ Please be aware that **ALL** pre-operative clearances must be received from your specialist at least **7 business days prior** to your scheduled surgery date.
- ☐ Please enroll in **MyChart** if you have not already done so. You are **required** to complete a short questionnaire before your upcoming surgery (and again 9-12 months after your surgery), which you can access via MyChart.
 - You may sign up for MyChart by visiting this website: **<https://mychart.montefiore.org/MyChart/signup>**
 - You may also call the Montefiore MyChart Help and Technical Support line at **855-226-3070** if you have any additional questions.
- ☐ Attend meeting with our **Orthopedic Joint Coordinator** for pre-operative education and discharge planning. This is typically done after your pre-operative appointment at the SNC. During this time, our coordinator will discuss how to prepare for your upcoming surgery and what to expect after your surgery. You will be asked questions about your home environment and assessed for needs (like equipment) you may have after surgery. Referrals will be made to our Care Management team for individualized discharge needs.
 - To reach our coordinator directly, you may call **914-635-0196**.
- ☐ You may be required to obtain **imaging** (such as a CT scan) 4-6 weeks prior to your surgery. A representative from White Plains Hospital will call to schedule your appointment once approval from your insurance is obtained. You may also call **914-681-1260** to schedule your appointment.
- ☐ Call North American Partners in Anesthesia for Insurance Verification/ patient responsibility at **914-428-5454**. This can be done up to 1 week prior to your scheduled surgery date.
- ☐ Any **FMLA or Short-Term Disability forms** must be given to the office as soon as received with all relevant patient information completed. It can take up to 8-10 business days for paperwork to be completed by our office.
- ☐ Schedule an appointment to follow-up with your surgeon after your surgery.

BEFORE YOUR SURGERY

PROGRAMS & SERVICES

White Plains Hospital has several programs in place designed to prepare you for joint replacement surgery and facilitate your recovery thereafter. They are as follows:

Pre-Admission Testing & Pre-Surgical Testing

Your surgeon will explain your surgery and request that you complete any follow-up such as obtaining a History and Physical (H&P) from a perioperative medicine provider. Our goal is to help patients navigate the pre-surgical journey, minimize postoperative complications, and enhance the patient care experience.

You will be asked to go to the Surgical Navigation Center (SNC) in preparation for your surgery at White Plains Hospital. There our care team will:

- Review your medical history & current medications
- Review all notes from your primary care doctor and other specialists
- Coordinate your care with your surgical team

- Order additional specialty consultations, if indicated
- Provide you with information on what you can do before and after surgery to ensure a successful outcome

Your team at the SNC will provide instructions regarding medications leading up to and the day of surgery, including the use of blood thinners, anti-inflammatory medicines, and aspirin products. These processes have proven to minimize postoperative complications, reduce your time in the Hospital, and ultimately enhance your care experience.

Enhanced Recovery After Surgery (ERAS)

A program implemented at the Hospital based on proven best practices, ERAS provides information to patients to prepare for surgery, what to expect during surgery, and what you can do for optimal outcomes. As detailed throughout this guide, ERAS offers healthy habits and hand washing, expectations for pain management, tips on eating well, and maintaining your physical condition, breathing and skin care.





PREPARING FOR YOUR SURGERY

PREPARING FOR YOUR SURGERY

To ensure a successful outcome for your surgery and help speed your recovery, there are several key steps to follow. Stop smoking, follow an exercise regimen, practice good oral and hand hygiene, eat healthy meals, and try to anticipate any post-surgical home accessibility issues.

Your Diet

In the days and weeks before your surgery, it is important to eat foods rich in protein, vitamins and minerals. Protein will help repair and rebuild tissue. Protein is found in chicken, fish, turkey, lean beef, pork, beans and tofu. Fruits and vegetables are a good source of vitamins, along with dairy products (milk, yogurt and cottage cheese), fortified cereals, seeds and nuts. Include a twice-daily supplement (i.e. Ensure, Glucerna, Boost, or Carnation Instant Breakfast) in your daily meal plan, especially if you are not eating well. And, of course, continue to follow any dietary recommendations from your physician.

The day before surgery, drink plenty of clear fluids to help stay hydrated. Clear fluids include water, sports drinks (i.e. Gatorade, Powerade, etc), and non-citrus juices such as apple and cranberry juice.

Eight hours before surgery, stop eating solid foods. Continue to drink only clear liquids to stay hydrated. Please stop drinking clear liquids 2 hours prior to your surgery.

Breathing Exercises

It is important to exercise your lungs before you arrive at the Hospital. Before you go to sleep, and when you wake up, do the following exercise ten (10) times. If you feel dizzy, it is not necessary to perform them ten times in a row. You can take a break and resume later.

- Sit in a chair or on the edge of your bed with your back straight
- Inhale slowly and as deeply as you can
- Hold the air in for 3-5 seconds
- Slowly let the air out



PREPARING FOR YOUR SURGERY CONTINUED

Showering & Bathing

Do not shave or use depilatories on your leg for one week prior to surgery to avoid the risk of infection from any minor nicks or cuts in the skin. Forty-eight hours prior to surgery, do not shave any part of your body, besides your face. Shower the evening before and the morning of surgery with the antiseptic soap (chlorhexidine gluconate) provided to you. This soap will help remove unwanted bacteria from your skin. Be sure to avoid contact with the eyes, the inside of the ears, or mucus membranes—the thin skin that covers the inside surface of parts such as the nose and mouth and produces mucus to protect them. If you have a history of any skin condition such as eczema, psoriasis or contact dermatitis, please use your own bathing products, instead of the antiseptic soap provided to you.

Preparing Your Home

Before your surgery, it is a good idea to arrange a clear path from your bedroom to your bathroom. If you have a commode, a raised toilet seat, or a tub bench at home, check that the equipment is functioning. If you have a walker, ensure that it is in good condition. Throw rugs should be removed as they are a tripping hazard.

It is important to stock up on foods that are easy to prepare prior to your surgery, and to arrange to have a family member or a friend deliver groceries and help with errands after your surgery.



Suggestions for bathroom organization after surgery

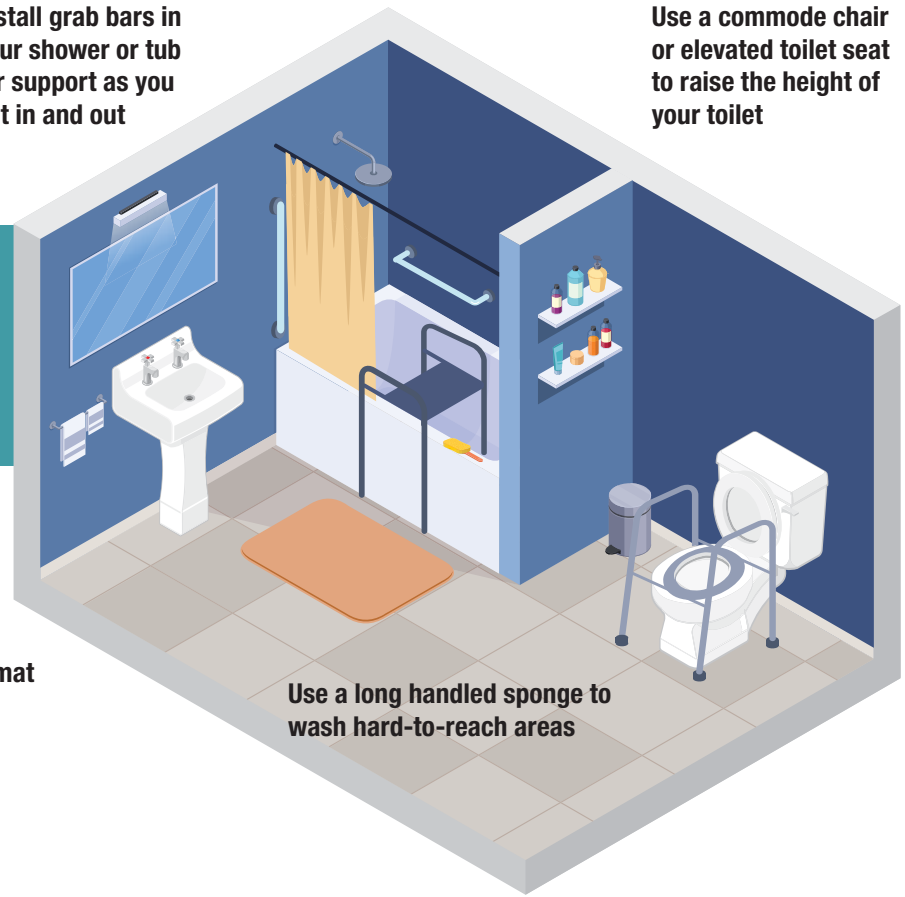
Install grab bars in your shower or tub for support as you get in and out

Use a commode chair or elevated toilet seat to raise the height of your toilet

Sit on a bath bench or shower chair while you bathe

Use a rubber-backed bathroom mat to help keep the floor dry

Use a long handled sponge to wash hard-to-reach areas



Suggestions for living room organization after surgery

Install a railing along one side of the staircase

Move or tuck electrical cords out of the way

Remove throw rugs

Wear rubber soled shoes to prevent slipping

Add a firm pillow to a low chair

Watch for small pets or objects on the floor

Use a rolling cart to move items around and keep things you use often easily within reach



WHAT TO EXPECT ON THE DAY OF SURGERY

On the day of your procedure, arrive two (2) hours prior to your scheduled surgery time at the Admitting Department. You will be escorted to Ambulatory Surgery, where you will be introduced to your pre-op team. Your surgeon and surgical team will go through a process of site verification. White Plains Hospital staff will perform a finger stick to measure your sugar level if you have diabetes, are 45 years or older, or have a BMI of 30 or greater.

WHAT TO BRING TO THE HOSPITAL

Bring with you your complete medical history and your medical reconciliation forms provided in your pre-op class, which should include your current medication list. Also bring the following personal items:

- Undershorts/underpants and, if desired, loose fitting clothes, robe, or pajamas
- Eyeglasses, hearing aids, dentures (if used)
- Loose fitting clothes and shoes for discharge
- Brace or orthotics
- Personal toiletries
- Remember to leave all valuables home

ANESTHESIA

On the day of your surgery, you will meet with your anesthesiologist to discuss your options. There are various forms of anesthesia, including Spinal, General, Localized, and Peripheral Nerve Block (for knee surgery only). Your anesthesiologist will determine the appropriate type of anesthesia for you based on your individualized needs and medical history.

Should you need further information, you may contact North American Partners in Anesthesia at 914-428-5454.

YOUR SURGERY

Your actual surgery will take approximately 1.5 to 2 hours, though the surgical team will need additional time for the application of monitors, the administration of anesthesia, and proper positioning.

Following surgery, your surgeon will speak with your caregiver/loved ones.

After surgery, you will be brought to the PACU/Recovery room until you have recovered from anesthesia.



YOUR STAY AT THE HOSPITAL

Following your time in the PACU/Recovery room, you may be transferred to our Orthopedic Unit-4I if your surgeon wishes to monitor you prior to discharge. The rooms are furnished with a number of devices to make your stay more comfortable, including a raised commode and an orthopedic chair. Phone and television service are available for your use.

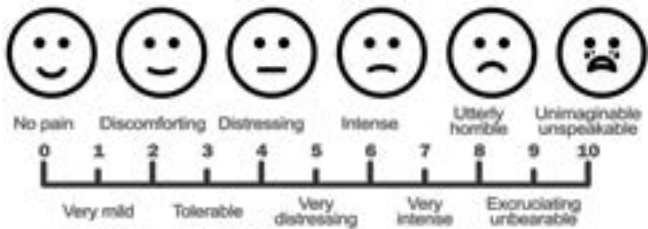
Visitors are an important part of our patients' healing and recovery. For the latest in visiting information and hours, visit wphospital.org/visiting.

THE COMPREHENSIVE CARE TEAM

Along with your surgeon, a team of Magnet® recognized nurses and specialized orthopedic physician assistants work closely to provide comprehensive care to address your post-surgical needs, including pain management, dressing changes, and other medical-related issues.

PAIN CONTROL

Pain management is an integral part of your recovery. We will use a multimodal method of pain control – meaning potentially utilizing more than one method. The nursing staff will refer to the Pain Assessment Tool to measure your level of pain or discomfort. Together you will discuss various options for pain management, including Holistic Services.



YOUR STAY AT THE HOSPITAL CONTINUED

HOLISTIC SERVICES

During recovery, patients can once again take advantage of the Holistic Services Program at the Hospital. The program works to improve patients' quality of life and manage any symptoms or discomfort. Providing evidence-based complementary and integrative modalities, individuals can actively participate in their health and healing.

Services provided include:

- Reiki (Healing Energy)
- Therapeutic Touch (Healing Energy)
- Healing Touch (Healing Energy)
- Guided Imagery
- Meditation
- Relaxation (Breathing exercises)
- Gentle Massage/Touch
- Aromatherapy

These therapies promote relaxation and can positively impact recovery and healing by managing pain, anxiety, and insomnia.

For more information on the Holistic Services Program, please call 914-681-2049.

MEDICATIONS

Your normal daily medications will be reviewed upon your admission and ordered for you while you are in the Hospital. Following surgery, antibiotics will be administered for the first 24 hours to prevent infection. Blood thinners will be administered according to your surgeon's recommendation for up to six (6) weeks in order to prevent any possible complications (i.e. clots, etc.). The nursing staff will provide information and assistance with nausea management and your bowel regimen.

FALL PREVENTION

Patient safety is our priority. To prevent falls we have bed alarms, chair alarms, and we will assess you for fall risk every 12 hours. If you need assistance, please "call before you fall." We ask that you don't get out of bed without assistance during your hospital stay.

INFECTION PREVENTION

Infection control is vital to optimal outcomes for our patients. Please do not touch your incision and use the provided hand sanitizer frequently. All employees must "wash-in" and "wash-out" during each patient encounter. Your sheets will be changed each day—more frequently if necessary. All patients should follow proper nutrition guidelines; glucose control will be provided for diabetic and high-risk (BMI ≥ 30 or Age ≥ 45) patients to minimize the risk of infections.



YOUR POST-SURGICAL CARE



NUTRITION

Your surgeon will adjust your diet as soon as possible to assist with wound healing. Your doctor may order a supplement for you to drink while in the Hospital, such as Ensure or Glucerna. These supplements provide nutrients that help with wound healing. It is recommended to consume a supplement as part of your meal plan twice a day for a minimum of seven days after surgery to help meet your nutritional needs for recovery. Try drinking supplements between meals as a snack, instead of water when taking medications or as a replacement for milk with cereal or coffee. You can ask to see a dietitian before you leave the Hospital if you have questions about your nutritional status or meal plan.

PHYSICAL THERAPY

Physical Therapy plays a critical role in every stage of recovery. The goal of physical therapy is to prevent tightness and stiffness, to improve patient awareness, to strengthen muscles around the joint using controlled exercises, and to improve functional mobility.

Physical therapy starts right away. You will walk within 2 to 5 hours of your procedure with increasing ambulation during your stay. Early mobilization and ambulation (walking) is extremely important for a great outcome.

In addition to the individual Physical and/or Occupational Therapy sessions, group therapy classes are also offered Monday through Friday. If you have any further questions about rehabilitation services, you can call the Physical Medicine and Rehabilitation Department at 914-681-2440.

Outpatient Physical Therapy is available at our Physical and Occupational Therapy Center, managed in partnership with the renowned Burke Rehabilitation Hospital, located at
222 Westchester Avenue
White Plains, NY 10604
914-681-1116

GETTING READY FOR HOME



HOSPITAL DISCHARGE

Depending on the type of procedure, some patients may be discharged the same day of surgery. Others may stay in the Hospital for one to two days, including the day of surgery.

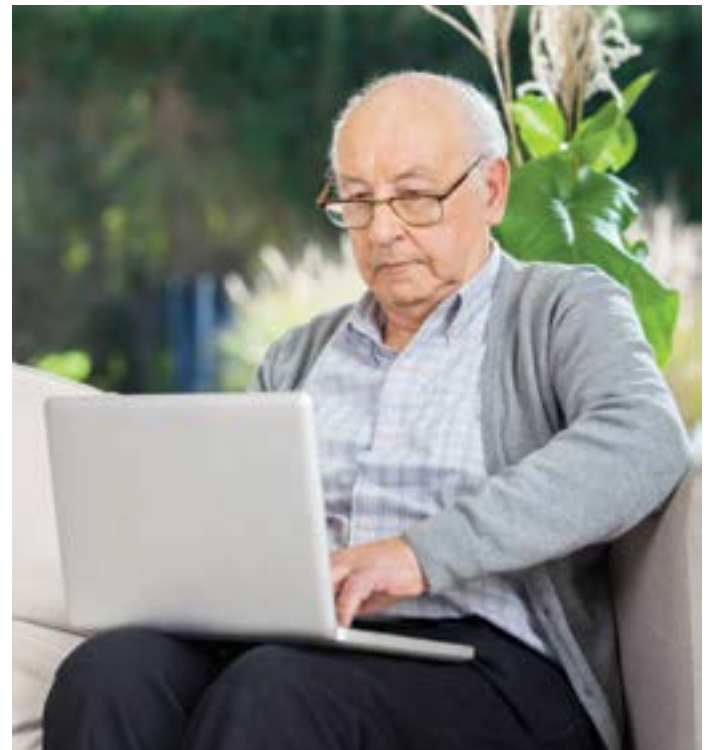
A Care Manager, who is a registered nurse, will meet with you to establish the most appropriate discharge plan. A personalized discharge care plan will be established by the multidisciplinary team. Your discharge plan will be based on your needs and covered insurance.

The discharge plan is formulated based on the following factors: your post-operative medical status, your mobility, your home environment and support systems, and your insurance and financial considerations.

RECOVERING AT HOME

When you return home, be sure to schedule follow-up appointments with both your surgeon and primary care physician. Avoid driving until cleared by your surgeon.

As established with your team, continue with the pain management protocols. This may include holistic services such as meditation or gentle massage, as well as over-the-counter medications, with the goal of minimizing and eventually eliminating use of any stronger prescription pain medication as soon as medically appropriate. Prescription medications can be habit-forming; they should be used with caution and only when pain is severe. If you experience a fever, redness or swelling at the surgical site, drainage from the incision, calf pain, or constipation following discharge, please call your surgeon or your physician.



AFTER DISCHARGE

As established with your team, continue with the pain management protocols. This may include holistic services such as meditation or gentle massage, as well as over-the-counter medications, with the goal of minimizing and eventually eliminating use of any stronger prescription pain medication as soon as medically appropriate. ***Prescription medications can be habit-forming; they should be used with caution and only when pain is severe.*** If you experience a fever, redness or swelling at the surgical site, drainage from the incision, calf pain, or constipation following discharge, please call your surgeon or your physician.

CARE OF YOUR INCISION

Incisions heal in phases over time. The first two week phase is when the incision begins to heal closed. It will be assessed at your first postoperative visit by the surgical team.

Over the next 6 to 8 weeks, you may experience itchiness, which is part of the healing process. Swelling and pain may occur 4 to 7 days following your return home; some swelling may occur for 6 to 12 months after your procedure.

Caring for your incision is vitally important. We recommend the following:

- Keep your dressing clean and dry.
- Showering, either while standing or sitting in a shower chair, should take place according to the instructions you have received. **Do not soak** the surgical incision or take baths until your surgeon says you may.
- Wear loose clothing to avoid rubbing or other irritations to the incision.
- **Never** dab lotion, ointment, powders, or perfume on the incision.

If you experience unusual discomfort, bleeding or have other concerns, notify your surgeon directly and immediately.

WOUND CARE INSTRUCTIONS

- Always clean your hands with soap and water or an alcohol-based hand rub before and after caring for your surgical incision(s).
- You may shower, but please keep incision covered with a waterproof dressing. Pat incision dry. Do not scrub/rub incision.
- Do not allow pets too close to your surgical incision(s).
- Do not apply any ointments or lotions unless specifically instructed to do so by a provider.

- No pools, baths, or soaking of the surgical incision(s) until surgical incision(s) have healed unless specifically instructed to do so by a provider.
- Family/friends who are visiting should clean their hands with soap and water or an alcohol-based hand rub before and after visiting.

Swelling It is normal for the foot and ankle to swell after surgery. This swelling is typically at its least in the morning and may worsen by the evening. Swelling may last several weeks after surgery. Over-the-counter compression stockings are helpful in reducing swelling.

Icing It is important to ice frequently. This helps to reduce swelling, which will limit pain.

Activity

- Initially you will be ambulating with a walker and then transitioning to a cane. Eventually you will regain your strength and stability and will no longer require any assistive devices. Remember, safety comes first.
- After surgery you should not operate heavy machinery, drive a motor vehicle, or consume alcohol until cleared by your surgeon or primary care physician.
- Do not spend the whole day in bed. Be sure to get up and walk every hour during the daytime to prevent blood clot formation.
- During your follow-up visit, check with your provider about when to return to specific athletic activities.
- Use the incentive spirometer 10 times an hour while awake. The incentive spirometer is a handheld medical device used to help you improve the functioning of your lungs through deep breathing. Our staff will explain how to use it during your Hospital stay.
- Stay well hydrated by drinking water.
- Physical therapy will be set up on discharge from the Hospital, either at the rehab center or at home.

Pain Control

- Use pain medication as prescribed and as needed. Do not drive or consume alcohol while taking pain medication.
- Do not take pain medication on an empty stomach; it may make you nauseated.
- Do not exceed 3,000mg of Tylenol (Acetaminophen) in 24 hours. If you have been prescribed Percocet, keep in mind that this has 325mg of Tylenol (Acetaminophen) in every tablet.
- Take an over-the-counter stool softener (like Colace) if you are using narcotic pain medication. Pain medications can contribute to constipation.



AFTER DISCHARGE CONTINUED

Blood Clot Prevention

- Walking is known to minimize chances for blood clots and help improve healing.
- If given an anticoagulant (“blood thinner”), take as prescribed. This will help prevent blood clots from forming. It also prevents existing blood clots from getting larger.
- **Bruising:** It is common to experience some bruising post-operatively. This is related to your blood thinners.

We hope the information provided is helpful as you recover. We are here for you; please don't hesitate to reach out to your primary care physician or orthopedic team if any questions arise.

BILLING, FINANCE, INSURANCE AND MISCELLANEOUS

BILLING QUESTIONS

For questions related to bills that you receive from your health care providers, please refer to the phone number listed directly on the bill. For Hospital billing questions related to your Hospital outpatient treatment or Hospital inpatient stay, please call our Patient Accounts Department at 914-681-1004.

FINANCIAL ASSISTANCE

White Plains Hospital is a voluntary not-for-profit organization with the mission of caring for patients 24 hours a day, seven days a week, and 365 days a year, regardless of their ability to pay. If you do not have health insurance or worry that you may not be able to pay in full for your care, we can help. White Plains Hospital provides financial assistance to patients based on their income, family size and needs. In addition, we may be able to help you obtain free or low-cost health insurance, or work with you to arrange a manageable payment plan. For questions related to financial assistance, call our Patient Accounts Department at 914-681-1004.

INSURANCE

White Plains Hospital accepts most types of insurance, including Medicaid and Medicare. For questions about insurance, please contact our Patient Accounts Department at 914-681-1004.



FOREIGN LANGUAGE INTERPRETATION

Interpretation services for more than 140 foreign languages are available upon request, free of charge. Sign Language interpretation is also available. Your nurse can access these services for you or a family member.

VOLUNTEERS

Volunteers are integral members of the interdisciplinary team providing hospitality and support to patients and family members. They offer companionship, information, resources, and advocacy that will enhance a sense of well-being and the community of care. If you're interested in volunteering, please contact the White Plains Hospital Volunteer Office at 914-681-1225.





PATIENT FEEDBACK

Our goal is to provide exceptional care every day! We continually work to enhance our program and would appreciate your input. Please speak to us regarding your concerns or suggestions before you leave.

CONSUMER ADVOCATE/ PATIENT REPRESENTATIVE

The Consumer Advocate/Patient Representative is a direct link to Hospital administration and serves as a liaison between the patient, the family, and the Hospital. The Consumer Advocate's goal is to improve the hospital experience by explaining policy, answering questions, and seeking resolutions to issues. For more information, call 914-681-2150.

HOW TO RECOGNIZE STAFF

Every day, we hear from patients about their exceptional doctors, nurses, and technicians. Many tell us about environmental services staff, food servers, parking attendants and other employees who made a difference in their hospital experience by providing comfort, warmth, support and kindness to them and their loved ones. You can share your story or make a donation in someone's honor by visiting givetowphospital.org or calling 914-681-1040. You can also send a letter to Susan Fox, President and CEO of White Plains Hospital, at 41 East Post Road, White Plains, NY 10601, or submit your story online at wphospital.org/patientstory.

