

Total Joint Replacement Patient Handbook

South Georgia Medical Center
Orthopedic and Neurosurgical Specialty Care Unit
2501 North Patterson Street
Valdosta, Georgia
229.433.2663
www.sgmc.org/ortho



Welcome

Thank you for choosing SGMC. Because you, the patient, are important to us, SGMC has developed the Joint Replacement Handbook. Our goal is to educate and engage you and your loved ones so that surgery, recovery, and rehabilitation are easier to understand, and to work together toward a successful outcome from the operation.

Located in the Patient Tower and Dasher Memorial Heart Center at SGMC, the Orthopedic and Neurosurgical Specialty Care Unit, practices a family-centered model of care delivered in a space with admitting/waiting areas, dedicated orthopedic operating rooms, and a new floor of dedicated private orthopedic patient rooms. The Orthopedic and Neurosurgical Specialty Care Unit on the Fifth Floor also houses its own rehabilitation gym.

Information in this book applies to our general service toward patients; more specific information will be provided by your individual surgeon based on your surgery.

We hope to give you all the information necessary to make your stay with us comfortable, efficient, and effective at getting you back on your feet. Please let us know how we can help.

This handbook should be used as a guide. Please be sure to follow your surgeon's orders first and ask questions if you are unsure of any information.

Table of Contents

Before Surgery

Total Joint Replacement Education Class

Pre-Operative Visit

Preparing Your Home

Preparing for Your Surgery

Day of Surgery

Total Knee

Total Hip

Total Shoulder

Discharge Information

Planning for Home

Transportation

Assistive Devices/Adaptive Equipment

My Notes

Before Surgery

Total Joint Replacement Education Class

If you're having a total joint replacement, this class will describe how to prepare for surgery, as well as challenges you will face during recovery. Taught by a nurse and physical therapist, you'll learn about your pre-surgery instructions, what to expect during your hospital stay and suggestions for a successful rehabilitation and recovery once you are discharged.

Pre-Operative Visit

Before you have surgery, you will go through a pre-operative visit at the hospital. This is when you will meet with a healthcare provider who will make sure all of your diagnostic testing (X-ray, MRI) has been completed, and that all of your medical history is documented. During this visit you will also meet with an anesthesia provider.

Preparing Your Home

A few steps should be taken to prepare your return home following surgery. Preparing early will make things easier for you.

- Remember to arrange pet care during the time you are in the hospital and during your recovery period.
- Remove rugs, tape down electrical cords and arrange furniture to allow for easy walking.
- Make sure stairs are sturdy and you have a hand rail for support.
- Wear sturdy shoes. Avoid slippers or sandals.
- Place a non-slip mat in the tub or shower.
- Prepare meals in advance and freeze them.
- Be sure there is plenty of food, supplies and medication.
- Arrange transportation home from the hospital and to your follow up doctors' appointments.

Preparing for Surgery

- Eat nutritious foods and drink plenty of fluids. Iron and calcium are especially important.
- Be sure to have a bowel movement one day or less before surgery. Get a jump start by adding fiber in your diet. (Fruits and vegetables, whole grains or over-the-counter fiber supplements.)
- Be sure to understand and follow your physician and/or anesthesiologists' instructions regarding any medication you should take on the day of surgery.
- We encourage you to stop smoking at least four weeks before your surgery.

- Do not eat anything after midnight unless otherwise instructed by your physician.
- Initiate the exercise program provided to you by Physical Therapists during your preoperative class.

Day of Surgery

- Take any medication ordered by the physician with a sip of water only.
- For your comfort you may bring items from home to use during your stay:
 - Supportive shoes (No flip flops or loose slippers)
 - Loose fitting shorts and oversized t-shirts
 - Toiletries
 - Contact information for friends and family that will be taking you home from the hospital
 - Snacks, it can be a long time between meals
- Please do not bring any valuables with you to the hospital.
- Other items you should bring include:
 - Medication list if you did not provide it at your pre-operative appointment
 - Identification and Insurance Card
 - A copy of your living will or advanced directive
 - This handbook

After Surgery (Total Knee Replacement)

Your weight bearing status is _____

	Goals	Patient Progress
Day of Surgery	<ul style="list-style-type: none"> ❖ Continuous passive motion (CPM) for 2 hours ❖ Incentive spirometer every 2 hours ❖ Using PCA/Oral medications for pain ❖ Foley/drain care 	<ul style="list-style-type: none"> <input type="checkbox"/> CPM for 2hr <input type="checkbox"/> Exercises: ankle pumps, quad sets, gluteal sets <input type="checkbox"/> Out of bed with PT <input type="checkbox"/> Incentive spirometer every 2 hours by nursing staff or family. <input type="checkbox"/> Polar care <input type="checkbox"/> SCD'S/AVI'S <input type="checkbox"/> Pain management
First Day After Surgery	<ul style="list-style-type: none"> ❖ CPM twice for 2 hours ❖ Discharge planning with social worker ❖ Remove foley ❖ Advance diet ❖ Walk with PT twice 	<ul style="list-style-type: none"> <input type="checkbox"/> <input type="checkbox"/> CPM for 2 hr. <input type="checkbox"/> <input type="checkbox"/> Exercises <input type="checkbox"/> <input type="checkbox"/> Walked <input type="checkbox"/> Polar care <input type="checkbox"/> SCD'S/AVI'S <input type="checkbox"/> Transitioning to oral pain medications
Second Day after Surgery	<ul style="list-style-type: none"> ❖ CPM twice for 2 hours ❖ Walk with PT twice ❖ Activities of daily living (ADL) training ❖ Discontinue drain ❖ Change dressing ❖ Change to pain medication by mouth 	<ul style="list-style-type: none"> <input type="checkbox"/> <input type="checkbox"/> CPM for 2 hr. <input type="checkbox"/> <input type="checkbox"/> Exercises <input type="checkbox"/> <input type="checkbox"/> Walked <input type="checkbox"/> Activities of daily living (ADL) training <input type="checkbox"/> Taking pain medication by mouth <input type="checkbox"/> Dressing changed <input type="checkbox"/> Drains removed <input type="checkbox"/> SCD'S/AVI'S
Third Day after Surgery/ Discharge Date	<ul style="list-style-type: none"> ❖ CPM twice for 2 hours ❖ Progress with strengthening and range of motion exercises ❖ Walk twice ❖ Stair training ❖ ADL training ❖ Car transfer training 	<ul style="list-style-type: none"> <input type="checkbox"/> <input type="checkbox"/> CPM for 2 hr. <input type="checkbox"/> <input type="checkbox"/> exercises <input type="checkbox"/> <input type="checkbox"/> Walked <input type="checkbox"/> Stair training <input type="checkbox"/> Car transfer training <input type="checkbox"/> Tub/shower transfer instructions <input type="checkbox"/> Continue ADL training <input type="checkbox"/> Pain management

Special Instructions

PRECAUTIONS for TOTAL KNEE REPLACEMENT

- ❖ **DO** elevate leg with knee fully extended
- ❖ **DO** sit up during meal on side of bed and/or in the chair as tolerated
- ❖ **DO NOT** place pillow under affected knee
- ❖ **DO NOT** twist knee
- ❖ **DO NOT** elevate the foot of the bed
- ❖ **DO NOT** try to walk or move from place to place without the assistance of staff while in the hospital

After Surgery (Total Hip Replacement)

Your weight bearing status is _____

	Goals	Patient Progress
Day of Surgery	<ul style="list-style-type: none"> ❖ PT/OT evaluation per MD request. ❖ Total hip precautions ❖ Incentive spirometer every 2 hours ❖ Pain management ❖ Exercise ❖ Bed mobility ❖ Transfer training ❖ Foley/drain care 	<ul style="list-style-type: none"> <input type="checkbox"/> Incentive spirometer every 2 hours <input type="checkbox"/> Out of bed with PT <input type="checkbox"/> Pain management <input type="checkbox"/> Abduction pillow (<i>yellow foam triangle pillow</i>) <input type="checkbox"/> SCD'S <input type="checkbox"/> Exercises: ankle pumps, quad sets, gluteal sets <input type="checkbox"/> Bed mobility, transfer training
First Day After Surgery	<ul style="list-style-type: none"> ❖ Total hip precautions ❖ Sit up on side of bed, out of bed with PT ❖ Discharge planning with social worker ❖ Remove foley catheter ❖ Pain management ❖ Exercise ❖ ADL training ❖ Gait training 	<ul style="list-style-type: none"> <input type="checkbox"/> <input type="checkbox"/> Exercise <input type="checkbox"/> <input type="checkbox"/> Transfer training and bed mobility <input type="checkbox"/> <input type="checkbox"/> Walked <input type="checkbox"/> SCD'S <input type="checkbox"/> Transitioning to oral pain medications <input type="checkbox"/> Abduction pillow <input type="checkbox"/> ADL training
Second Day after Surgery/ Day of Discharge	<ul style="list-style-type: none"> ❖ Total hip precautions ❖ Discontinue drain ❖ Change dressing ❖ Change to pain medication by mouth ❖ Activities of daily living (ADL) training ❖ Walking with PT twice ❖ Exercises ❖ Gait training ❖ Stair training/car transfer 	<ul style="list-style-type: none"> <input type="checkbox"/> <input type="checkbox"/> Walked <input type="checkbox"/> Activities of daily living (ADL) training <input type="checkbox"/> Taking pain medication by mouth <input type="checkbox"/> Dressing changed <input type="checkbox"/> Drains removed <input type="checkbox"/> SCD'S <input type="checkbox"/> Abduction pillow <input type="checkbox"/> <input type="checkbox"/> Exercises

Special Instructions

PRECAUTIONS for TOTAL HIP REPLACEMENT

For the safety of your **Total Hip Arthroplasty** please follow these guidelines for the **next three months**:

- ❖ **Do Not** sit on low chairs; use raised toilet seats and high chairs with arm rests
- ❖ **Do Not** attempt to sit in the bath tub; use shower
- ❖ **Do Not** cross your legs and/or ankles
- ❖ **Do Not** lean forward past 90 degrees while sitting
- ❖ Lying on your back is recommended but if lying on your side keep firm pillow between your legs

The **first three months** are the **most important for healing**. After three months your doctor will tell you what activities you may still need to avoid.

(Please note that hip precautions may vary depending on Physician and surgery.)

Specific Posterior Hip Precautions

- ❖ **No** adduction beyond midline, use abduction pillow
- ❖ **Do Not** roll/turn your leg inward

Specific Anterior Hip Precautions

- ❖ **No** adduction beyond midline and no abduction greater than 30 degree', regular pillow between legs
- ❖ **Do not** roll/turn your leg outward
- ❖ **Do not** step backwards with operated leg
- ❖ **No** hip extension

After Surgery (Total Shoulder)

Physical therapy will be ordered per physician preference, most of the time actual exercise program will be initiated at the outpatient setting after discharge from the hospital. You may go home the day after surgery depending upon your pain. Your arm will be in a sling, with a small dressing to your shoulder.

Discharge Information

Rehabilitation

Continue to work with your therapists after your discharge to ensure that you continue to make progress in the days following your surgery.

Rehabilitation program options include the following:

- Home health
- Inpatient Rehabilitation
- Swing bed
- Outpatient
- Nursing home

Individual rehabilitation options are based upon several factors:

- Your physician
- Your insurance company
- Your needs and abilities to participate, medical status and support system
- Your home situation

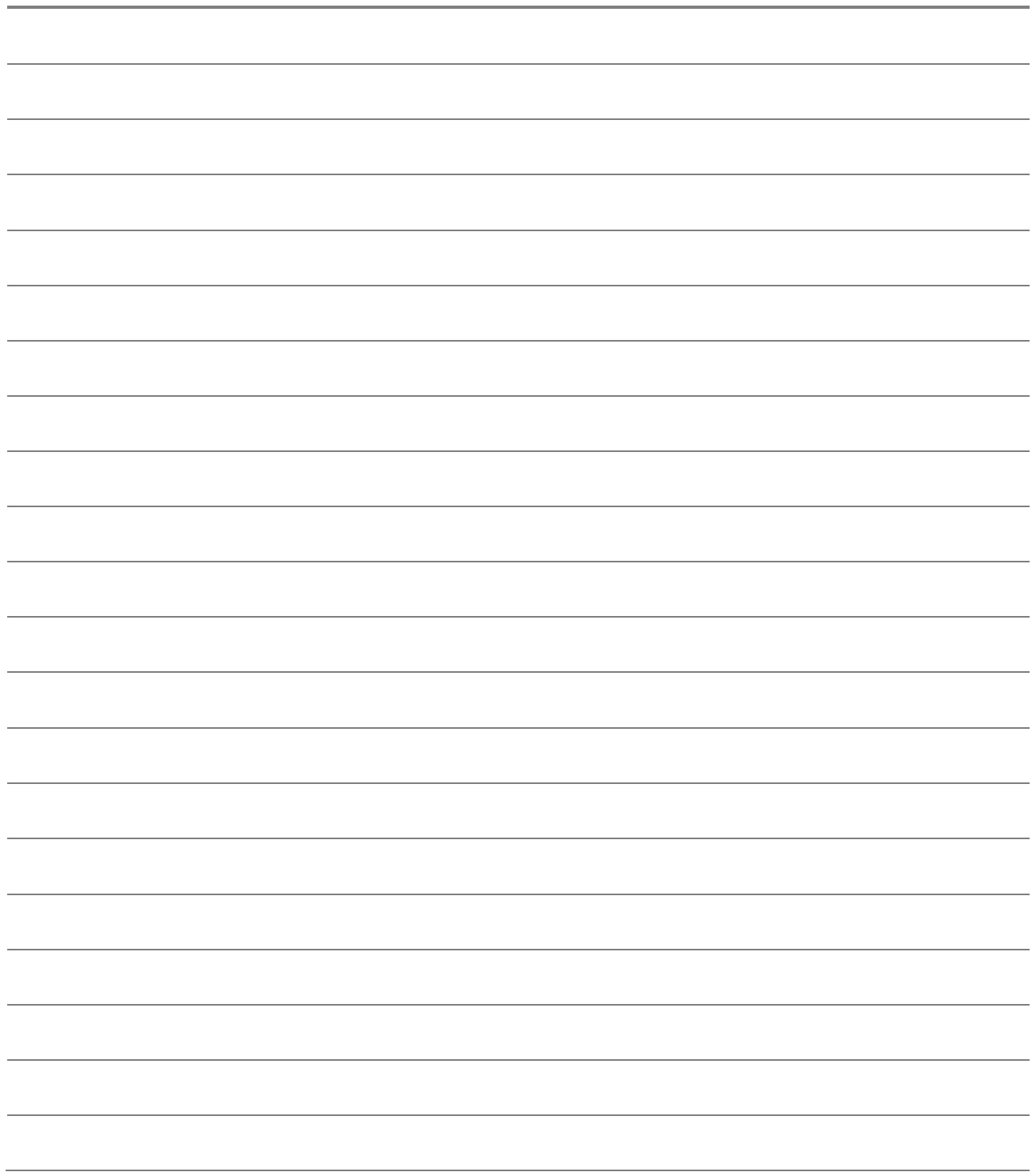
Transportation

Someone must drive you home after discharge. We recommend that you do not travel home in a vehicle with a raised suspension. Plan to have a comfortable place to sit that allows you adequate leg room.

Assistive Devices/Adaptive Equipment

You will need assistive devices and adaptive equipment to help you safely manage your daily activities after your surgery. You will need equipment to aid in walking, toileting, bathing, and dressing. The specific equipment you will need is based upon the specific surgery and activity restrictions/limitations set by your surgeon, your home situation, and your abilities. If you have equipment which you have used before or have borrowed, please ensure that these items are clean and in good repair.

Notes





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