

Pre-operative Education



Revive Joint Replacement Program

Thank You!

- We know you have choices for where to have your joint replacement surgery. Thank you for choosing Casa Colina Hospital and Centers for Healthcare to provide your care.
- Our goal is to ensure that you have the highest levels of care before, during, and after your surgery.



Class Objectives

- Overview of joint replacement surgery
- How to prepare for your surgery
- Pre-admission and pre-operative care
- What to expect on your surgery day and during your hospital stay
- Pain management
- How to care for yourself at home after surgery
- Role of your “Coach”
- Discharge instructions
- What to expect post-operatively and at physical therapy

Role of Orthopedic Care Coordinator

- Suzi Johnson - Contact via phone or email at any time:
 - 909/643-3760
 - sjohnson@casacolina.org



Please call for all non-emergency matters pre and post surgery. 24/7 on-call doctor available at your surgeon's office. Call 911 for all emergency matters.

Role of Your Coach

- Another set of ears listening to all information.
- Provides comfort, motivation.
- Takes you to and from hospital and appointments until you are able to drive.
- Helps with meals, tracking medications, and dressing if needed.
- Coach needs to be present during the discharge process.



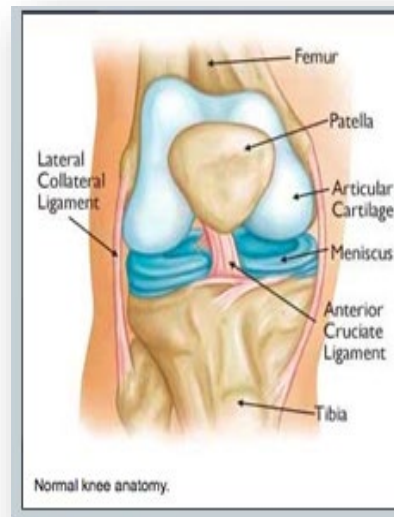
Purpose of Joint Replacement Surgery

The goal of joint replacement surgery is to reduce your pain and restore your mobility and function.



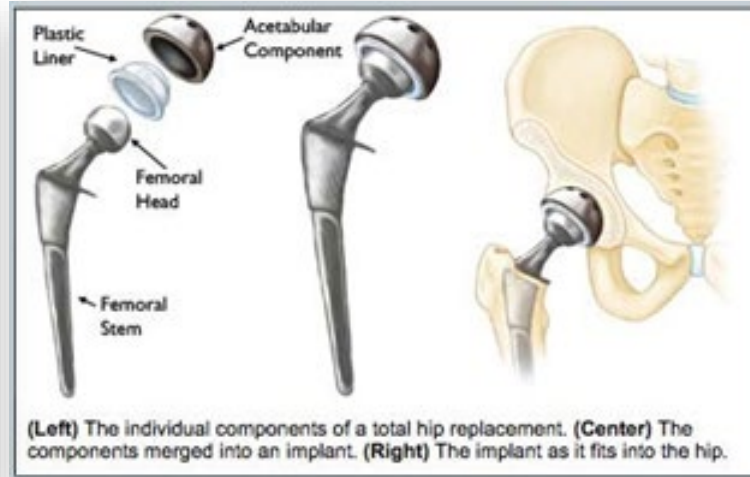
What Is a Total Knee Replacement?

Removal of damaged bone and cartilage from your thigh bone (femur), shin bone (tibia), and kneecap (patella) with insertion of an artificial joint (prosthesis).



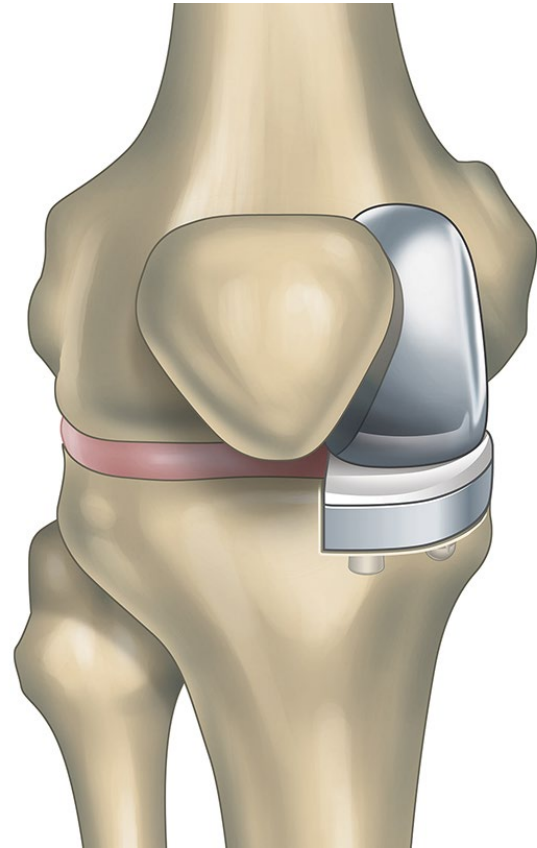
What Is a Total Hip Replacement?

Removal of damaged bone and cartilage from your thigh bone (femur) and hip bone (acetabulum) with insertion of an artificial joint (prosthesis).



What Is a Partial Knee Replacement?

Replaces only half of the knee joint with an artificial joint (prosthesis).



What Implant Will Be Used?

Please discuss the type of implant and consider any questions you may have regarding the prosthesis prior to your surgery.



Preparing Your Home

- Chairs with arm rests are usually better.
- Electric recliner chairs are fine.
- Avoid rocking chairs and manual recliners.
- A special bed is not necessary.
- Remove throw rugs.
- Prepare frozen meals in advance.
- Arrange for someone to care for your pets.



Diet and Nutrition

Proper diet and nutrition before your surgery aid the healing process:

- **Stop smoking** at least six weeks before and six weeks after your surgery. **Ask about a smoking cessation program!**
- **Stay hydrated** up until 8 hours prior to surgery.
- **Stop alcohol consumption** 1 week prior to surgery.
- **Avoid Constipation: Purchase OTC medication for constipation: Ducalox, Miralax, Senekot, or Milk of Magnesia.**

Pre-admission Testing (PAT)

Casa Colina will call you to coordinate a Pre-Admission Testing (PAT) appointment once your surgery is scheduled. We will discuss:

- Past medical, surgical, and anesthesia health history
- Current medications and supplements
- Nasal swab for MRSA and MSSA
- COVID-19 testing is not required at this time
- Bringing a copy of your Advance Directive or completing a Temporary Advance Directive



All Vaccinations

We encourage you to get preventative vaccinations. However:

- Avoid doing so immediately before or after your surgery in case you have a reaction.
- One week at a minimum.



Pre-admission Testing (PAT)

Type and Screen

- Needs to be done within 72 hours of surgery, as our antibodies change every 72 hours.
- A wristband will be placed on your wrist; please do not remove or the test will need to be repeated.

Dental Clearance

After surgery, you should wait **6 months** for dental care (non-emergent) and could **require antibiotics** for at least 2 years, if not lifetime.

Consult your surgeon's office.



Obtaining a Walker

You should obtain a walker **prior to surgery** if you do not already have one. Please let your surgeon's office know.

Our physical therapists can size a walker for you. Casa Colina can also supply tennis balls if needed.

If you need any other equipment, please arrange to acquire it before your surgery!



Regional Anesthesia

- General Anesthesia or Sedation
- Spinal Blocks/Local Blocks



What Time Is My Surgery?

- The day before your surgery, you will be called by **4:30 p.m.**
- If your surgery is on a Monday, you will be called on the previous Friday.
- **There will be 1.5 to 2 hours from arrival to actual surgery time for the first surgery and a longer wait time for the following case. Be prepared for the wait.**



What to Bring to the Hospital

- Loose-fitting, comfortable clothes (shorts, T-shirts, etc.)
- Shoe or leg orthotics
- Phone
- **Your walker**
- CPAP machine, if you use one, and distilled water (or you can use the hospital CPAP machine)
- **DO NOT BRING** your own medication unless instructed by the pre-admission testing nurse.
- Leave valuables, cash, and medications at home.



Day Before Surgery

Follow the handout given or emailed to you for medication instructions and fasting guidelines:

- Follow instructions and drink pre-surgery Ensure drink.
- Remove nail polish and acrylic nails—these create difficulty for surgical team to read oxygen levels.
- **Follow the instructions for showering** and using the Chlorohexidine wipes given to you at your PAT visit.
- Sleep in clean pajamas or clothes.
- Sleep on freshly laundered linens.
- Do not allow pets or animals in bed with you.
- Get a good night's sleep ... it is important to be well-rested before surgery!

Day of Your Surgery

- Use the **second set of CHG wipes**.
- Drink the second bottle of pre-surgery Ensure **3 hours** prior to your surgery time.
- Wear clean clothes to the hospital that are easy to remove, and bring one extra set for after surgery.
- **Bring your walker and clothes** for after surgery to the pre-op area and they will be taken up to your room.



Arriving at Casa Colina

- Check in at the lobby where you will be directed to the Pre-Op area of the hospital.
- Any glasses, contacts, hearing aids, or dentures will be removed and returned to you after surgery.



Arriving at Casa Colina (cont.)

- Your operative site will be marked and the surgeon will review the procedure.
- Your anesthesiologist will meet with you.
- Nursing will prepare you for surgery.
- Once wheeled into operating room, it will take 2 to 4 hours before hearing from the surgeon.

After Your Surgery

Our team of nurses and therapists will help you meet criteria for discharge home!



Discharge Criteria

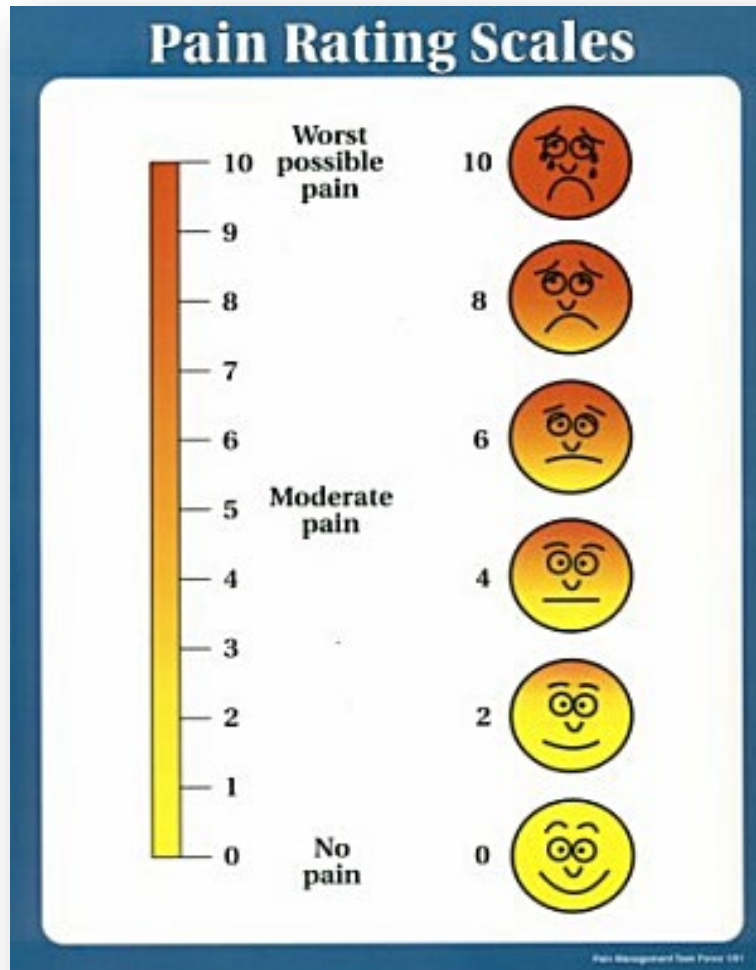
When can you go home?

When:

- You are medically stable.
- Your pain is well controlled.
- You are cleared by physical therapy.
- You are cleared by nursing.
- You are cleared by your surgeon.



Pain Scale



- 0 = No pain
- 4 = You are “comfortable”
- > 4 = Discomfort that prevents:
 - Eating
 - Sleeping
 - Conversation
 - Mobility

Multimodal Pain Management

Multimodal pain management may include:

- Anti-inflammatories, Tylenol, and narcotics
- Peri-articular injections
- Nerve blocks in surgery
- Nerve blocks possibly before surgery (lovera)



Comfort Measures



- Cold therapy
 - Ice packs
- Position changes
 - Get up and walk
 - Elevate above your heart

Patient Responsibility



- Stay ahead of the pain.
- Communicate to the team if not able to manage.
- Ask questions. Be sure you understand the pain management efforts that are in place.
- Please call with questions or concerns.

Please Don't Forget ...

- We can't make the pain go away completely. Your expectation should not be ZERO, even with medication.
- We aim to manage discomfort so you can eat, sleep, and move about as comfortably as possible.
- We do all we can to ensure your comfort and safety.
- If you already take narcotics, discuss this with your surgeon, anesthesiologist, and Orthopedic Care Coordinator.
- **Pain usually spikes on the second or third night.** Take the pain medication as prescribed.



Side Effects of Medications

- Please ask questions to understand the side effects of all medications.
- Common narcotic side effects include:
 - Constipation
 - Feeling loopy and/or foggy
 - Nausea
 - Hallucinations



Incision Care

- All incision care will be given in detail to you and/or your coach on the day of discharge.
- Follow discharge instructions:
 - Keep clean and dry.
 - Check to see if dressing is intact.
 - Change dressing only per surgeon's recommendation.
 - Notify of any changes or concerns.

Incision Care (cont.)

- **Showering** – Waterproof but if cleared to shower can cover with Saran wrap until you see your surgeon and outer bandage is removed. Guidelines per surgeon will be given at discharge.
- Please no tub baths, saunas, hot tubs, or pools until cleared by your surgeon.
- No lotions, creams, and/or ointments to the incision until fully healed. Can use cream on surrounding area.
- Keep your hands clean; wash hands, especially after touching pets; change hand and kitchen towels frequently.

There's No Place Like Home

Plan on Same-Day Discharge!

Most of our joint replacement patients meet the criteria to go home the same day as their surgery, with outpatient or home-health physical therapy.

- **Research indicates that the best place is home after your surgery.**
- If you feel you need additional care for recovery, contact your surgeon's office. **DO NOT WAIT UNTIL SURGERY DAY!**



Physical Therapy

- Begin exercises today: Maintain current movement of your joints and strength.
- An outpatient physical therapy appointment for 1 week post surgery should be made **prior to surgery** (if you are going home without home health).



Total Knee Replacements

- Getting early movement for your knee is critical.
- First goal: Get the knee straight and bend it to where your foot is directly underneath you when sitting.
- No pillows under the knee.
- Use a towel roll under the ankle to encourage the knee to get completely straight.



Total Hip Precautions

Be aware of these directions prior to your surgery:

Posterior (Corrales) - Usually 6 weeks to be cautious.

- No **bending at the hip past 90** degrees. Knees should stay lower than your hips in sitting.
- No **crossing** leg across midline.
- No turning operative leg **inward (pigeon toes)**.

Total Hip Precautions (cont.)

Be aware of these directions prior to your surgery:

Anterior (Fajardo)

- No forceful extension (leg behind you) or external rotation (leg rotating out)
- Avoid long strides with walking
- Avoid planting the operative leg and pivoting on it

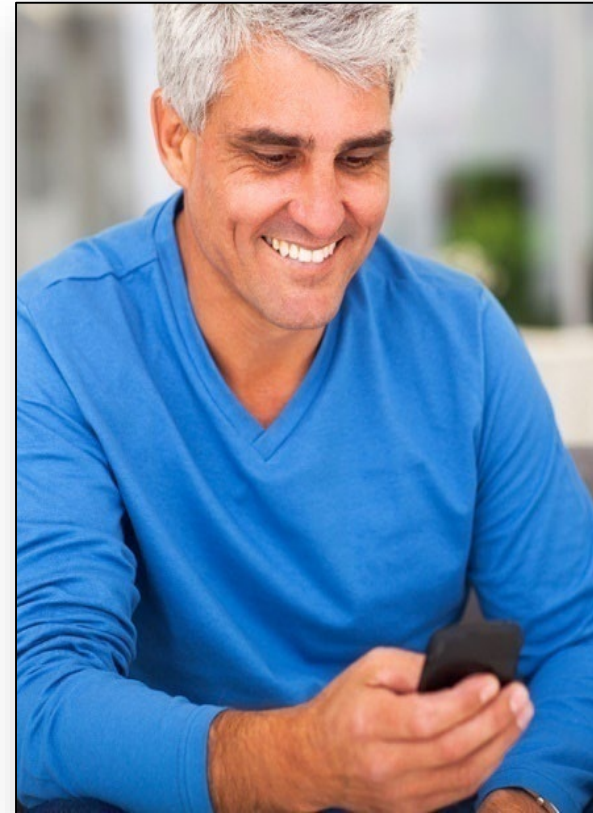
When Can I Drive?

- Typically, you may drive two weeks post-left-leg surgery if no longer taking narcotics or medications that impair your ability to safely operate a vehicle.
- For right-leg surgery, you must be strong enough to drive safely (research states four weeks to get return of braking power/reaction time).
- Your physical therapist and surgeon will help you determine when you are ready
- Use common sense and good judgment!



When to Call

- Fever >100.4 degrees
- Increased drainage
- Increased redness around the incision
- Fracture blisters (not an emergency, but notify Orthopedic Care Coordinator)
- Increased calf pain or swelling
- Not feeling well
- General questions



Getting Home

- Must have a driver to take you home.
- Need to have a vehicle you can easily get in/out (you must step up to get in).
- Move the seat as far back as it goes.
- Back into the seat like you do when you sit on a chair.
- Once seated, lift legs into the vehicle.
- Direct superior/posterior total hip (*Corrales*) - Recline the chair to maintain precautions. **No low cars.**
- Practice prior to surgery!



How Will I Feel When I Get Home?

- Everyone is different!
- Stay ahead of the pain.
- Sleep may be difficult.
- **Swelling is COMMON**, but avoid staying in one position, especially sitting with legs down.
 - Elevate with extremity above heart.
- **Bruising varies and is COMMON.**
- It may feel like there is a band around the knee.
- Gradually increase your walking and other activity, using pain as your guide.

Other Items

- **Handicap Placard:** If you feel you will need a handicap placard for your car after your surgery, please obtain the signed form from your surgeon's office. Form is on DMV website. Must have original MD signature.
- **Airports:** You do not have to obtain a card to go through airport security. Whether you have a card or not, the process is the same.

Medical Equipment



Online Surveys & Keeping Us Informed

- Home Environment & Outcome surveys will be sent to the email provided within 90 days of surgery.
- During first three months, additional surveys will be sent asking how you are doing and whether you have had any complications.
- A 12-month survey will also be sent.

**Please help us by completing
these surveys!**

Questions?



Reach out at anytime with questions or concerns:

Suzi Johnson:

909/643-3760 or

sjohnson@casacolina.org

Thank You!

We hope this class has been helpful to you and your Coach.

Once again, thank you for choosing the Casa Colina Hospital and Centers for Healthcare for your joint replacement surgery.

We look forward to helping you return to an active and rewarding lifestyle!