



Total Joint
Replacement
Education Class



Evarts Joint Center at Highland Hospital

Orthopaedics & Physical Performance

Today's Agenda

Your Surgery Preparation


- Preparing Yourself
- Presurgical Screening Appointment
- Day Before Surgery

Your Hospital Stay

- Day of Surgery
- Physical Therapy and Occupational Therapy
- Social Work and Discharge Plan

Your Home Care Services and Selection





Please Silence
Your Cell Phone



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Your Surgery Preparation



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Your Surgery Preparation

Get Your Home Ready

- Remove clutter and throw rugs (or tape down corners), put nightlights in hallways and bathrooms
- Determine if your mattress, toilet, chair height is appropriate
- Make & freeze meals, catch up on laundry and housekeeping
- If you have 2 or more steps in a row, be sure there is a sturdy railing
- A walker on each level of your home is convenient and helpful for hip/knee patients; make sure there is room for it between furniture
- Most shoulder/elbow patients find it comfortable to sleep in a reclined position. Having access to a recliner or a wedge to use in bed is helpful.



Your Surgery Preparation

Pack Appropriately

- ✔ Loose-fitting clothing (shirt, underwear, pants with elastic waist)
- ✔ Fresh, clean clothes for when you go home
- ✔ Flat, sturdy shoes with a closed back (sneakers, loafers, sandals with strap)

Physical Therapy/Occupational Therapy Helpful Hints

- ✔ Minimize stair use for first 2 weeks after surgery
- ✔ Icing regularly will help control swelling. Follow directions from surgeon or therapist regarding the use of ice
- ✔ Shoulder/Elbow patients CANNOT use a walker for 12 weeks
- ✔ Place items frequently used close to you



Your Surgery Preparation

Practice Your Physical Therapy Exercises in Your Guidebook

- 10 repetitions of each exercise
- If you are in too much pain, simply familiarize yourself with the exercises

Identify a Support System at Home

- Someone who can take you home and stay with you for a few days after surgery, take you to your first post operative appointment, help you manage your medications, and take care of your pets

Attend Pre-Surgical Instructional Physical Therapy Session

- Shoulder/Elbow Patients Only

Make Arrangements for Your Pets



Your Surgery Preparation



Adopt Healthy Habits

- Avoid contact with sick people
- Wash hands frequently
- Eat healthy, well-balanced meals
- Eat more fiber to avoid constipation
- Eat smaller, more frequent meals
- Drink plenty of clear fluids to stay hydrated



Your Surgery Preparation

Presurgical Screening Appointment

- 3–4 weeks before surgery
 - We will call you to schedule
 - Located at the hospital
- What to expect
 - Plan for about 3 hours
 - Medical/surgical history
 - EKG, blood work (non-fasting, but drink plenty of fluids), and X-rays if requested by surgeon
 - MyChart sign up



Your Surgery Preparation

Presurgical Screening Appointment




- What to bring: Photo ID, insurance card, list of medications and vitamins/herbal supplements
- Your medication instructions
 - What NOT TO take prior to surgery
 - What TO take morning of surgery
- Review your instructions after your Presurgical Screening Appointment and all the way up until your surgery
- Do not bring any medications to the hospital unless you have been instructed to do so

Call with any questions!
Leave a message, and
we'll call you back.
(585) 341-0753






Your Surgery Preparation | Personal Care

DO

-  Shower for 3 days prior to surgery with an antibacterial soap (such as **Dial™**) and **wash your whole body, head to toes**
-  Pour 4% Chlorhexidine Cleanser on a washcloth and wash your body from the neck down. Let cleanser sit on your skin for 2 minutes. Rinse thoroughly. Stop using if you have a reaction
-  Put clean sheets on your bed after first shower and sleep in clean clothes each night

DO NOT

-  Do Not use Chlorhexidine Cleanser on head, face, or eyes
-  Do Not apply body lotions the day of your surgery
-  Do Not shave below the waist for seven days before your surgery (hip and knee patients)

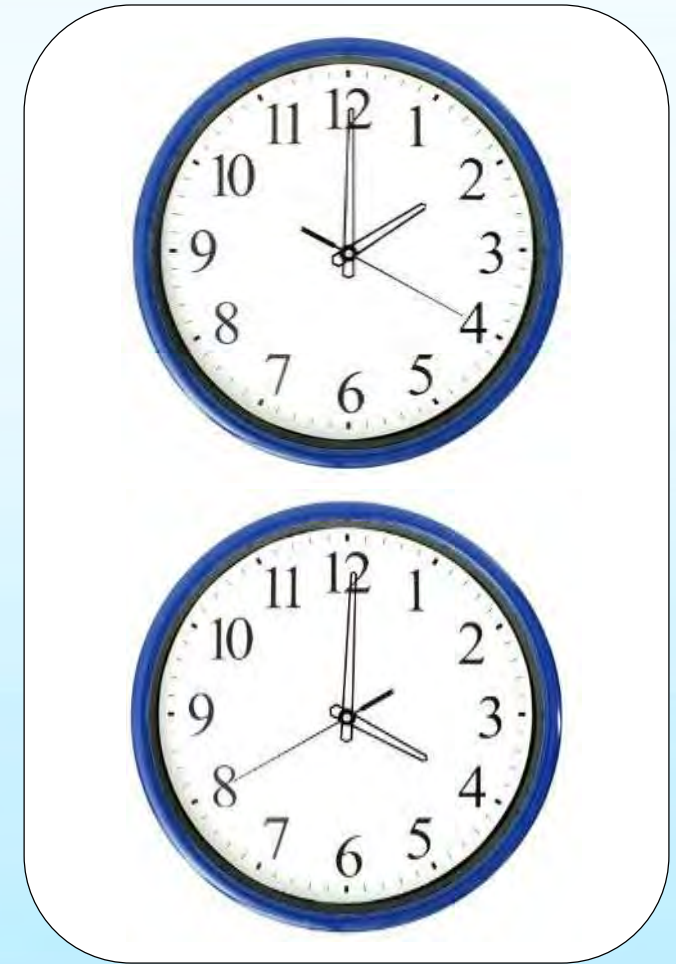


Your Surgery Preparation

Day Before Surgery

- Call the business day before your surgery between 2pm and 4pm to find out your arrival time

(585) 341-6707



Your Hospital Stay

HIGHLAND HOSPITAL

Main Entrance



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Your Hospital Stay

Day of Surgery

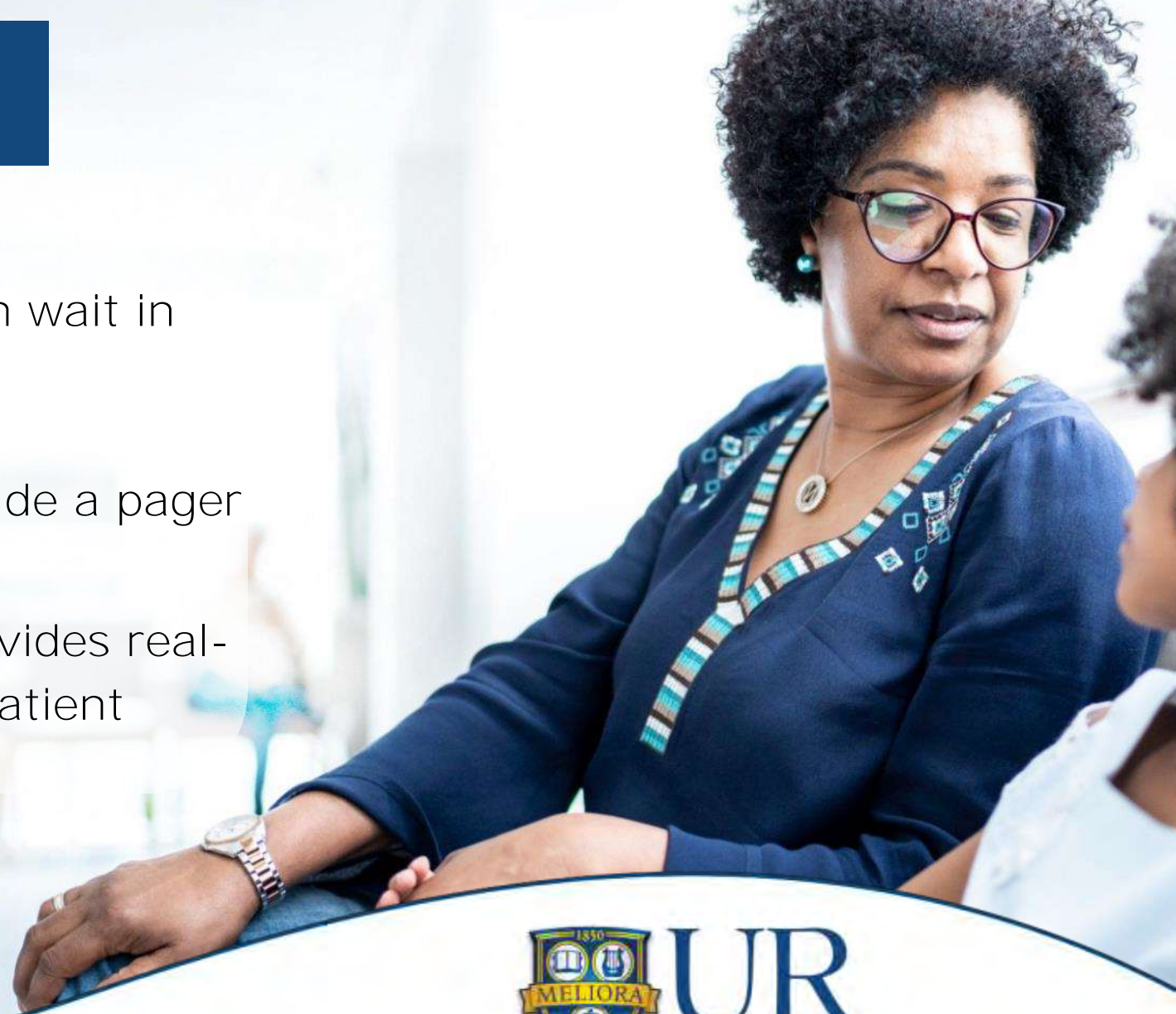
- When you arrive
 - Stop at the information desk in the hospital lobby for directions to Surgical Center Registration
 - The surgical team will prepare you for surgery
 - Your surgeon will visit you to have consent signed, mark surgical site
 - Your anesthesiologist will visit to administer block
 - Once our staff gets you settled, your companion may join you and stay with you until surgery



Your Hospital Stay

Day of Surgery

- During surgery your companions can wait in the Main Lobby
 - Updates on your progress:
 - The Information Desk will provide a pager for updates
 - Surgical Information Board provides real-time, confidential updates on patient status



Your Hospital Stay

Day of Surgery

- After Surgery
 - You will recover from anesthesia in the Post Anesthesia Care Unit (PACU); expect to be there for a few hours
 - Care may include:
 - X-rays may be done if necessary
 - Oxygen
 - IV
 - Compression stockings
 - Sequential compression device
 - Ice to surgical site



Your Hospital Stay

Day of Surgery

- Once in hospital room
 - Nursing staff will visit you regularly
 - **You'll start with ice chips and advance to a regular diet**
 - Your nursing team or physical therapist will get you up and moving
 - Do not get up without a staff member
 - Visitors welcome

Wi-Fi, TV, local calls complimentary;
newspaper upon request



Your Hospital Stay

First Day After Surgery

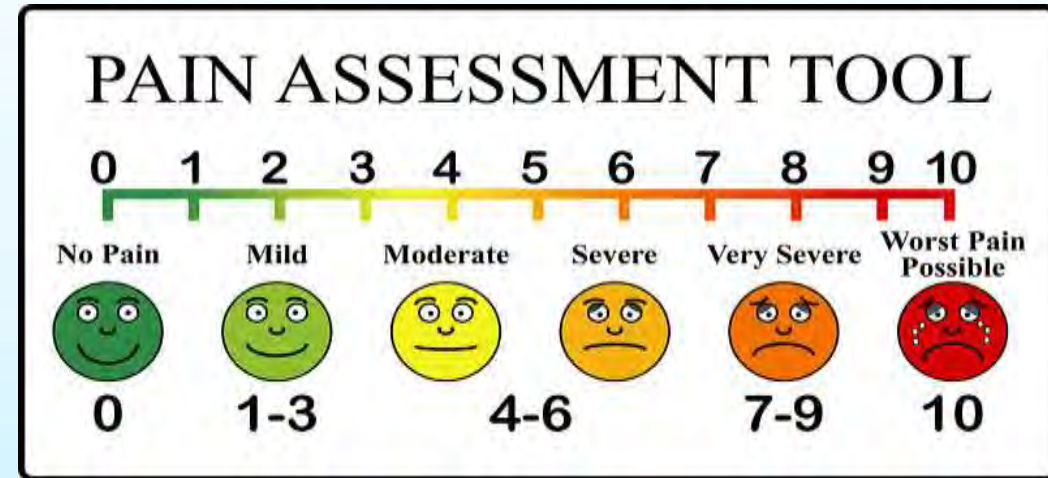
- Regular Monitoring
 - Vital signs
 - Medications
 - Blood Work

- With Progress
 - Discontinue IV fluids
 - Occupational Therapy
 - Physical Therapy



Your Hospital Stay | Managing Pain

- You will experience pain. Partner with your nurse to manage your pain!
- Use the scale to rate pain 1-10 as if you were to get up and walk
- Your surgeon will order pain medication
 - Lower pain score = smaller dose of medication
 - Higher pain score = larger dose of medication
- Your nurse will reassess your pain after you have taken medication to ensure your pain is being controlled. This may include pain meds delivered orally and by IV.



You do not want your pain to get higher than a 7 or it will take too long to get relief



Physical Therapy



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Your Hospital Stay | Physical Therapy



Your Physical Therapist will:

- Assist and teach you to move and promote independence
- Help minimize your pain and restore range of motion, strength, and stability
- Provide instructions specified by your surgeon
- Encourage you to continually increase the distance you can walk, while listening to you to understand how much weight you can tolerate on your new joint



Your Hospital Stay | Physical Therapy

Hip/Knee Physical Therapy

- 1 or 2 sessions per day
 - 30 minute sessions focused on getting into and out of bed/chair, walking, navigating stairs, and doing exercises
- Walking after surgery
 - Begin with a walker; Weight bearing as determined by your surgeon
 - Continually increase distance
 - Minimize pain
 - Promote stability

Complying with your exercise plan as laid out by your surgeon is critical to your recovery



Your Hospital Stay | Physical Therapy

Shoulder/Elbow Physical Therapy

- We will review your post-surgical exercise program, explain your sling/immobilizer/splint
- Begin independently performing your physical therapy exercises in the Guidebook 3-5 times per day

Shoulder/Elbow patients **CANNOT** use a walker for 12 weeks.



Your Hospital Stay | Physical Therapy

Shoulder/Elbow Physical Therapy

- We will help facilitate your post-discharge (outpatient) therapy sessions, if necessary.
- Within 3-5 days after your surgery, begin attending outpatient physical therapy sessions 1-2 times per week.
- The total course of outpatient therapy after the surgery will typically last 3 – 6 months.



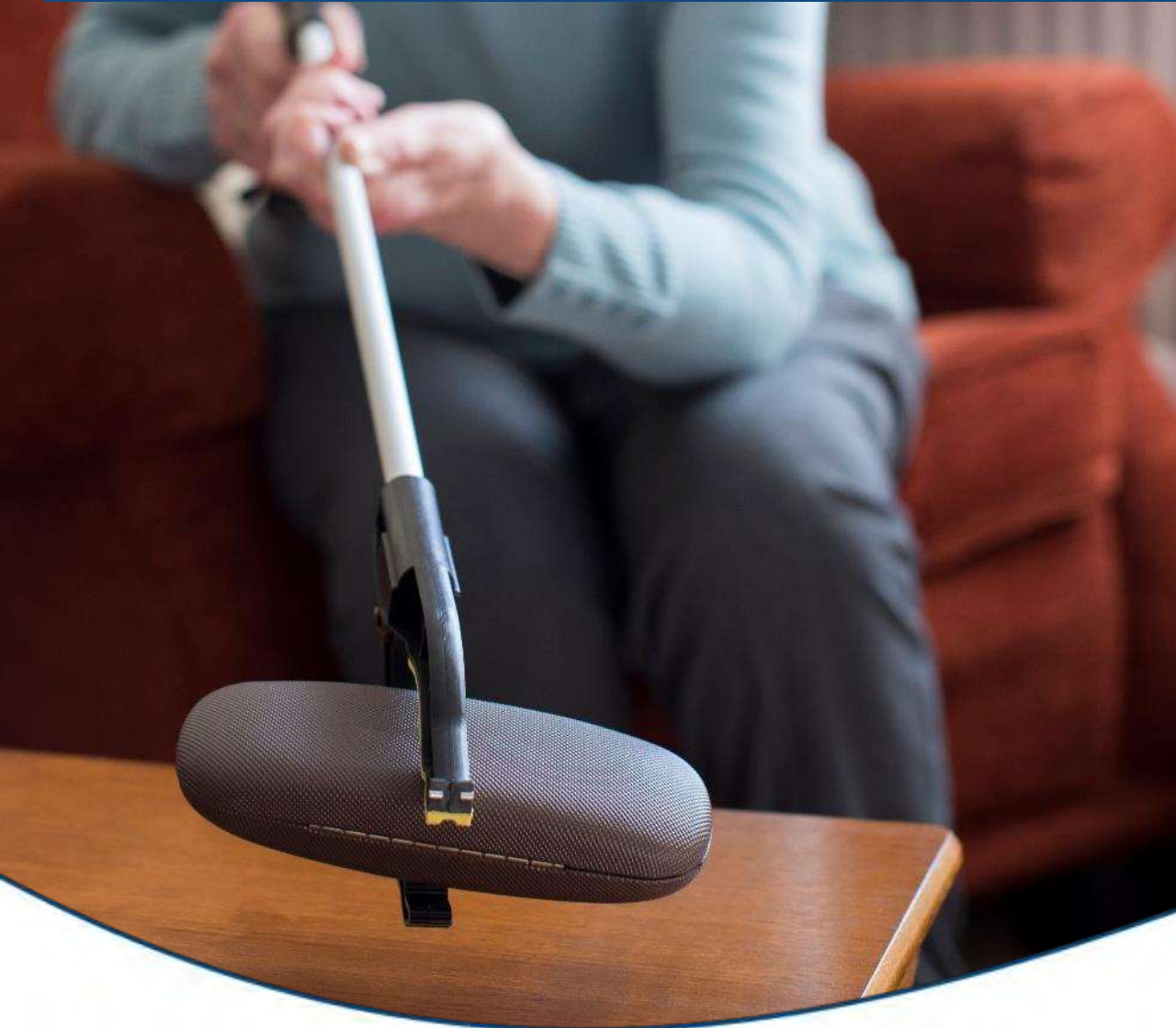
Occupational Therapy



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Your Hospital Stay | Occupational Therapy



- Focus on functional tasks, such as dressing, bathing, and toileting after surgery, which will help you achieve independence
- Your Occupational Therapist will prepare you to take care of yourself and return to your normal home routine



Your Hospital Stay | Occupational Therapy

Adaptive Equipment

- Available in **Highland's Pharmacy**:
 - Long-handled sponge or brush
 - Long-handled shoe horn
 - Elastic shoelaces
 - Sock aid
 - Reacher
- Available through home care agency or medical supply store:
 - Commode





Discharge Plan



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Discharge Plan

Discharge Criteria

- ✓ Clearance by Physical and Occupational Therapy
- ✓ How well you are tolerating diet
- ✓ Pain management
- ✓ Urine output



Discharge Plan

- Most patients will be discharged 1-2 days after surgery
- Most patients will go directly home with home care services
 - Social Work will meet with you to discuss and complete necessary paperwork for referral
- Discharges generally happen before noon



Discharge Plan

- Your nurse will review your discharge instructions
- Refer to instructions once you return home
- Nursing home with rehab services for extended recovery, if needed
- A nursing home that provides rehab services will be recommended only for a small number of patients
- Prescriptions can be filled at the Highland Pharmacy

Pharmacy Phone:
(585) 341-0699

Pharmacy Hours:
Monday – Friday: 9am – 5:30pm
Saturday – Sunday: 10am – 2pm





Your Home Care Services and Selection



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Home Care Services and Selection

Home Care Goal

- Gain functional independence in own home
- Bed mobility/transfers
- Walking/stairs
- Exercises/activity guidelines
- Pain/swelling management

Home Care Services

- Registered Nurse
- Physical Therapy
- Occupational Therapy
- Lab work
- Equipment
- Copay

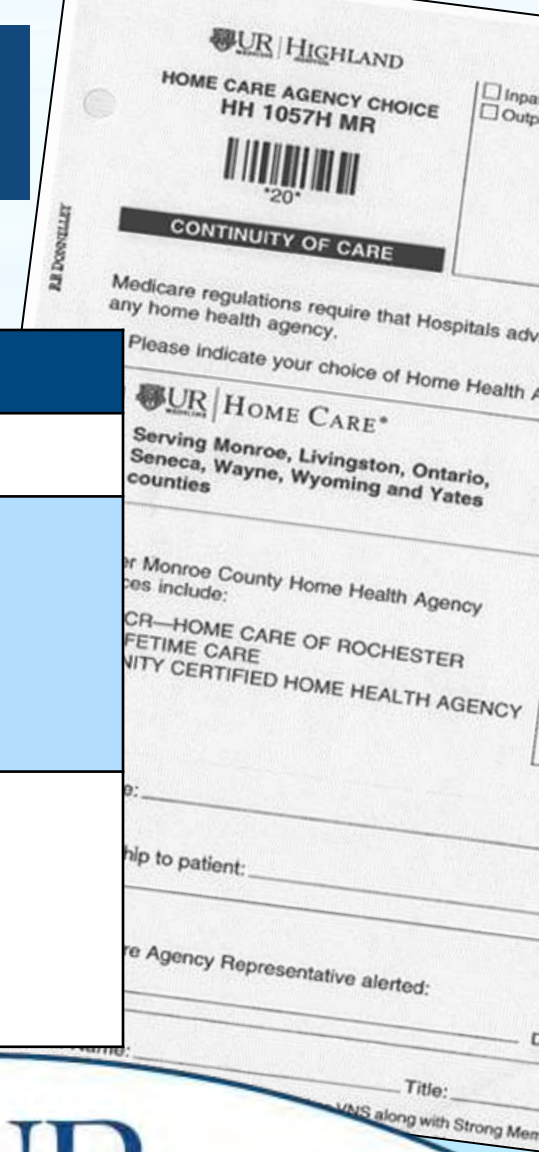
Plan for someone to be available at your home for a few days



Home Care Services and Selection

Monroe County

Primary Insurance	Home Care Agency
BlueChoice (VYU, VYC, VYM, ZFM)	<ul style="list-style-type: none"> • Lifetime Care
Aetna (URL) BlueChoice (URL) VA Worker's Compensation	<ul style="list-style-type: none"> • UR Medicine Home Care
All others	<ul style="list-style-type: none"> • UR Medicine Home Care • Home Care of Rochester (HCR) • Lifetime Care • Rochester Regional Health



Home Care Services and Selection

Other Counties

	UR Medicine Home Care	Visiting Nurse Association (VNA)	Home Care of Rochester (HCR)	Lifetime Care
Allegany		X		
Genesee		X	X	
Livingston	X	X	X	X
Ontario	X		X	X
Orleans		X	X	
Seneca	X			X
Steuben		X		
Wayne	X		X	X
Wyoming	X	X		
Yates	X			X

Tips for Success

- ✔ Wash hands frequently
- ✔ Eat well-balanced meals and stay hydrated; drink 64oz of water/day (unless restricted by surgeon)
- ✔ Manage stress levels and get plenty of rest and relaxation
- ✔ **Follow your surgeon's instructions** and call your surgeon with any questions or concerns as early in the day as possible



Thank You!

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