

Human Motion Institute



Pre-admission Joint Replacement
Education Session



Who Benefits from a Joint Replacement?



- ❖ Osteoarthritis
- ❖ Rheumatoid Arthritis
- ❖ Injury
- ❖ Obesity
- ❖ Aging
- ❖ Infection
- ❖ Avascular Necrosis



Hip Replacement Surgery



- ❖ Ball (femur) & socket (acetabulum) joint
- ❖ Moves in 3 directions
- ❖ Both ball and socket are replaced
- ❖ Restricted movement
- ❖ Follow hip precautions which will be determined by the surgical approach



Post-Operative Precautions - Total Hip

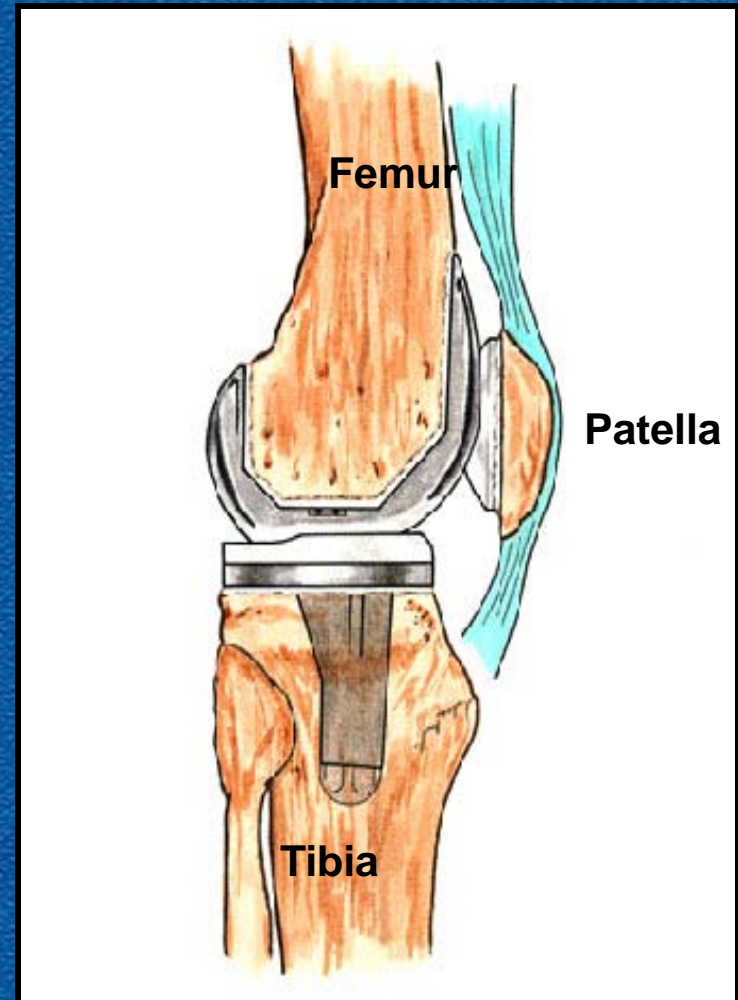


- ❖ Your precautions may vary based on surgical procedure
- ❖ Avoid sitting in low seats that require more than 90 degrees of hip flexion
- ❖ Avoid crossing your legs at the knees or ankles
- ❖ Avoid twisting / pivoting



Knee Replacement Surgery

- ❖ Two separate joints
- ❖ Femur (thigh bone) & tibia (shin bone)
- ❖ Patella (knee cap and femur (thigh bone))
- ❖ End of bones in joint are replaced
- ❖ Knee cap resurfaced
- ❖ Follow knee precautions as recommended by your physician



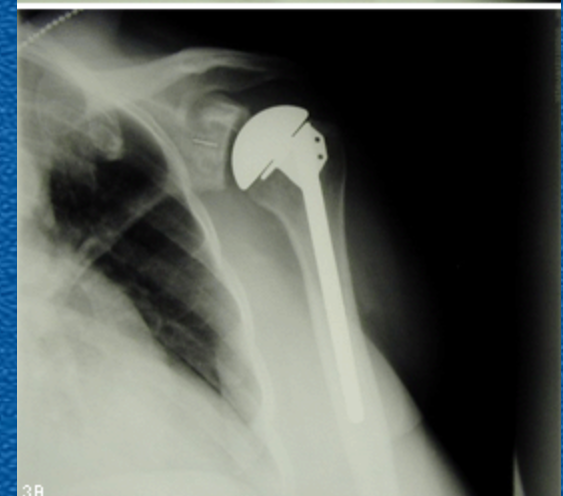
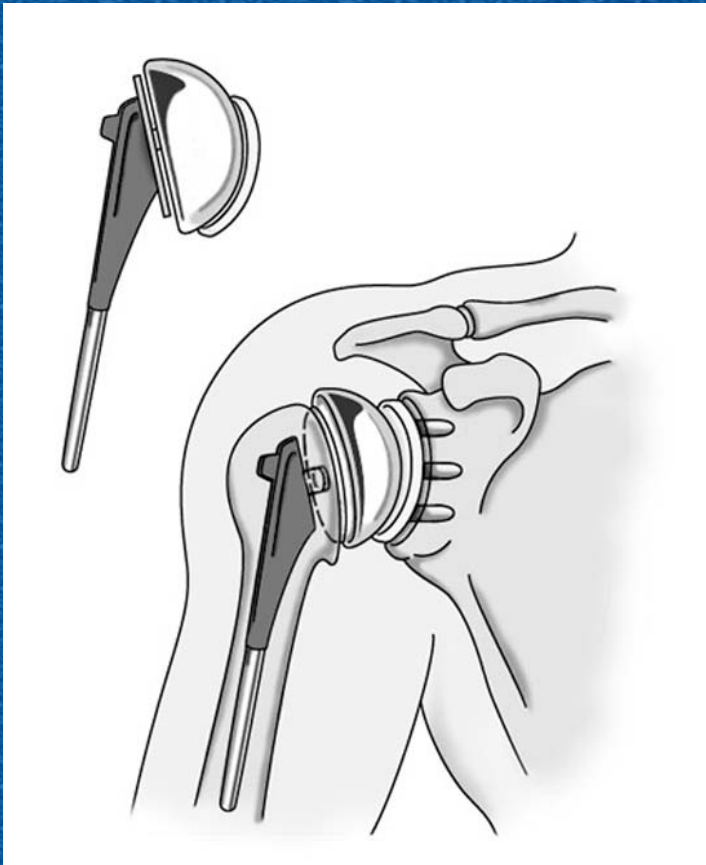
Post-Operative Precautions - Total Knee



- ❖ Avoid crossing your legs
- ❖ Avoid kneeling or stooping
- ❖ Do not place a pillow under your knee
- ❖ Do not Twist or Pivot on your operated leg



❖ Total Shoulder Replacement





Precautions For Total Shoulder Replacements

- ❖ No active shoulder movement for 6 weeks (it will all be passive)
- ❖ No external rotation past neutral
- ❖ Stay in the sling except for showering and dressing
- ❖ Only do the exercises provided by your PT





Preparation for Surgery

- ✓ Obtain all required pre-admission testing recommended by surgeon and bring recommended information to Pre-Op
- ✓ Clear all medications with your physician, including any herbal substances or nutritional supplements you may be taking
- ✓ Triseptin Soap will be provided at Pre-Op
- ✓ Bring All insurance cards & picture identification to Pre-Op
- ✓ Do not eat or drink after midnight the night before your surgery





Preparing for Your Hospital Stay

- ✓ Rubber soled / non-skid shoes or closed back slippers
- ✓ Dentures, hearing aide and/or glasses
- ✓ Loose fitting / comfortable clothing for therapy (shorts, pajama pants, gowns, housecoats, etc.)
- ✓ List of current medications including doses & the times they are taken
- ✓ *Do not bring valuables*



The Morning of Surgery



- ❖ Your specific surgical time will be determined at your pre-op visit
- ❖ Report to the Main Lobby at the time appointed in your pre-op visit
- ❖ Surgery will last 1-2 hours
- ❖ Time in the recovery room is generally 1-2 hours
- ❖ During surgery your family will wait in the surgical waiting room
- ❖ After recovery, you will be transferred to the nursing unit on 2 South where family members can see you





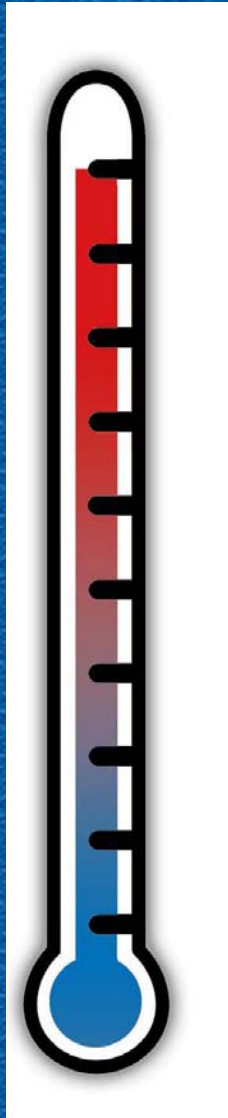
Pain Relief During and After Surgery

- ❖ You will see anesthesia at your pre-op visit
- ❖ General anesthesia or a spinal anesthetic will be administered during surgery
- ❖ Pain relief options after surgery include:
 - Epidural anesthesia
 - Patient controlled analgesia (PCA) pump
 - Femoral and/or sciatic block for Total Knee replacement
 - Lumbar Plexus Block for Total Hip Replacements
 - Injections (as needed)
 - Oral medications (as needed)





Pain Scale



- 10 Worst possible pain
- 9
- 8 Very severe pain
- 7
- 6 Severe pain
- 5
- 4 Moderate pain
- 3
- 2 Mild pain
- 1
- 0 No pain



Day of Surgery

You may have:

- ❖ A urinary catheter to drain your bladder
- ❖ IV fluids and pump for pain medication
- ❖ A drain to keep excess fluid away from your new joint
- ❖ Foot pumps to assist with circulation
- ❖ Ice Packs
- ❖ A visit from PT to begin exercises and mobility



First Day After Surgery

- ❖ Physical Therapy will begin getting you up twice a day for progressive walking and exercise
- ❖ Nursing will then be able to assist getting you up to the bathroom/bedside commode



Participating in your care



- ❖ Participate in physical therapy twice daily
- ❖ Drink plenty of fluids & eat well
- ❖ Take pain medication as needed!
- ❖ Perform deep breathing exercises



Equipment Usage

- ❖ Walker or crutches
- ❖ 3-in-1 commode
- ❖ Tub bench in the shower
- ❖ Abduction pillow for posterior (backward) approach total hips
- ❖ Hip kit provided by OT for total hips



Steps WE take for Safer Surgery

To avoid infection:

- ❖ Antibiotics

To Avoid Blood clots:

- ❖ Anticoagulants
- ❖ Foot Pumps

To Avoid Heart Attacks:

- ❖ Talk with your doctor about your medications





Safer Surgery Continued.....

❖ To avoid pneumonia

- Pneumonia vaccine is available, if ordered by your physician
- Early mobilization
- Incentive Spirometry

❖ To avoid flu

- Flu vaccine is available, during flu season, if ordered by your physician





Surgical Site Infections

- ❖ Precautions are taken prior to and during surgery to reduce risk
- ❖ Smoking increases risk. Ask us how to quit!
- ❖ Make sure your doctor and healthcare providers wash their hands or use sanitizer before exams, ask “Did you wash your hands?”
- ❖ Clean your incision based on your discharge instructions daily until follow-up with your doctor
- ❖ Call your Doctor if you have any signs or symptoms of infection (redness, increased pain, increased drainage, fever)



General Precautions



- ❖ Notify your dentist that you have had a total hip or knee replacement
- ❖ You may need to take antibiotics before any dental work or invasive procedures to prevent infection
- ❖ Ask your doctor for an identification card
- ❖ You will need to take extra time and precautions at the airport





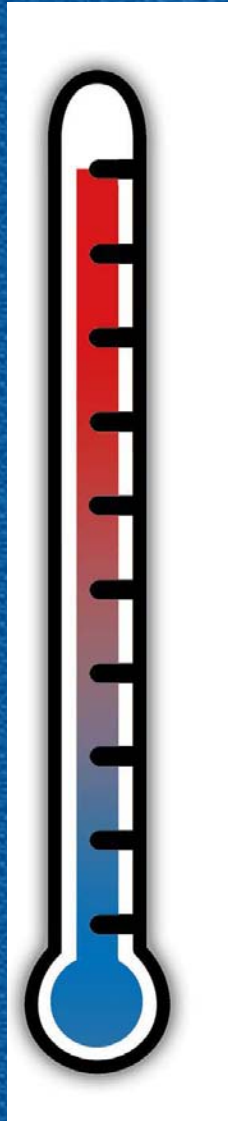
Discharge Planning

- ❖ Expected length of stay is 3 days, not including the day of surgery
 - ❖ Case management will assist with discharge plans and equipment needs
 - ❖ Your ability to walk and participate in activities of daily living (dressing, toileting, meal preparation) will determine your discharge plan
- ❖ Discharge options include:
 - Home exercise program
 - Out patient rehab
 - Home healthcare PT
 - Inpatient rehabilitation unit
 - Swing bed
 - Skilled nursing facility
 - ❖ *Insurance coverage as well as Medicare criteria may limit your options*





When do you ask for pain medicine?



- ❖ 10 Worst possible pain
- ❖ 9
- ❖ 8 Very severe pain
- ❖ 7
- ❖ 6 Severe pain
- ❖ 5
- ❖ 4 Moderate pain
- ❖ 3
- ❖ 2 Mild pain
- ❖ 1
- ❖ 0 No pain



How to prepare your home for discharge

- ❖ Make modifications to your home prior to surgery that will decrease your risk for falls or injury



General Household Modifications

- ❖ Move electrical and telephone cords away from walkways
- ❖ Use chairs with arm rests
- ❖ Avoid low surface chairs/sofas
- ❖ Remove throw rugs or use skid resistant backing



Stairways

- ❖ Replace worn stair treads
- ❖ Install stable handrails on both sides of the stairs
- ❖ Stairs and hallways should be brightly lit



Bathroom



- ❖ You may wish to install grab bars in the bathtub
- ❖ You may wish to install skid resistant strips or a rubber mat both inside and in front of the bathtub
- ❖ You may benefit from a 3-in-1 toilet seat



Bedroom

- ❖ Have a lamp and phone within reach of the bed
- ❖ Keep a clear path from the bedroom to the bathroom
- ❖ Always sit while getting dressed



Kitchen

- ❖ Store frequently used items at waist level and less frequently used items in higher cabinets
- ❖ It may be helpful to prepare and freeze meals prior to admission to the hospital





*Thank you for choosing
Doctors Hospital-
Recipient of
Joint Commission Gold Seal
Certification for Total Hip and
Total Knee Replacements
and
Healthgrades 5 Star Rated for
Overall Orthopedic Services
2009, 2010, and 2011!*

