

## Doing What's Best in Joint Care

Consistently ranked in the top 5 percent among its peers nationally, McLaren Orthopedic Hospital offers our patients healthier outcomes with shorter hospital stays. You will see experienced, dedicated physicians along with a team of professionals focused on you, your treatment, and your recovery with complete pre-, and post-operative care.

### Osteoarthritis (OA)

Osteoarthritis is one of the oldest and most common forms of arthritis. Known as "wear and tear" arthritis, OA is a chronic condition characterized by the breakdown of cartilage. Cartilage is the part of the joint that cushions the end of the bones and allows easy movement of joints. The breakdown of the cartilage causes the bones to rub against each other, causing stiffness, pain, and loss of movement in the joint. OA is also known as degenerative joint disease.

#### Factors that contribute to osteoarthritis include:

- Age
- Being overweight
- Injury to a joint

#### Therapies that manage osteoarthritis pain and improve function include:

- Exercise
- Weight control
- Rest
- Pain medication
- Physical therapy
- Surgery



GREATER LANSING

DOING WHAT'S BEST.

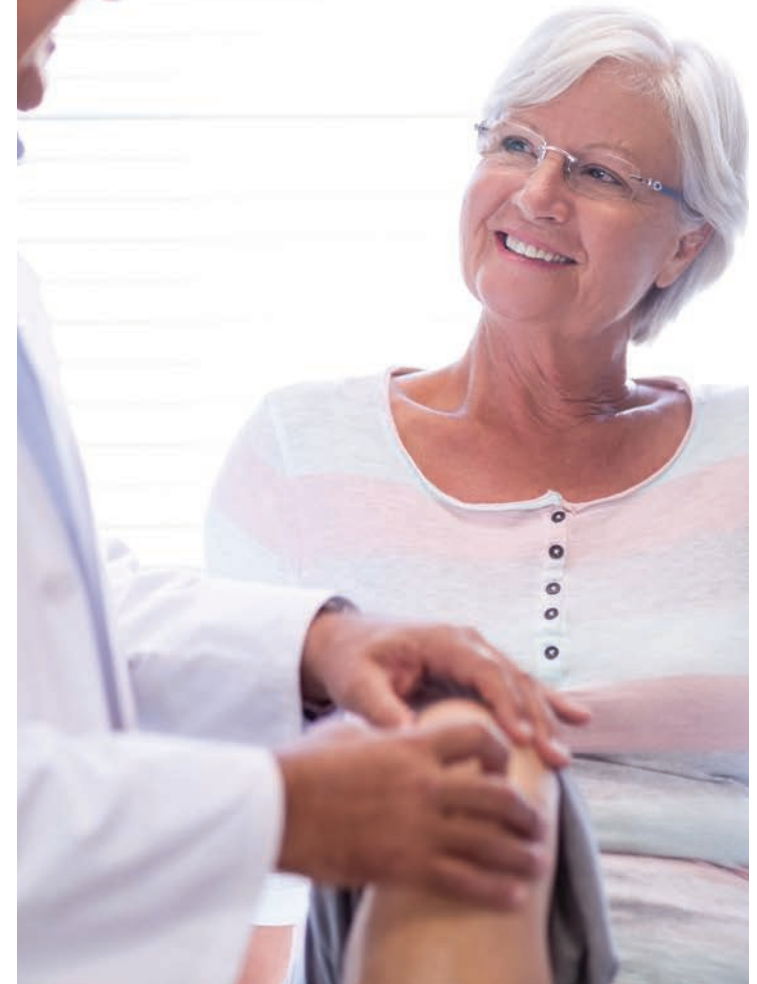
2727 S. Pennsylvania Ave. · Lansing, MI 48910  
(517) 975-6000

[mclaren.org/lansing](http://mclaren.org/lansing)

3.19.25900

MGL-014 (6.19)

# TOTAL JOINT SURGERY GUIDE



GREATER LANSING

DOING WHAT'S BEST.



## Pre-Admission Requirements

- Medical clearance from your surgeon or primary care physician or cardiologist
- Blood draw within 14 days of surgery
- EKG/urinalysis as needed

## Total Joint Patient Education

- For more information, visit:  
[mclaren.org/lansingprocedureprep](http://mclaren.org/lansingprocedureprep)

## The Days Preceding

- Finalize arrangements for work, home, pets
- Pack appropriate clothing and personal items

## The Pre-Op Call

- Arrival/operative times
- Pre-op assessment interview
- Review medications/allergies
- Instruct which meds to take/hold day of surgery
- When to stop eating/drinking
- Lab work/EKG
- Bring your walker or any assistive equipment

## Arrival

- Registration
- Pre-op assessment/review
- Verify consents/operative site
- IV placement
- Pre-op antibiotic selection
- Sequential compression stockings to reduce risk of blood clots
- Clip hair from surgical site as needed

## Anesthesia Interview/Options

- Anesthesia assessment
- Discuss general vs. spinal
- Optional femoral nerve block for total knee replacements

## Operating Room

- Anesthesia
- Patient safety measures
- Proceed with surgery
- Transfer to PACU

## PACU

- Recovery, approximately one hour
- RN assessment of post-op condition and well-being
- Pain control
- Control of Post-Op Nausea/Vomiting (PONV)
- Transfer to inpatient care unit

## Inpatient Care Unit 2 East

- Pain control
- Advance diet as tolerated
- Dressing changes
- Lab work
- Physical therapy
- Social work
- Discharge planning

## Discharge

- Home or extended care facility
- Home health care
- Continued physical therapy