

2 EAST PATIENT GUIDE



GREATER LANSING

DOING WHAT'S BEST.

2727 S. Pennsylvania Ave. · Lansing, MI 48910
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mclaren.org/lansing

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DOING WHAT'S BEST.

Welcome to the 2 East Inpatient Orthopedic Nursing Unit

Following surgery, you will experience:

- Orientation to your private room
- Frequent vital signs to monitor you after surgery
- Pain control
- Review of home medications
- Frequent rounding of nursing staff to evaluate your comfort
- Clear liquid diet

Day after surgery:

- Laboratory staff arrives at 4:30 a.m. to begin drawing any labs your doctor has ordered
- Doctors and residents begin to arrive at 5:30 a.m. to evaluate you after surgery
- Pain control
- Physical and occupational therapy begins following breakfast
- Second therapy session following in afternoon
- Case managers are available to discuss home care needs such as equipment needed, home versus outpatient therapy, and rehab if needed
- Possible discharge early afternoon if all therapy goals are met and your physician agrees

Remainder of hospital stay:

Your routine will be similar to the first day after surgery with continued pain control and therapy sessions twice a day.

Therapy goals include:

- Safe walking in hallway
- Safely climbing stairs
- Getting in and out of tub and car

You will be discharged when therapy goals have been met and your physician agrees. If unable to return home, our case manager, nursing staff, and physician will discuss rehab options to help you continue to recover and attend therapy.

Total Joint Education

A specialized booklet and DVD for patients preparing to have total joint surgery in order to learn what to expect after surgery and familiarize patients with orthopedic equipment. The information also covers pain control and introduces therapy plans and goals.

General information

Visiting hours 8 a.m. - 8 p.m.

Cafeteria hours:

Monday - Friday

Breakfast: 6:45-9:45 a.m.

Lunch and dinner: 10:45 a.m. - 2 p.m.

Soup, salad, and deli bar: 2 - 5:30 p.m.

Patient meal times:

Breakfast: 8 a.m.

Lunch: 12 p.m.

Dinner: 5 p.m.

McRee Guest House:

2721 S. Washington Ave.

Lansing, MI 48910

The McRee Guest House is available to family members of patients to spend the night. Conveniently located at the corner of Greenlawn and Washington avenues. Cost is \$40 per night. Please call (517) 975-6310 for more information.