



Same-Day Joint Replacement: Is it right for me?

Years ago, if you had joint replacement surgery you might spend days in the hospital. With advances in surgical techniques, today more patients are discharged home the same day they have surgery. With additional safety measures in place, home could be the best place for you to recover.

Is it safe?

Yes. Research suggests going home the same day as your joint replacement surgery is just as safe and effective as staying overnight in the hospital. Complication rates for those patients going home are no greater than those patients staying in the hospital following their joint replacement surgery. Your Joint Replacement Care Team will help to ensure you are safe, well prepared and feel confident to go home on the same day as your hip or knee replacement surgery.

Will I still be seen by a physical therapist before I go home?

Yes. You will not be discharged home until you have been seen and evaluated by a physical therapist. The physical therapy session will include an assessment of you, as well as an assessment of your home and equipment needs. You will be taught exercises that you will begin once you are home, taught how to use a walker, and you'll even practice going up and down stairs. This is a great time to ask any rehabilitation or therapy questions you or your coach may have. We will ensure that you are safe and functionally able to return to your home following your joint replacement surgery.

What about managing my pain?

We know pain management may be one of your biggest concerns following your hip or knee replacement. New advances in medicine and surgical technology make recovery following joint replacement surgery quicker and less painful than ever before. Many of our surgeons use techniques in the operating room that involve a less invasive approach and there are medications that minimize the initial pain you feel following surgery. Additionally, we prescribe medications using a “multi-modal approach” to go home with you – that is, you will be on a combination of a few different types of pain medication to provide optimal pain relief. At the time of discharge, your Joint Replacement Care Team will streamline the process by electronically prescribing your pain medication to your preferred pharmacy. They’ll also teach you additional ways you can help manage your pain at home, such as ice therapy and exercises.

Is it better for me to go home the same day I have my surgery?

No two patients are the same – that is why we take an individualized approach to determine whether it may be better for you to go home the same day you have joint replacement surgery. Generally, if patients are relatively healthy and have adequate support at home, it may be a better option to go home the same day. Patient satisfaction is often higher for those patients returning to their home environment immediately after surgery where they can begin recovering quickly and comfortably.

How do I know if it is right for me?

If you are well prepared going into your surgery, motivated to begin recovering and have adequate help at home in the day or two following your procedure, you may find going home the same day of your surgery to be an excellent option. Attending our Pre-Surgical Joint Replacement class before your procedure is a terrific way to help prepare for what is to come in your recovery. Because you have all the information you need ahead of time, you can feel confident and safe to go home the day you have surgery. Talk with your Joint Replacement Care Team to find out if it may be right for you.

If you have questions about your joint replacement surgery, talk with your surgeon or call the Joint Replacement Care Team at McLaren Macomb at (586) 493-8024.

