

Joint *Express*[™]

An innovative approach to knee and hip replacement surgery





Welcome to Joint *Express*™

Highlights of Joint Express include:

- ⌘ Wellness focus
- ⌘ Comprehensive group instruction concerning pre-operative care, hospital care and care at home.
- ⌘ Family/friends to participate in the recovery process.
- ⌘ Nurses and therapist as experts in the care of joint replacement patients.
- ⌘ Emphasis on group activities as well as individual needs.



When your destination is life.

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Smoking

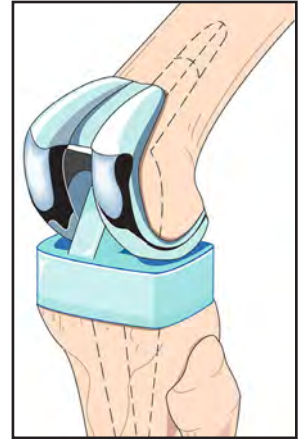
It is important for you not to smoke at least two (2) weeks before your surgery. Ask your doctor for a prescription for smoking cessation aides, such as patches or special gums.

Alcohol

If you drink every day, you may experience withdrawal after surgery. Please let your physician know if you consume alcohol daily or drink several servings of alcohol more than once a week.

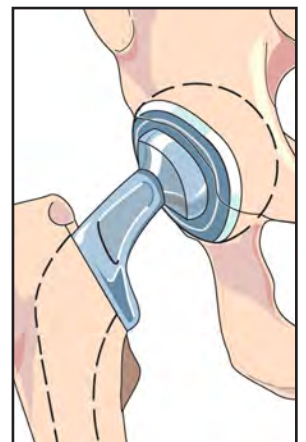
What is a total knee replacement?

A knee replacement is a surgical procedure to remove a worn or damaged knee joint and replace it with an artificial one. Cartilage wears away from the knee due to inflammation, trauma, and use. The worn cartilage no longer allows the joint to glide freely, causing stiffness and pain.



What is a total hip replacement?

A total hip replacement is a surgical procedure to remove a worn or damaged hip joint and replace it with an artificial one. Surgery is usually done when the smooth, soft tissue that covers the ball of the thigh bone and lines the socket cartilage cracks or wears away. Damage to the cartilage is caused by normal wear (osteoarthritis), inflammation (gout or rheumatoid arthritis), or an injury (bad fall causing a fracture).



Getting your home ready

Getting your home ready before surgery will make it easier for you to recover. Consider the following tips:

- ✧ Get rid of uneven surfaces and remove obstacles from pathways both inside and outside your home.
- ✧ Make note of potential slippery/wet spots and take precautions as necessary.
- ✧ Be sure there are sturdy handrails for steps at the entrance to your home.
- ✧ Remove throw rugs and secure extension cords out of the way.
- ✧ Make sure lighting is good to prevent falls. Install nightlights.
- ✧ Place emergency phone numbers on or near the phone. Use a portable phone or cell phone for safety.
- ✧ Have a comfortable chair with arms and a firm seat. Do not sit in a soft chair, rocking chair or sofa.
- ✧ Use containers of liquid soap to prevent difficulties with dropping the bar soap in the shower.
- ✧ Be sure your bed mattress can hold you without sagging while you sit on the edge. The bed also must allow your feet to touch the floor. You may need to place a board under the mattress. The bed may need to be raised with an extra mattress or blocks under the legs, or it may need to be lowered by trimming the legs.
- ✧ Choose footwear that is secure on your feet, with soles that will not slip.
- ✧ Have a walker basket/bag to assist with carrying objects.
- ✧ Place clothing that you wear the most in drawers that are at waist height.
- ✧ Consider having friends or family members care for your pets during your recovery so you do not trip on them.
- ✧ If you sleep with your pets, get them in the habit of sleeping in a different location. Pets carry germs that can cause an infection, so pets must be kept away from your incision until after it is totally healed.

Kitchen

Arrange your kitchen so that you don't have to do heavy lifting, bending or reaching.

- ✧ Prepare meals ahead of time and stock up on food.
- ✧ Prepare simple meals using stove top or counter level appliances to avoid bending.
- ✧ Store items that are needed most on upper shelves of the refrigerator.
- ✧ Stock up on fruits, vegetables and foods high in protein which will help with wound healing.

Bathroom

- ✧ Tubs and showers must have nonskid surfaces or safety mats both inside and outside. Watch out for wet tile floors.
- ✧ Safety rails are recommended for tubs and showers, depending upon your individual needs.
- ✧ Use a raised toilet seat or commode.

The morning of your surgery

It is very important that you shower as directed with the special soap provided by your surgeon. This cleansing product is known as CHG, Chlorhexidine or Exidine. Before leaving home, take your medications with a small sip of water if instructed to do so.

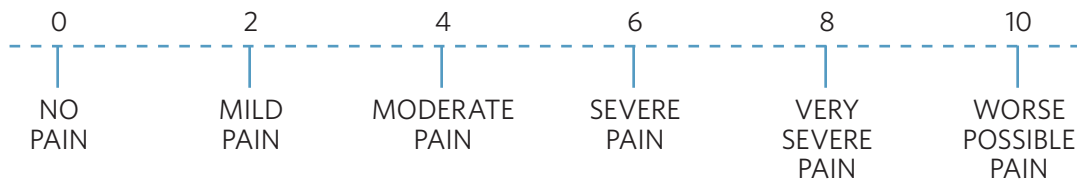
When you arrive on the day of surgery, go to the Ambulatory Surgery Lounge located on the second floor of the South Tower. This is also the waiting area for family to speak with the surgeon after surgery.

- ✧ You will be asked to put on a hospital gown and remove any dentures, jewelry or contact lenses.
- ✧ An elastic support stocking will be put on the leg that is not being operated on to help with circulation and prevent blood clots. The other stocking will be put on the leg that is operated on after surgery.
- ✧ An IV (intravenous) line will be started to provide fluids and medication needed during surgery.

Your orthopedic surgeon will contact your family in the waiting area after surgery.

Recovery after surgery

- You will be taken to the recovery room for observation.
- It is normal to have pain after surgery; however, we are concerned about your pain and need to make sure it is not severe. You will be asked frequently to rate your pain level.



Patient-controlled analgesia (PCA)

- You can press a button that will give you medication through your IV when you feel pain or discomfort. The PCA is normally discontinued the morning following surgery.
- You will be encouraged to take pills along with your PCA.
- You will continue to have an IV for pain medications and antibiotics for one day.
- Sometimes the pain medicine can make you feel sick to your stomach. If this happens, let us know, and your doctor can order something to make you feel better.

Dressing

You will have a dressing applied to your surgical area. Your doctor will instruct the nurses when to change the dressing. It is important that your dressing is kept clean and dry at all times. Do not pick at a scratch near your incision.

Breathing Exercises

When you wake up, you will be asked to breathe deeply and cough. These simple, but important, exercises should be done every hour while you are awake to prevent any problems with your lungs. You may have a machine called an incentive spirometer to help you.

Preventing Blood Clots

To improve the circulation in your legs and reduce the risk of blood clots, you will be asked to:

- Wear special support stockings on both legs.
- Wiggle your toes and flex your ankles every hour.
- Take medication that will be ordered by your doctor to thin your blood.
- Use either foot pumps or pulsating stockings, which are to be worn in bed.

CARE AT HOME

You will have a dressing applied to your surgical area. Your doctor will instruct the nurses when to change the dressing.

Diet

You may resume your normal diet, however, increase your normal intake of fruits, vegetables and foods high in protein.

Hygiene

You may shower if your incision is clean and dry. If staples are still in, cover the incision with plastic wrap (such as Saran Wrap). Shower daily and put on clean clothes afterwards. DO NOT take a tub bath.

Wash hands frequently and request your caregivers/visitors do the same. Frequent bed linen changes are a safeguard against infection.

Medications

- ⌘ A prescription for pain medication will be given to you. Take your medication as directed. Call your doctor if your pain is not controlled.

Pain medicine causes sleepiness and can cause constipation. DO NOT drive or operate machinery.

- ⌘ You may be sent home on prescribed medications to prevent blood clots and/or be referred to the Coumadin clinic.
- ⌘ Feel free to use our Drug Shop in-room service prior to your discharge from the hospital.
- ⌘ When you are discharged, you will be told which medications to continue at home.

Remember: Always tell your dentist or any doctor who cares for you in the future that you have a joint replacement. You may need to take antibiotic medication before and after any dental procedure or surgery to prevent infection.

Driving

Do not drive after surgery until approved by your physician.

Work

You can return to work as instructed by your physician.

When to call your doctor after discharge:

Call your doctor if you have:

- ✧ Fever over 101 degrees
- ✧ Increased pain
- ✧ Redness, swelling, or drainage from your incision
- ✧ Numbness or tingling in your leg
- ✧ Pain in the calf of your leg
- ✧ Questions about medication, amount of activity, or care

Each point is equally important, so please check with your doctor.

Discharge instructions and precautions:

You will receive your discharge instructions before you leave.

Follow-up visit:

Four to six weeks after surgery, you will return to your surgeon for your follow-up visit.

The orthopedic surgeon will check on your progress. If you have any questions about certain activities you would like to do, such as driving, swimming, or playing golf, please ask your doctor.

Exercise:

Continue your exercise program. This will keep your muscles and joints strong and flexible so you will be able to return to the activities you enjoy.



Notes or questions for your healthcare provider:



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