

THE MONTEFIORE CENTER FOR JOINT REPLACEMENT SURGERY

YOUR JOURNEY THROUGH TOTAL HIP AND KNEE
REPLACEMENT SURGERY PREOPERATIVE EDUCATION

MORE

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DIET AND NUTRITION

- Maintain a healthy weight.
- Healthy Eating starts with filling your plate with fresh ingredients and whole foods in the right amount.
- Healthy eating and good nutrition before surgery can have a beneficial effect on the healing process.
- **To contact a dietitian for an appointment call 929-263-3519.**

OUR GOALS FOR THIS PRESENTATION

We will help you to:

- Prepare for your joint replacement surgery.
- Identify a CARE COACH. A care coach is a family member or a friend who will assist you through the journey and help you at home after surgery.
- Care for yourself before surgery.
- Understand the preoperative process.
- Understand your hospital stay.
- Prepare to care for yourself at home.
- Move forward after surgery.
- Answer all of your questions.

OUR GOALS FOR YOU

- To provide the highest quality of medical care using the most up-to-date technology available.
- To improve your quality of life, returning each patient to the highest level of function possible.
- To decrease your level of pain with activities of daily living.
- To prevent complications.
- To encourage and maintain healthy life styles.
- To help you achieve the goals you set for yourself.
- To maintain a safe environment.

PATIENT- AND FAMILY-CENTERED CARE

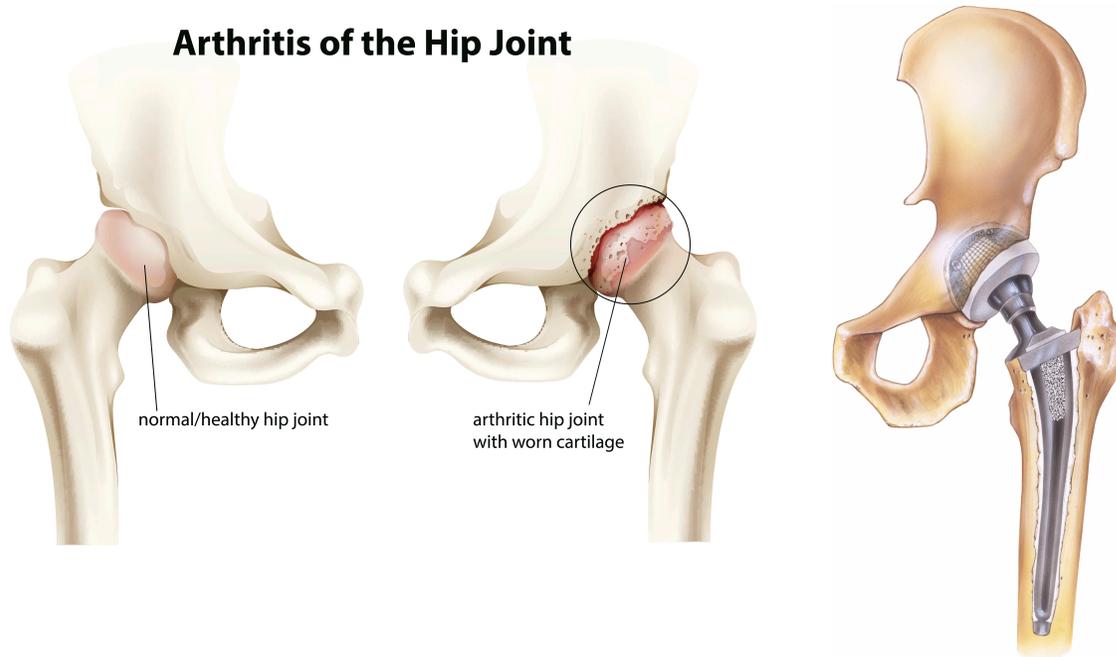
At The Montefiore Center for Joint Replacement Surgery, our Health Care Delivery System is based on a model that:

- Provides a supportive environment.
- Involves you, your care coach and family members in the decisions related to your care.
- Shows respect to you and your family.

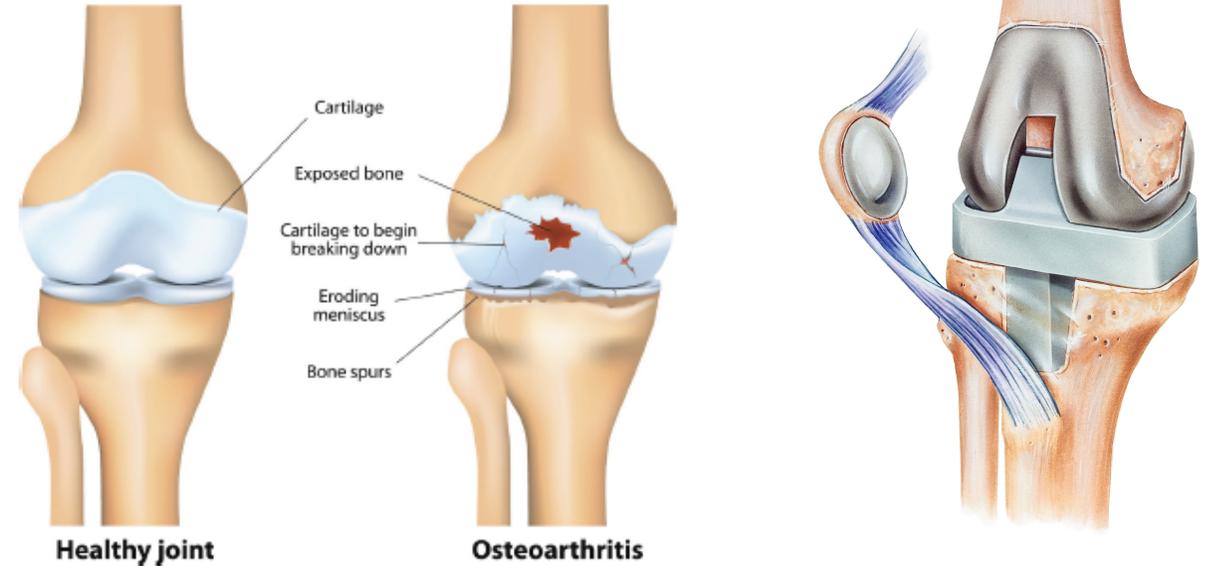
WHY TOTAL JOINT REPLACEMENT

Total joint replacement surgery involves replacing the worn out portions of the joint with artificial parts called the prosthesis. The new joint allows for smooth and comfortable movement.

Arthritis of the Hip Joint



Arthritis of the Knee Joint



CARING FOR YOURSELF BEFORE SURGERY

You will be scheduled for joint replacement surgery when:

- You are physically and emotionally ready.
- You are ready to participate in the exercise program.
- You have identified a care coach.
- You have discussed Healthy Life Styles with a member of your surgical team.

BEFORE SURGERY LET US KNOW IF ANY OF THE FOLLOWING APPLY TO YOU

- Sleep apnea
- Alcohol use
- High body weight
- Smoking
- Complex medical or mental health issues

QUIT SMOKING BEFORE SURGERY

- Pick a date to quit.
- See your family doctor.
- Find local support groups.
- Enlist a family member or friend to help.
- **Call NY State Hotline 866-697-8487.**

MEET OUR JOINT REPLACEMENT TEAM

- **YOU** are the most important member of our team
- Orthopedic surgeons
- Anesthesiologists
- Medical doctors
- Nurse practitioners
- Physician assistants
- Registered nurses
- Certified nursing assistants
- Physical therapists
- Occupational therapists
- Social workers
- Dietitians
- Nutritionists
- Secretarial staff
- Administrators
- Housekeepers
- Patient experience leaders

APPOINTMENTS BEFORE SURGERY

- A preoperative education session
- A medical evaluation and surgical clearance with our team. Lab work and EKG will be done. Any other medical appointments if needed for clearance will be made for you.
- Some medications may need to be stopped before surgery. Our medical team will discuss this with you. Our medical team will also tell you which medications to take with a sip of water on the day of surgery, if needed.
- A social worker will contact you before surgery.
- A nutrition consult if needed.

SEVERAL DAYS BEFORE SURGERY

- Complete your health care proxy.
- You will receive information on what time to come to the hospital.
- The night before surgery use your CHG skin wipes as directed. You will receive the CHG wipes and directions for use at a pre-op appointment.
- Nothing to eat or drink past midnight the night before surgery.
- Take any medications that you were told to take in the morning before coming to the hospital, if needed.

WHAT TO BRING TO THE HOSPITAL

- Legal photo ID and Insurance Cards
- Health care proxy form completed
- Medications and an up to date medication list
- Flat non slip supportive shoes
- Comfortable loose clothing for the gym
- Personal toiletries
- Eyeglasses hearing aides and dentures if needed
- Credit card or money for TV, phone rental if desired
- List of important phone numbers
- CPAP if you use one
- Your Journey Through Joint Replacement Surgery Book
- Cane or walker on the discharge day if you have one

DO NOT BRING TO THE HOSPITAL

- Jewelry, piercings and valuables
- Remove all make up before surgery
- Nail polish should be removed before surgery
- Remove contact lenses and wear eyeglasses if applicable

THE DAY OF SURGERY

- The address of the hospital is :

The Montefiore Hospital Wakefield Campus
600 East 233rd Street
Bronx, New York 10466

- If applicable, report to the finance office on the first floor in the hospital lobby.
- Proceed to the second floor surgery suite.

DAY OF SURGERY

- You will be seen by members of the anesthesia team who will discuss the type of anesthesia you will have, and pain management.
- You will meet your nurses who will review your medications and medical history
- You will receive pre-op medications
- You will see your surgeon.
- You will use skin wipes and nasal swabs to help prevent infection.
- You will go into the operating room. Surgery usually takes between 1 and 2 hours.

POST ANESTHESIA CARE UNIT (PACU)

- After surgery you will be brought to the PACU.
- You will be in the PACU for about 2 hours.
- Pain management will continue.
- Vital signs will be monitored.
- When you are ready, you will be transferred to the Joint Replacement Unit.
- If you have sleep apnea or use a CPAP you may be transferred to a monitored bed .

ABOUT PAIN MANAGEMENT

- Your pain management plan is tailored to best fit your specific needs.
- Our goal is for you to have a manageable amount of pain during the post-op period.
- Our protocols provide the most benefits while minimizing the side effects of medications.
- You will become familiar with the pain scale and asked to rate your level of pain through out the day.
- You will use ice therapy around your surgical site to help decrease pain and swelling.

POSTOPERATIVE HIP REPLACEMENT

- In the operating room after surgery, a foam pillow may be placed between your legs. This pillow will stay in place while you are lying in bed and removed when you get up. The pillow helps you maintain a safe position while you are asleep.
- Hip precautions will be taught to you by the therapists and nurses.

SPECIAL EQUIPMENT USED ON THE JOINT REPLACEMENT UNIT

- Incentive spirometer
- Drainage tube
- Foot pumps
- Foam pillow
- Ice packs

YOUR DAILY SCHEDULE “DAY 0”

DAY OF SURGERY

- Meet your team on the unit
- Ongoing vital signs and pain assessment
- Out of bed and walking with assistance. Always get up with help
- Exercise all day
- Deep breathing and incentive spirometer
- Foot pumps
- Maintain hip precautions for hip replacement
- Discharge Planning/Home care and home therapy
- Participate in your own self care
- **Physical Therapy session**

YOUR DAILY SCHEDULE “DAY 1” DISCHARGE HOME TODAY

- Ongoing vital signs and pain assessment
- Lab work
- Drains removed if applicable.
- Maintain hip precautions if applicable.
- Out of bed most of the day, with assistance.
- Physical/Occupational Therapy in the gym.
- Walk stairs today.
- Finalize discharge plans; Home care, and home therapy
- Arrange for equipment and medications for home.
- Foot pumps, deep breathing, incentive spirometer
- Exercise all day.
- Participate in your own self care.
- Walk stairs
- DISCHARGE – All instructions given/home care including physical therapy arranged

PHYSICAL THERAPY AND REHABILITATION

You must take an active role in your physical therapy program. This begins on the day of surgery. The surgery itself is only part of the outcome. Your efforts with therapy have a large impact on the outcome after surgery.

- Knee and Hip exercises can be found in Your Journey through Total Joint Replacement Surgery Guidebook.
- Instructions on Using a WALKER and Using a CANE can be found in Your Journey through Total Joint Replacement Surgery Guidebook.

CARING FOR YOURSELF AT HOME

- You will need a walker and a cane at home. We will assist you in obtaining these items if needed.
- Medications— you will be sent home with instructions and prescriptions. We can also have a pharmacy deliver medications to you in the hospital if needed.
- You will be given instructions on caring for yourself at home.
- Your surgical team will call you several times throughout the first two week post-op period.
- Continue to follow the exercise program all day.

CARING FOR YOUR SURGICAL SITE

- At hospital discharge you will be given instructions on how to care for your surgical site and your specific dressing.
- **Please wash your hands before touching the surgical site.**
- Never apply creams, rubs or ointments to your surgical site until your surgeon allows.
- Apply ice around your surgical site to reduce pain and swelling. Do not apply ice directly to the skin. Wrap the ice in cloth, like a pillow case.

SHOWERING AFTER SURGERY

- Most dressings are waterproof and you will be able to shower with the dressing on.
- You will be given specific instructions for showering after surgery.

PREPARING YOUR HOME CHECKLIST

- Make sure all rooms are well lit; install night lights where needed.
- Remove clutter.
- Move electrical cords out of the way.
- Remove all throw rugs.
- Arrange furniture so pathways are wide to accommodate a walker and a cane.
- Use sturdy chairs with arms and avoid low seats.
- Keep items within reach.
- Install a railing along stairs if needed.

CHECKLIST CONTINUED

- Watch for small pets.
- Prepare a bedroom on the main level if possible.
- Keep a cell phone or portable phone close by with a list of important phone numbers.
- Prepare and freeze food ahead of time.
- Stock up on groceries ahead of time.
- Prepare care for your pets ahead of time.
- Consider a raised toilet seat.
- Consider grab bars for your shower.

MOVING FORWARD YOUR NEW JOINT REPLACEMENT

- EXERCISING – maintaining some form of exercise will help keep your new joint as well as the rest of your body in good shape.
- We discourage you from high impact and extreme twisting exercises.
- Your new implant contains a **non-magnetic** metal. You can have a MRI scan.
- You will have several appointments with your surgeon within the first year after surgery.

MOVING FORWARD CONTINUED

- **DRIVING** – most people return to driving between 4–8 weeks. You must be off opioids, able to brake successfully and able to get in and out of the car easily. Speak with your surgeon before returning to driving.
- **SEX** – most patients are able to return to sexual activity in about 6–8 weeks after surgery. You must feel comfortable. Hip replacement patients must maintain their specific hip precautions.

RISKS OF SURGERY

Complications are uncommon but as with any surgery there are risks and potential for complications.

These include but are not limited to:

- Infection
- Blood clots
- Knee stiffness
- Lack of pain relief
- Implant wear and implant failure
- Reaction to materials
- Blood loss
- Anesthesia complications
- Nerve damage and damage to structures
- Hip dislocation
- Leg length inequality
- Other complications
- Covid-19

PREVENTING INFECTION

Some patients are at an increased risk of developing an infection in their new joint. Undergoing certain procedures can increase this risk. For 2 years after surgery before some procedures, antibiotics will be prescribed for you to take. Specific guidelines for preventing infections after total joint replacement can be found in Your Journey Through Total Joint Replacement Surgery Guidebook. Your surgeon can give you a copy of the guidelines as well.

PREVENTING COMPLICATIONS AFTER SURGERY: PREVENTING BLOOD CLOTS

- To decrease the risk of blood clots forming after surgery your medical team will prescribe medications for you that have been demonstrated to lower these risks.
- Your medication plan is tailored to best fit your specific needs
- If you were on blood thinning medications before surgery you will probably be placed back on those medications after surgery.
- Walking and exercise helps prevent blood clots.
- Compression devices applied to your legs at night will help prevent blood clots

PREVENTING COMPLICATIONS AFTER SURGERY: WHEN TO CALL YOUR SURGEON (718) 920-2060

- Fever over 101 Fahrenheit
- Drainage around the surgical site
- Increased swelling or redness around the surgical site
- Pain and or swelling, heat or tenderness in either calf

WHEN TO CALL 911

Signs of Pulmonary Embolism (Blood clot in the lung):

- Difficulty breathing
- Shortness of breath
- Sudden onset of chest pains
- Delirium or confusion

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