

Welcome to “Joint Effort” Class: Total Hip and Total Knee Preoperative Patient Education



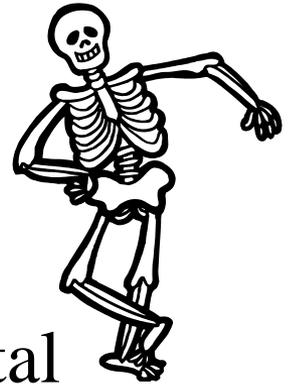
Wheaton Franciscan Healthcare



Objectives for your learning

You & your family member/friend will learn about....

1. Your total hip or total knee surgery
2. How you should get ready for surgery
3. What you can expect on the day of surgery & during hospitalization
4. Pain management
5. How you can plan for discharge
6. Any other care needs after leaving the hospital

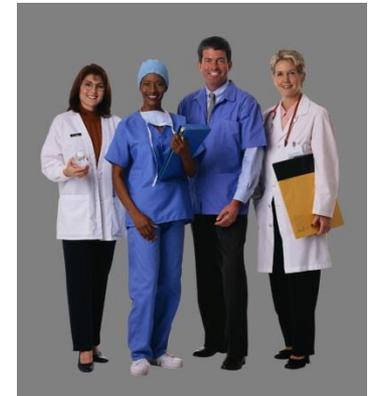


Wheaton Franciscan Healthcare



Your Care Team Members

- Your Doctor, Nurses, Physical Therapists, Occupational Therapists, Case Manager/Social Worker
- Dietitians, Chaplains, Pharmacists
- Your Coach (Family/Friend)
- YOU – the most important member of the TEAM 😊



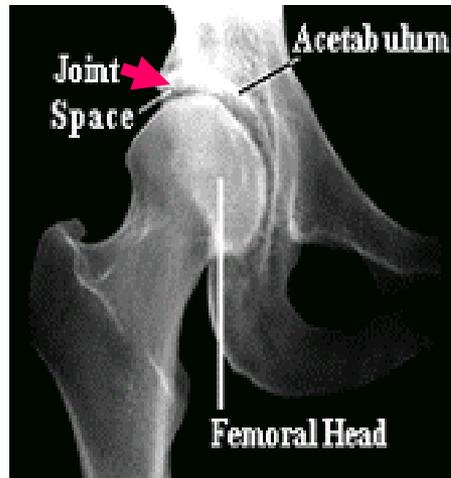
Hospital Website Info

- For more information about class content & to view a therapy exercise video, please visit the website at:
- www.mymoss.org/elmbrook
- Select Patient/Visitor information & Amenities
- Scroll down to ‘Guide to Total Hip & Knee Replacement Surgery’ or, ‘Exercises to Prep for Hip & Knee Surgery’



Wheaton Franciscan Healthcare

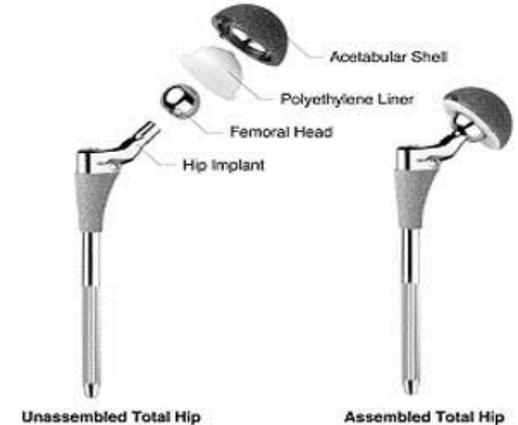
Total Hip Replacement



Normal Hip Joint



Damaged Hip Joint



Total Hip Prosthesis



Wheaton Franciscan Healthcare



Total Knee Replacement



Normal Knee Joint



Damaged Knee Joint



Total Knee Prosthesis



Wheaton Franciscan Healthcare



Therapy / Exercises

- Exercises – your therapist will work with you on your exercise program.
- Walker instructions
- Hip Precautions – are important to follow to protect your new hip. You will be taught how to move & how not to move in order to protect your hip. These must be followed until your doctor says they are not needed.
- Car transfer
- Preparing your home
- Adaptive equipment



Wheaton Franciscan Healthcare



Equipment

Your Physical Therapist and Occupational Therapist will assess and talk with you about various equipment you may need to care for yourself at home.



Wheaton Franciscan Healthcare



Think Ahead – Prepare Your Home Before Surgery

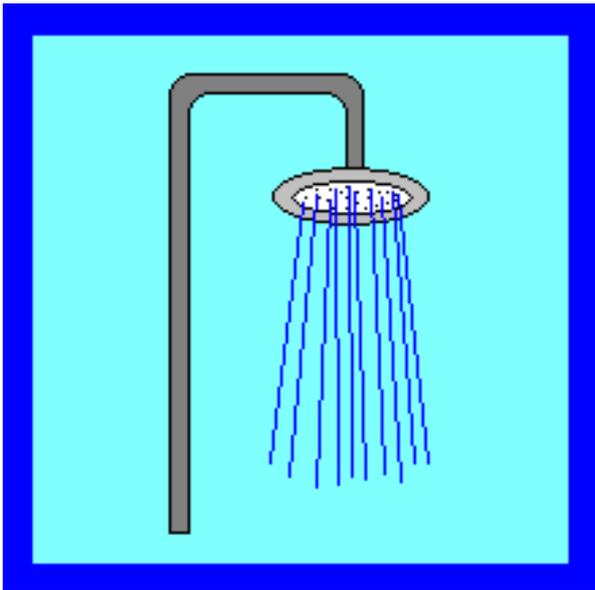
- Remove throw rugs, mats, cords from walking areas
- Consider a night light by bathroom & bedroom
- Put a non-skid mat in & outside tub/shower
- Fix meals & freeze; buy healthy/easy to prepare food or microwave meals
- Have a supportive chair with armrests that allows your feet to touch floor; no wheels
- Put frequently used items in easy reach



Wheaton Franciscan Healthcare



Shower/Bathe Before Surgery



- Use antibacterial skin cleanser with chlorhexidine
- Follow instructions in booklet
- Wash **BOTH** the night before & morning of surgery before coming to hospital
- Do not shave your legs for 3 days before surgery



Wheaton Franciscan Healthcare

Pain Management

- Pain is **different** for every person
- We are **committed to managing your pain** as best as possible. We will **work with you** to provide comfort and help your recovery.
- When your **pain is managed**, you can eat, sleep, and move better with therapy. This helps you recover from surgery faster.
- You can also **work as best as you can** with therapy and get the best results from your new hip or knee.



Wheaton Franciscan Healthcare



Strategies for Managing Your Pain

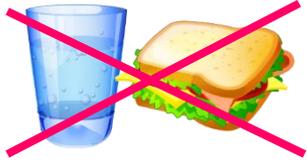
- IV pain medicine (either given by your nurse or a special pump called Patient Controlled Analgesia)
- Nerve block/long acting injection for knee patients
- Pain pills
- Aromatherapy/essential oils
- Relaxation/distraction/imagery exercises
- Ice/cold therapy



Wheaton Franciscan Healthcare



Your Hospital Stay: The Night Before Surgery

- **Do NOT eat or drink anything after midnight** (this includes water, candy, and gum). 
- Avoid chewing tobacco.
- Take a shower or bathe with the **special antibacterial soap (includes chlorhexidine)**.
- **Follow all instructions** about how to shower/bathe to prevent infection after surgery. **Do not shave your legs.**



Wheaton Franciscan Healthcare



Your Hospital Stay: Day of Surgery

- **Showers/bathe again** with the antibacterial soap
- **Do not apply** lotion, powder, or deodorant after shower/bath
- **Remove** makeup, nail polish, jewelry
- **Leave valuables at home**. Bring a **small amount** of cash for equipment or van service transport to sub-acute care.
- **Average hospital stay is two days.**



Wheaton Franciscan Healthcare



Your Hospital Stay: Arrival at the Hospital



- You will be taken to a room to get ready for surgery; family can be with you.
- When time for surgery, you go to the **Operating Room**; surgery is average 1- 2 hours
- After surgery, you will be taken to the **Recovery Room** and kept for at least 1 hour until you are fully awake
- You will then be taken to your **Patient Room** on the surgical nursing unit. It may be up to **4 hours** from when you leave your family until they can see you again.



Wheaton Franciscan Healthcare



Your Hospital Stay: After Surgery

- Your diet will be clear liquid to start and **change to more regular food as you can tolerate it.**
- **Cough & Deep Breathe**, use your **Breathing Exerciser** and do **Ankle Waving/Pumps** 10 times each/hourly. These exercises help your body recover.
- After total knee surgery, your doctor may order your leg to be placed in a **Continuous Passive Motion (CPM) machine.**

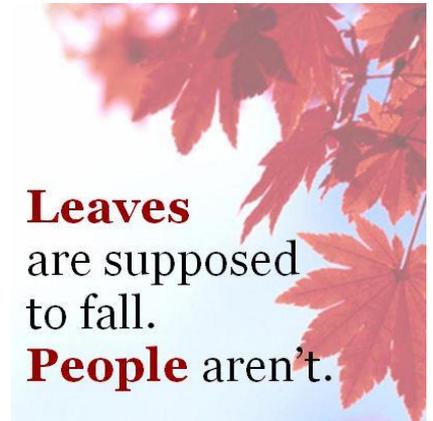


Wheaton Franciscan Healthcare



Your Hospital Stay: After Surgery

- We want to keep you safe during your hospitalization. If ordered by your doctor, you will be seen by physical therapy to get up. **Do not attempt to get up alone.**
- Some patients feel fine but when they get up by themselves, they have fallen **which can result in having to go back to surgery to repair your prosthesis or incision.**
- **Please always call for assistance any time you need to get up.**
- If you need to go for other testing while in the hospital, we **may also transport you on a cart instead of a wheelchair.** This is also to maintain your safety.



Wheaton Franciscan Healthcare

Your Hospital Stay: After Surgery

- If you have a drain in your incision or a urinary catheter, they will be **removed as soon as possible**.
- Bandages/dressings will be removed/changed.
- You will be seen by **Physical Therapy** two times daily for walking & exercises. **This usually begins on the day of surgery.**
- You will be seen by **Occupational Therapy** once daily for bathing, dressing, & other equipment needs
- A **Case Manager** will also see you to discuss your recovery status & help you plan for discharge.



Wheaton Franciscan Healthcare



Your Hospital Stay: Day of Discharge

- Based on your progress, you may be discharged 2nd day after surgery. **Physical Therapy** and **Occupational Therapy** will work with you to ensure a safe discharge.
- A **Case Manager** will help you finalize your discharge plan including home health, therapy, or other needs.
- **Everyone** will work with you to finalize your plan of care.



Wheaton Franciscan Healthcare



Managing at Home



- **Constipation** – be proactive; don't wait till you are very uncomfortable; use 'natural' over the counter products as needed
- **Incision care** – keep it dry by taking sponge baths until your doctor says it is ok to shower; follow your doctor's instructions

Call you Orthopedic Surgeon if:

- You have increased drainage or redness near your incision or change in color of the drainage
- You have a temperature greater than 100°F (have a thermometer at home to use)
- You have increased pain in your leg/foot at rest & with movement that is not controlled by your pain medication



Wheaton Franciscan Healthcare



Managing at Home - continued

- **Activity** – walk but plan rest periods. Do not sit for more than 1-2 hours without getting up and moving around. Use your walker/crutches until your doctor says you can stop.
- **Travel** – total joint replacements will cause metal detectors to alarm; tell them you have a joint replacement and they will use wand device.
- **Driving** – you cannot drive right after surgery. Do not drive until told okay by your doctor. Ask your doctor about a handicap parking permit.



Managing at Home – continued

- **Infection** – use good hand washing. Call your doctor immediately if you suspect an infection. Tell your dentist you have a hip or knee replacement prior to dental cleaning or work. They may give you several days of antibiotics before your appointment.
- **Sexual function** – most patients resume sexual activity about 4-6 weeks after surgery. Maintain the safe positioning you have been taught in therapy and ask your doctor about any other questions.



Wheaton Franciscan Healthcare



Anticoagulant Medicine/Blood Thinners

- These are pills or shots that you will be given to thin your blood to prevent blood clots
- If you have pills, you will also have blood tests to monitor how the medicine is helping you
- If you have injections, you or family/friend will be taught how to give them in your stomach area
- It's very important to take this medicine as you have been taught. Your orthopedic doctor will tell you when you can stop this medicine.



Wheaton Franciscan Healthcare



Care Management

- Role of Care Management from admission to discharge planning
- Advance Directives
- Discharge Planning
 - ▶ **Extended Care** : outpatient rehab, home care, skilled nursing facilities
 - ▶ **Assistive Medical Equipment**

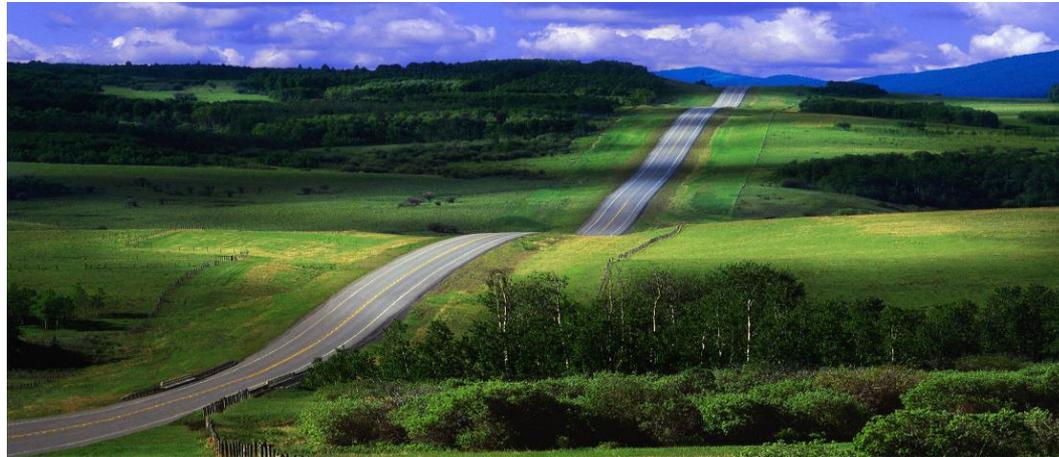


Wheaton Franciscan Healthcare



***Thank you for attending today.
We wish you the best on your
road to recovery!***

Questions?



Wheaton Franciscan Healthcare

