

# Total Joint Replacement Success

**AMITA** HEALTH<sup>®</sup>

ORTHOPEDICS INSTITUTE



# Agenda

- Using technology & your “Guide to Total Joint Replacement Success”
- What is a joint replacement?
- Steps to prepare for surgery
- Overview of your hospital stay
  - Sequence of Events:
    - Day Before Surgery
    - Day of Surgery
    - Days after Surgery
    - Day of Discharge
  - Common Equipment
- Postoperative Complications and Prevention Strategies



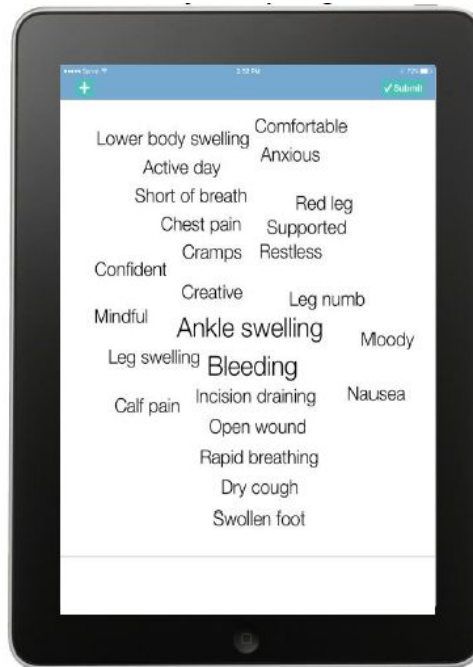
# Using Technology & Your “Guide to Total Joint Replacement Success”

## Your Guidebook:

- Holds important instructions and information to help prepare you for your joint replacement
- It clearly outlines the things you need before, during and after your procedure.
- Please use the guidebook as a reference throughout your medical experience with us, as it includes pre- and post-operative exercises and planning tools.



# Using Technology & Your “Guide to Total Joint Replacement Success”



- A FREE App with your own personal account
- Helps answer questions so you can stay on track 24/7
- Sends reminders BEFORE and AFTER surgery
- Catches early warning signs of a developing complication
- Connected to the AMITA Health Care Team to track your progress



VIDEO

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# What is a Joint Replacement?

## Total Knee Implant

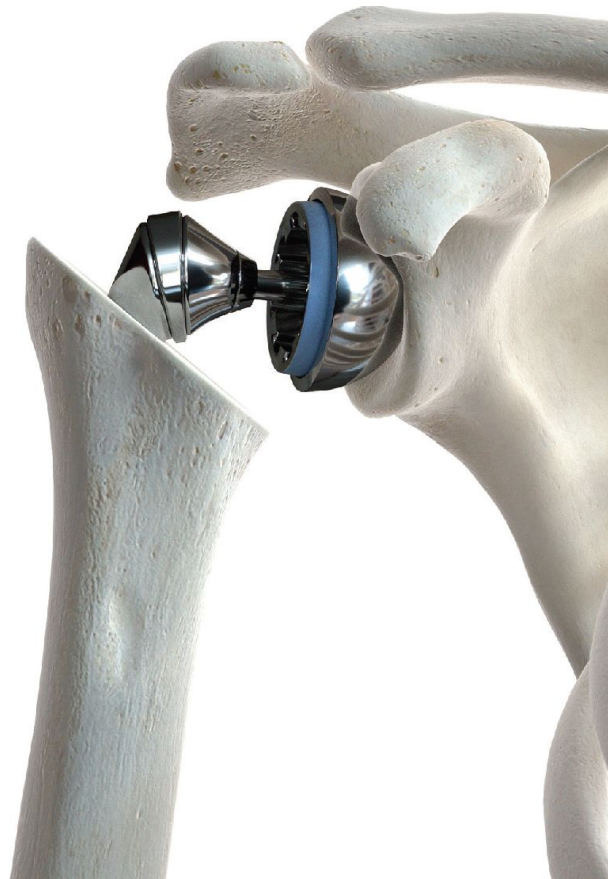


## Total Hip Implant



# What is a total joint replacement?

## Total shoulder implant



# Steps to Prepare for Surgery

- **Stop Smoking**

*WHY? Smoking delays wound healing*

- **Testing Required Prior to Surgery**

- Lab Work
- EKG

- **Medical Clearance**

- Primary Care Doctor
- Cardiologist
- Dental Clearance (recommended)

**TIP: Keep track of the things that you need to complete before surgery using your guide &**





# Steps to Prepare for Surgery continued

## **Bring a List of ALL Your Medications**

- Prescription drugs and pain medications
- Over the counter drugs
- Vitamins, herbals, and supplements
- List dose and frequency for each



# Steps to Prepare for Surgery continued

## **Stop Medications That Increase Bleeding**

- Discontinue all anti-inflammatory medications such as aspirin, ibuprofen (Motrin<sup>®</sup>), Naproxen (Naprosyn), etc.

*Why? These medications may cause increased bleeding.*

- If you are taking a blood thinner, you will need special instructions for stopping the medication.

## **Stop Taking Herbal Medicine & Vitamins**

Certain herbal medicines and vitamins can interfere with other medicines.

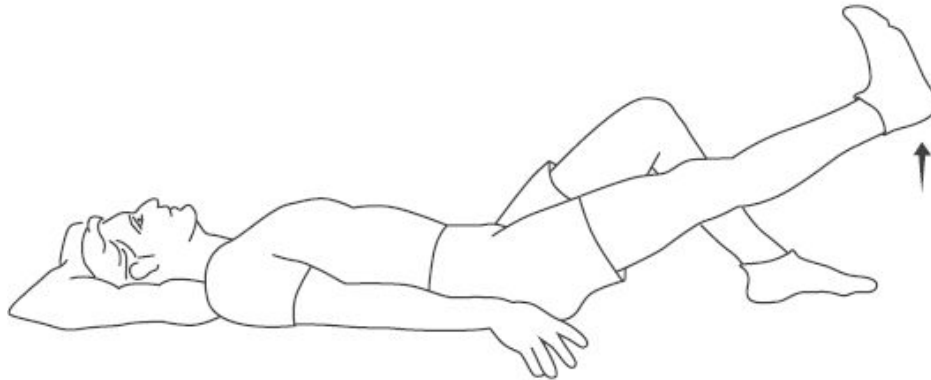


# Steps to Prepare for Surgery continued

## Complete Pre-Surgery Exercises

*Why? Strong leg muscles are key to a successful recovery.*

The exercises provided in your guide will prepare your leg muscles for the surgery and assist you to perform them more successfully during your hospital stay.



**TIP: Pre-Surgery Exercises can be found in your guide &**



# Steps to Prepare for Surgery continued

## Before Surgery:

- **Complete your Hibiclens® Wash**
  - 1<sup>st</sup> wash: 2 days before surgery
  - 2<sup>nd</sup> wash: the day or night before surgery
  - 3<sup>rd</sup> wash: morning of surgery

***WHY? Reduces bacteria on your skin to help prevent infections.***



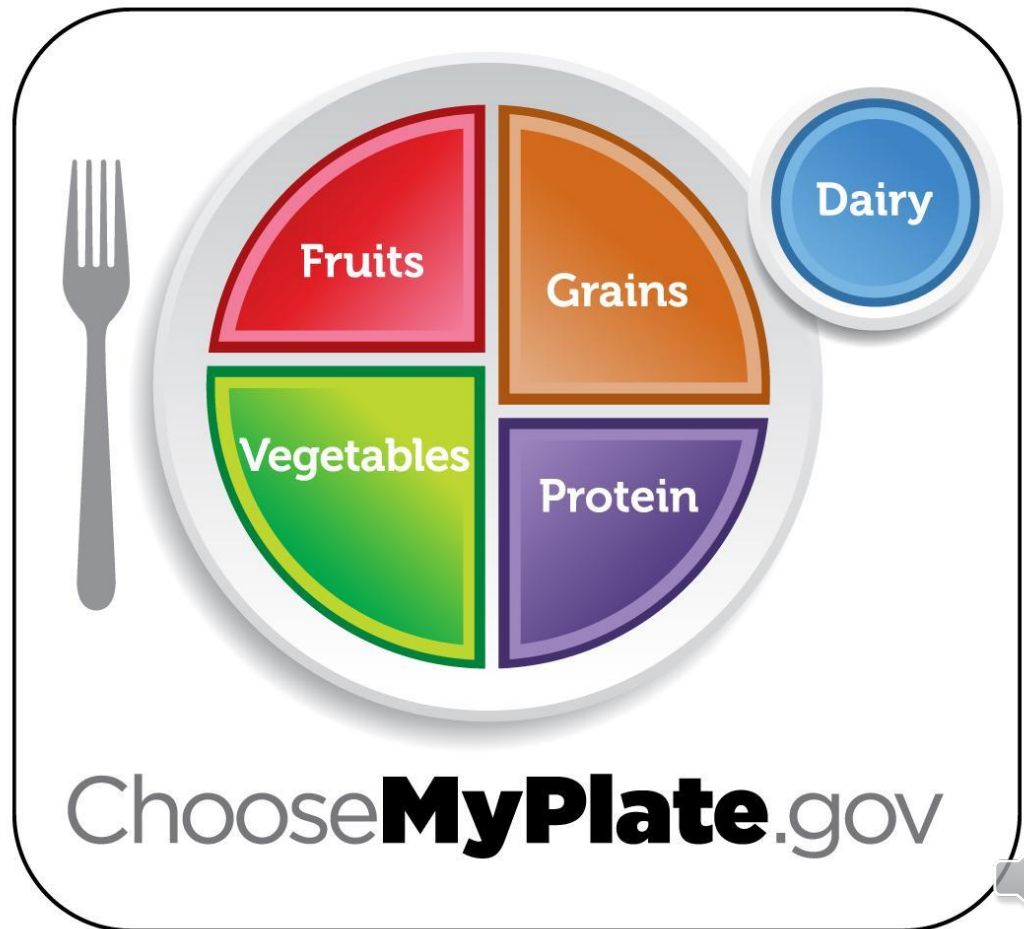
# Steps to Prepare for Surgery continued

## Practice Good Nutrition

Eating a balanced diet helps prepare your body for surgery!

Aim for **2** servings of protein per meal to improve wound healing and muscle strength.

*Sources of protein:  
eggs, fish, meat, beans,  
dairy products, tofu  
and protein shakes*



# Steps to Prepare for Surgery continued

## Practice Good Nutrition

- ***The Rule of 2's:*** People who drink **2** high protein shakes per day **2** weeks prior to surgery, during their hospital stay, and **2** weeks after surgery heal better and faster!



# Steps to prepare for surgery

**\*Per individual surgeon instructions**

**Drink TWO bottles within 30 minutes the evening before surgery**

**Drink ONE bottle within 15 minutes, three to four hours prior to your scheduled surgery time**



# Steps to Prepare for Surgery continued

Most patients should expect to go directly home, as it is usually best to recover in the privacy and comfort of your own surroundings.

## **Preparing your home:**

- Clear hallways, pick up throw rugs, clear walkways of electrical cords
- Store daily use items at waist or shoulder level
- Make sure you have an armchair that you can use in the main living areas





# Steps to Prepare for Surgery continued

- **Home with Home Health**

A majority of patients go home after surgery with in-home therapy services. These patients typically have better outcomes.

- **Subacute Rehab or Skilled-Nursing Facility**

Provide nursing care and rehabilitation services for a short-term stay to prepare you for transition to home.

- **Acute Rehab/Inpatient Hospital**

Inpatient hospital ONLY for patients with uncontrolled medical conditions that may impact rehabilitation.

**TIP: Steps to determine coverage can be found in your guide &**



# Sequence of Events: Day Before Surgery

## Packing For Your Hospital Stay

- Your Guide for Total Joint Replacement Success
- Loose fitting clothes
- Walking Shoes
- Dentures, hearing aids, and glasses
- Insurance cards and photo ID
- If applicable, CPAP or BIPAP with necessary accessories
- Copy of Advanced Directive (living will, power of attorney)
- Completed Medication List



## Sequence of Events: Day Before Surgery continued

- **Do Not Eat or Drink Anything After Midnight the Night Before Your Surgery**

If there are medications you are required to take the morning of surgery, please do so with only the smallest amount of water possible.

If you are diabetic, check with your primary care physician about how to adjust your diabetes medication.



# Sequence of Events: Day of Surgery

**Arrive the day of surgery for registration and any additional testing that may be required when you are instructed to do so by the surgery scheduler.**

- You will be prepped for surgery
- The nurse will place a “Leg Massager” (Sequential Compression Devices/ SCD) on your non-operative leg.

*Why? Helps prevent blood clots*



# Sequence of Events: Day of Surgery continued

- **Anesthesia will see you to obtain an anesthesia history and discuss options for consent**
  - General Anesthesia
  - Spinal Anesthesia
  - Epidural
  - Regional (Local) Nerve Block
- **You will receive an antibiotic through your IV 1 hour before surgery and 1 or 2 more doses after surgery.**

*Why? Helps to prevent infection*

- **You will be transferred to the operating room**
- **Surgery may take 1-2 hours depending on your procedure**



# Sequence of Events: Day of Surgery continued

- **Transfer to the Orthopedic Unit after surgery**

Meet your care team: Nurse, Patient Care Technician and Physical Therapist

- **Frequent monitoring of vital signs, incision site, and pain.**

- **Partner for Mobility (only with assistance)**

- **Goal 1:** Sit at edge of bed within five hours of surgery
- **Goal 2:** Get out of bed and stand up
- **Goal 3:** Transition to bedside chair, spending tolerable amounts of time out of bed



# Sequence of Events: Day of Surgery continued

## Partner to Prevent Falls

- **ALWAYS** ask for help when getting up from bed or the chair – your safety is our main concern
- Some medications can affect balance
- Wear gait belt
- Wear knee immobilizer (if ordered) whenever you are out of bed
- Follow the Fall Prevention Agreement that was reviewed when you were admitted

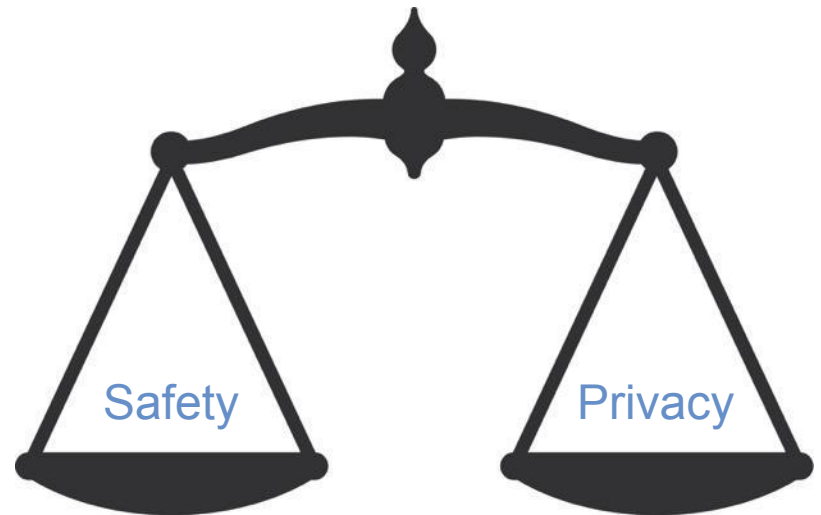


# Sequence of Events: Day of Surgery continued

While we value your privacy, your safety is our main priority.

**ALL** patients at risk for a fall should have clinical staff present at **ALL** times during restroom visits.

## Safety & Privacy A Balancing Act



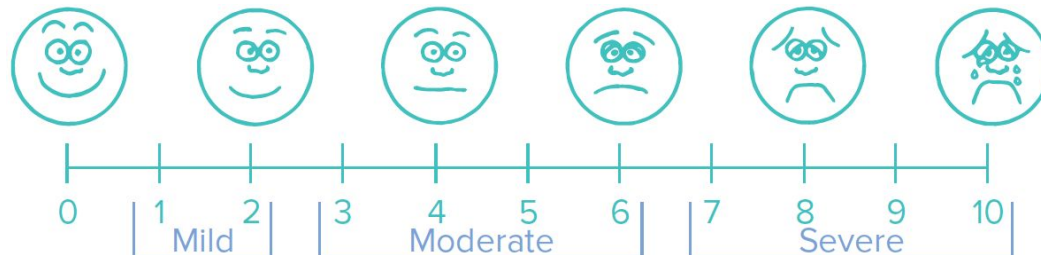


# Sequence of Events: Day of Surgery continued

## Partner for Pain Management

- Discuss the pain scale and set tolerable pain expectations
- The goal of pain management is to focus on a level of pain that allows participation in daily activity

*Remember! Some pain and discomfort is normal after a total knee replacement*



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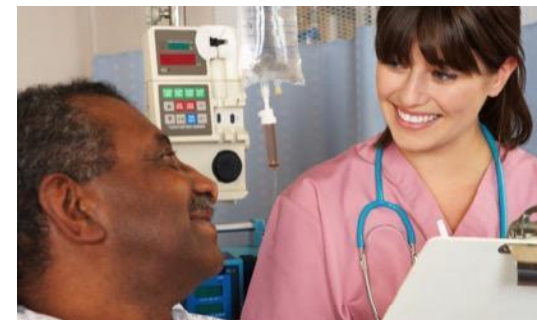
Our clinical team will be able to better monitor your progress after you leave the hospital



# Sequence of Events: Day of Surgery continued

## Medication Options:

- **PCA (Patient Control Analgesia)**: You control the administration of medication, depending on needs. For your safety, the pump has special features to limit the amount of medication you can receive in an hour.
- **IV Push**: IV medication provides quick relief versus sustained pain control.
- **Oral (by mouth)**: Oral pain medications provide the best relief when given at set times and are prescribed by your physician for use at home.



*It is important to be sure that your oral pain medication is effective prior to discharge. When your pain is controlled, you will be more active*



# Sequence of Events: Day of Surgery continued

## Ice-Ice-Ice

Ice is very important for managing your pain. Ice should only be applied 20 minutes on and 20 minutes off with your surgical leg elevated. Ice packs should be used throughout the day and night along with pain medications.

### Home-Made Ice Pack Tip:

- 1 Part Isopropyl Alcohol
- 2 Parts Water
- Place in Gallon zipper plastic bag
- Double Bag & Place in Freezer



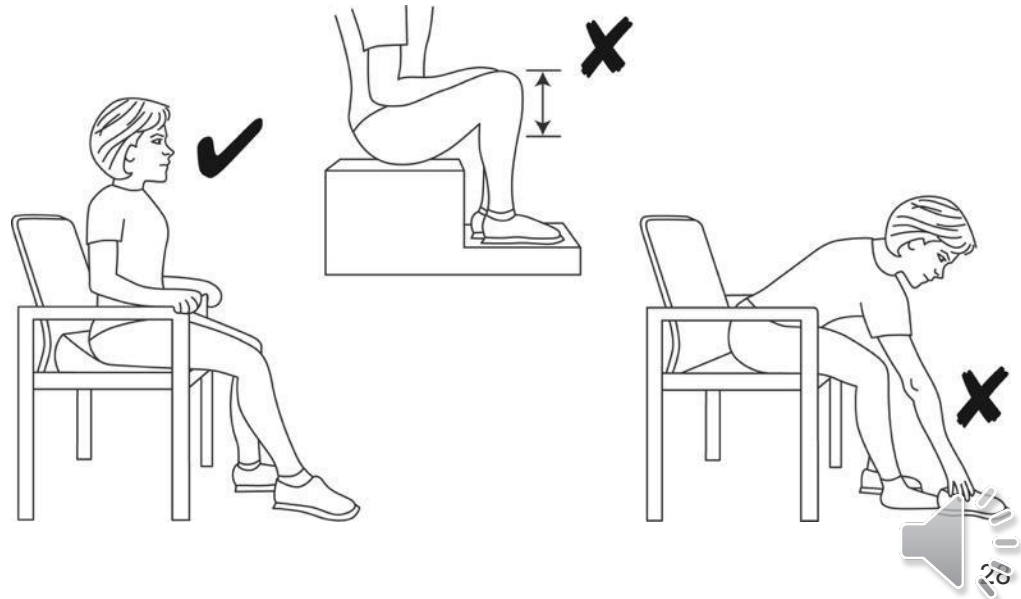
# Postoperative Complications and Prevention Strategies

## Lateral/Posterior Hip Precautions

*Why? To prevent hip dislocations*

- Do not bend your upper body at your waist forward more than 70-80 degrees
- Do not cross your legs
- Do not turn your hip inward or outward to extreme measures
  - Keep toes pointed forward as much as possible
  - Walk heel to toe

- When sitting, keep your knees lower than your hips.
  - Sit on a pillow to keep your hips higher
  - Use an elevated toilet seat at home or use a 3-in-1 commode or seat riser



# Sequence of Events: Days After Surgery

- Vital signs
- Morning lab work
- Transition to chair by 8 am for breakfast and personal care
- Catheter removed if not already done
- JOINT CAMP- Physical and Occupational Therapy
  - Only at Alexian Brothers Medical Center
- Physicians and surgeon team visits
  - Nurse practitioner or physician assistant
- Transition to oral pain medication
- Drink plenty of fluids and minimal carbonated beverages
- Discuss discharge transition plan with care team

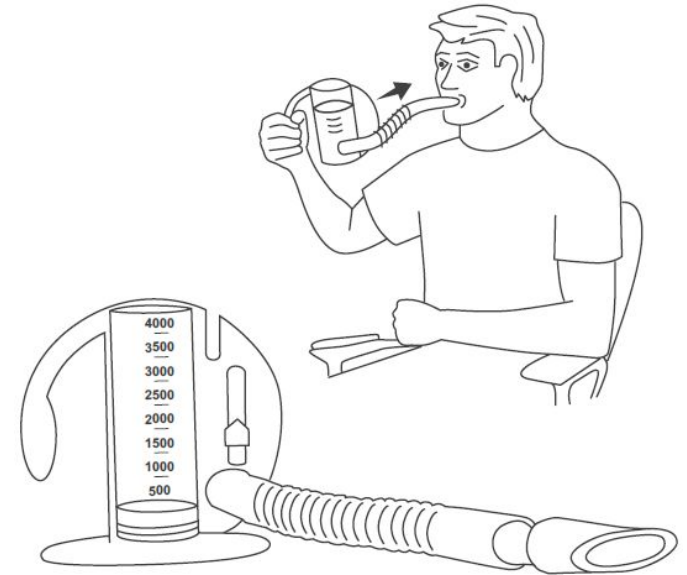


# Common Equipment continued

## Using your Incentive Spirometer “Breathing Exerciser”

Practice 10 times per hour while you are awake on the first day.

It is important for you to breathe deeply to help keep your lungs clear and avoid complications, such as pneumonia. Bed rest, drowsiness, anesthesia and pain often keep you from taking normal deep breaths.



# Sequence of Events: Day of Discharge

- Our goal is that you will be able to be discharged by noon
- Go to your last Joint Camp session in the morning
  - Only at Alexian Brothers Medical Center
- Review your discharge instructions and guidelines to learn:
  - When to follow up with your surgeon
  - Review incision site care instructions and review signs and symptoms of complications
  - Ensure home equipment is ordered
  - Review prescriptions and medication side effects



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Our clinical team will be  
able to better monitor  
your progress after you  
leave the hospital



# Sequence of Events: Day of Discharge continued

- Daily Tasks When You Get Home
  - Take pain medications as needed and as directed
  - Keep exercising – attempt twice a day
  - Rest, ice and change position frequently
    - Increase distance and length of time walking daily
  - Continue protein supplements for recovery
  - ***No driving while taking pain medications***



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# Sequence of Events: Day of Discharge continued

- Daily Tasks When You Get Home
  - Follow up with Surgeon 10-14 days from surgery
  - Consult with Home Health Nurse and Physical Therapist
  - Maintain Hip Precautions based on your surgeons directions (Hip Surgery Only)
  - If on Coumadin: Follow up with blood draws as directed
  - Wean from immobilizer quickly  
*GOAL: 15-20 Unassisted Straight Leg Raises*



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# Postoperative Complications and Prevention Strategies continued

## Green Zone

### You Should Be Feeling/ Experiencing:

- No redness, warmth, swelling, drainage or odor at the incision site
- Dressing is clean and dry
- Pain is under control
- Eating well and drinking adequate amount of water and continuing to take protein supplement
- Restful night sleep
- Therapy and exercises are done daily

### You Are On the Right Track if You:

- Keep your appointments with your physicians
- Take all medications as prescribed
- Change dressing daily
- Having bowel movements
- Balance exercises and rest periods
- Avoid lifting more than 10 lbs.
- Do not cross legs, and avoid placing a pillow under the surgical knee
- Ask for help when needed



# Postoperative Complications and Prevention Strategies continued

## Yellow Zone

### If You're Feeling/Experiencing:

- Fever higher than 100.5
- Progressively worsening joint pain
- Increasing redness, warmth or drainage from your incision; opening at incision site
- Presence of calf pain, redness, warmth or swelling
- Have missed a dose of your blood thinning medication
- Shortness of breath

### Warning

- Call your orthopedic surgeon's office as soon as possible



# Postoperative Complications and Prevention Strategies continued

## Red Zone

### You Should Not Be Feeling/Experiencing:

- Sudden weakness or numbness of the face, arm or leg, especially on one side of the body
- Difficulty speaking or blurred vision
- Unable to think clearly
- Chest pain or difficulty breathing
- Fall and injury surgical leg
- Your incision comes apart

### Dangerous

**SEEK MEDICAL CARE  
IMMEDIATELY – CALL 911**



# Postoperative Complications and Prevention Strategies continued

<p><b>Deep Vein Thrombosis (DVT)</b> A blood clot in a lower extremity (calf/leg)</p>	<ul style="list-style-type: none"> <li>• Pain</li> <li>• Swelling</li> <li>• Redness or discoloration</li> <li>• Muscle cramps in lower leg/calf</li> </ul>	<p><b>Decreasing Your Risk of Blood Clot</b></p> <ul style="list-style-type: none"> <li>• Walk as early as possible after surgery</li> <li>• Perform ankle pumps when in bed and in chair to promote circulation</li> <li>• <b>ALWAYS</b> take the blood thinning medication as ordered by your physician</li> <li>• Use of lower leg compression machine (Sequential Compression Devices/SCD) and AV Impulse Boots in bed and when in chair for up to 18 hours per day</li> </ul>
<p><b>Pulmonary Embolism</b> A blood clot in the heart or lung</p>	<ul style="list-style-type: none"> <li>• Chest pain</li> <li>• Shortness of breath</li> <li>• Rapid pulse</li> <li>• Coughing up blood</li> <li>• Dizziness</li> <li>• Fainting</li> <li>• Excessive sweating</li> </ul>	<p style="text-align: center;"><b>THIS IS A LIFE THREATENING EMERGENCY. IF YOU ARE NOT AT THE HOSPITAL PLEASE CALL 911</b></p>



# Postoperative Complications and Prevention Strategies continued

<p><b>Incision Infection</b> Handwashing is key in preventing infections</p>	<ul style="list-style-type: none"> <li>• Fever above 100.5 F</li> <li>• Increased redness</li> <li>• Green/yellow drainage</li> <li>• Foul odor</li> </ul>	<p><b>Decreasing Your Risk of an Infection</b></p> <ul style="list-style-type: none"> <li>• Antibiotics are prescribed in the hospital right after surgery to help prevent infections</li> <li>• Make sure whoever changes your dressing washes their hands before and after each dressing change</li> <li>• Call your surgeon if any of these symptoms begin after you leave the hospital</li> </ul>
<p><b>Pneumonia</b> An infection in one or more of the lungs</p>	<ul style="list-style-type: none"> <li>• Fever above 100.5 F</li> <li>• Persistent cough</li> <li>• Shortness of breath associated with pain</li> </ul>	<p><b>Decreasing Your Risk of Pneumonia</b> [in the hospital – oxygen is utilized until fully awake]</p> <ul style="list-style-type: none"> <li>• Use Incentive Spirometer by inhaling deeply 10 times per hour when awake while in hospital and at home</li> <li>• Hand washing is key in preventing any infections</li> </ul> <p><b>NOTIFY YOUR PHYSICIAN AND/OR CALL 911 IF YOUR SYMPTOMS ARE SEVERE</b></p>



# THANK YOU

We are pleased to have the opportunity to deliver excellent care during your recovery. At AMITA Health, our team of healthcare experts treat our patients as family, and we are focused on ensuring your stay with us is exceptional.

