Total Joint Replacement

Patient Handbook

Welcome

Thank you for choosing CNOS, along with Floyd Valley Healthcare, for your upcoming total joint replacement. Our goal is to provide you with a positive, safe and rewarding surgical and recovery experience.

This handbook is designed to act as a guide as you navigate the steps of preparing for and recovering from total joint replacement. The more prepared you are for your total joint replacement, the more successful you will be with your recovery.

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Theresa Swenson, MPAS, PA-C
CNOS 605-217-2667

Total Joint Replacement Team

Certified Registered Nurse Anesthetist

- Provide spinal anesthesia block prior to surgery
- Administer nerve block prior to surgery for pain control

Registered Nurse

- Provide your physical care during your hospital stay
- Administer your medications and assist with performing activities of daily living

Physical Therapist

- Instruct on use of assistive devices and walking
- Instruct and schedule outpatient physical therapy for strengthening and range of motion

Personal Assistant

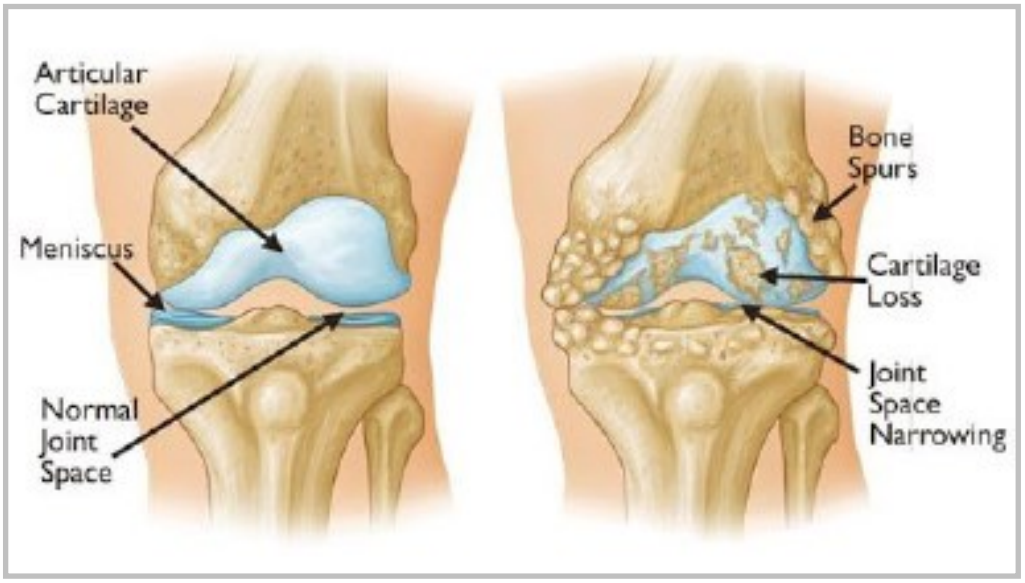
- Transport you to and from the hospital for surgery and then to all follow-up and physical therapy appointments
- Assist you at home with tasks such as cooking, cleaning and bathing

Why am I Having a Joint Replacement

Osteoarthritis is the most common type of arthritis and more then likely the reason you are having your joint replaced.

Osteoarthritis occurs when the protective flexible tissue (cartilage) at the end of your bones wears down, causing the bones within the joint to rub together. Your symptoms might include pain, stiffness, swelling, tenderness and deformity of the joint involved. Initial treatment might include over-the-counter medications, rest, activity modification, bracing and injections.

When other conservative treatments are no longer offering you any relief, joint replacement becomes your best option.



Normal knee joint Osteoarthritic knee joint

What is Total Joint Replacement

Total joint replacement is a surgical procedure in which parts of an arthritic or damaged joint are removed and replaced with a metal, plastic or ceramic device called a prosthesis. The prosthesis is designed to replicate the movement of a normal, healthy joint.

Knee joint

Hip joint

Common Questions

What are the major risks?

There are risks to any type of joint replacement surgery. Infection and blood clots are two serious complications that concern us the most. We routinely use antibiotics in the operating room. To help decrease your risk of blood clots, you will be placed on a blood thinner following surgery. As with all orthopedic surgery, there is a risk of nerve or blood-vessel injury, as well as fracture. Additionally, the implants that are placed can become loose from the bone or the plastic may wear over time.

What type of anesthesia will I have?

The Certified Registered Nurse Anesthetists (CRNA) will discuss different options with you when you come to the hospital for preoperative teaching. Anesthesia will also meet with you the morning of your surgical procedure. Typically you will have spinal anesthesia along with a local nerve block which will improve your pain control following surgery.

Do I need help at home?

You will need to select someone who can provide assistance to you when you are sent home following your joint replacement. Your assistant can be a spouse, a family member or friend. Your assistant will provide transportation to your therapy appointments and help you safely navigate returning home.

How long will I be in the hospital?

Typically, you will be discharged home the day following your joint replacement surgery. Outpatient physical therapy will be arranged by your nurse prior to your discharge home.

Want to Learn More?

Watch our joint camp videos by opening the camera on your cell phone and scanning the QR code below, or by going to www.floydvalley.org.

Total Hip Replacement

Total Knee Replacement

Total Shoulder Replacement

Will it Hurt

Pain control with joint replacement

Acute Ultrasound Guided Pain Control Blocks

The highly-trained CRNAs at Floyd Valley Healthcare provide a number of ultrasound guided nerve blocks for pain control following your total joint replacement. The location of the block varies based on the location of the joint replacement (knee, shoulder, or hip), but the overall procedure is the same. The nerve is located using ultrasound. A small dose of a local anesthetic is given to numb the skin and surrounding tissue. Then a dose of local anesthetic is injected around the nerve causing a decrease or loss of sensation. This decrease sensation lasts from 24-72 hours depending on the site of injection and the local anesthetic used. The goal of these pain control blocks is to decrease pain experienced after a total joint replacement while maintaining mobility to participate in therapy and to limit the exposure our patients have to opioid pain medications.

Aimee Plasier, CRNA

Drew Kummer, APRN-CRNA

Planning: 1 Month Prior to Your Joint Replacement Surgery

Social Planning

Though you will be able to walk using crutches or walker within hours of surgery, you will need help for 2-3 weeks with such tasks as cooking, shopping, bathing and doing laundry. Make sure you have planned for support from your assistant, along with family and friends, during your recovery time.

Home Planning

Several suggestions can make your home easier to navigate during your recovery. Things to consider:

- Organize your household to allow a clear path for a walker.
- Install safety bars or a secure handrail in the shower or bath.
- Have a stable chair with a firm seat cushion and two arms.
- Install a toilet seat riser with arms if you have low profile toilet.
- Get a shower bench or chair for bathing.
- Remove all loose carpets and throw rugs.
- Prepare meals and place in freezer.

Preoperative History and Physical

You will need to see your primary care provider to obtain labs, EKG and medical clearance prior to surgery.

Dental Evaluation

If you have not seen your dentist in the past 6 months, you will need a routine appointment prior to your total joint replacement to evaluate for any underlying problems.

Get Physical

Begin your total joint therapy exercises (following pages).

1 Week Prior to Your Joint Replacement Surgery

*This week, a member of the surgery staff will call you and tell you what time to arrive at the hospital.

Medications and Other Care

- Stop anti-inflammatory medications (Ibuprofen, Advil, Aleve, Mobic). If you are unsure what medications are anti-inflammatory, check with your primary health care provider or pharmacist.
- Stop herbal supplements.
- Ask your providers when to stop taking blood thinners such as Coumadin or Plavix.
- Avoid skin injuries to the surgical site such as shaving cuts, sunburn, and scratches.

Pack Overnight Bag

- Loose-fitting clothing with elastic or drawstring waist bands
- Slippers or soft, low-heel shoes with closed backs such as sneakers
- Personal toiletries, books, or magazines
- CPAP machine if needed
- Bring walker, crutches or cane
- Bring a copy of your medication list and insurance cards
- Do not bring any valuables, money or jewelry

1 Day Prior to Your Joint Replacement Surgery

Tomorrow is the big day!! How exciting... you are on the way to begin a new life with increased mobility and improved comfort!

- Tonight, take a shower with anti-bacterial soap. Clean all skin folds.
- Do NOT scrub or "irritate" skin.
- Sleep in freshly-laundered pajamas and sheets.
- Do NOT apply lotion to your skin.
- DO NOT eat or drink anything after midnight. You may take your medications with just a sip of water.
- Print a copy of your medication list to bring it with you.
- Please remove all piercings, metal, jewelry and nail polish.

Surgery Day!

Pre-Operative Area

- Change from your street clothes into a hospital gown.
- Nurse will connect you to monitors and start an IV.
- Anesthesia will place a nerve block.
- Surgeon will mark the surgical site and answer any questions.

Surgery Area

- Surgery will take 1-3 hours depending on the complexity of your procedure.

Recovery Area

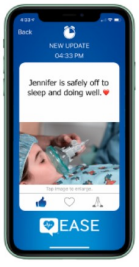
- You will be monitored while you recover from anesthesia.
- You will be transferred to your hospital room for the night.

Patient Room

- Physical therapy will assist you out of bed!! Change into "comfy clothes" or pajamas.
- Eat small, frequent meals and begin drinking fluids.
- Your ice pack will be in place except when you are walking.
- Use your incentive spirometer (deep breathing device) as directed.
- Ask for pain medications as needed.
- GET SOME REST!

Freedom From the Waiting Room

Your loved ones can stay updated on how your care is progressing. To keep your family and friends informed through real-time status notifications, open the camera on your cell phone and scan the QR code to download the Ease app, register patient information, and invite loved ones to receive updates.



Available for free on the Apple Store or Google Play. Need EASE help? Call 407-308-4399
www.EASEapplications.com

Surgery is Done and it's Time to Go Home and Recover!

- This morning blood will be drawn to check your blood count and electrolytes.
- Room service is available for your daily meal choices. Please refer to your in-room menu.
- Physical therapy will be back! You will shower, put on your comfy clothes and walk in the hallway and practice a few stairs. They will instruct you how to get in/out of bed and on/off the toilet safely.
- It's time to pack up your belongings and head home!
- Keep doing your exercises. Set a goal and reach it.

You're Home!

Home is the best place to recover!

- Please refer to the Total Joint Replacement Discharge Instructions sheet included in your discharge folder.
- These are specific instructions for taking medications, wearing compression hose, incision site care and also lists the time and date of your first follow-up appointment to see Dr. Althaus or Theresa Swenson in the clinic, approximately 2 weeks following your surgery.
- Home is the best place to rest and recover. Drink fluids, eat healthy and perform your daily exercises as instructed by your therapist.

Pain Management

- Have non-prescription medications (approved by your provider) in your home such as Tylenol and ibuprofen.
- Have ice packs ready.
- Take your Tylenol and ibuprofen on a scheduled basis. Do not skip a dose when you are awake.
- You will be given an opioid medication (oxy) to be used only for breakthrough pain. DO NOT take opioid medications on a scheduled basis.

Total Hip Replacement Therapy Instructions

Prior to surgery

a.) Starting today, begin doing quadricep strengthening using quad sets as well as straight leg raise. Following the pictures below, please do 10 reps each (holding for 5 seconds), twice a day.

b.) Move the frequently used items that are on the lower shelf of your cupboard up to a more accessible height.

c.) Pick up any throw rugs or extension cords that are on your floor to avoid catching them with your walker.

Day of surgery

a.) A physical therapy evaluation may be performed to ensure that you can safely transfer in and out of bed and perform ambulation for short distances with the use of a front-wheeled walker.

b.) You will be allowed to stand and transfer to a commode with the assistance of a nurse's aide and a front-wheeled walker.

Morning after surgery

a.) You will continue to work with Physical and Occupational Therapy to ensure the you can return home safely.

- Physical Therapy will focus on instructing you about safe techniques for getting in and out of bed, performing sit-to-stand transfer, walking with the use of a front-wheeled walker, ascending and descending stairs, instructions on safety awareness and a home exercise program.
- Occupational Therapy will focus on instructing you about any necessary adaptive equipment needed in your home to maximize self-care performance along with maximizing safety and independence with self-care skills (dressing, grooming, and bathing).
- At the time of discharge, you may be scheduled for outpatient physical therapy services to ensure the best possible outcome for your total joint replacement.

Total Knee Replacement Therapy Instructions

Prior to surgery

a.) Starting today, begin doing quadricep strengthening using quad sets as well as straight leg raise. Please see pictures below. Following pictures 1 and 2, please do 10 reps (holding for 5 seconds) twice a day. Also keep the knee moving with stretches into bending by either lying down, demonstrated in pictures 3a and 3b, or sitting in 4a and 4b. Please do 3 reps (holding for 10 seconds) twice daily.

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<td>1
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<td>3a
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4a</td>
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- At the time of discharge, you may be scheduled for outpatient physical therapy services to ensure the best possible outcome for your total joint replacement.

Common Post-Op Questions

How long will recovery take?

After 4-6 weeks of therapy, most patients are 80-90% recovered. It can take 4-6 months for a complete recovery and return to full activities. You will be able to return to sedentary type employment approximately 4 weeks following surgery. You will be able to return to manual labor type employment approximately 8-12 weeks following surgery.

When can I drive again?

You may drive when you are comfortable and your can operate a vehicle safely; usually 4-6 weeks following surgery. You should not drive while taking narcotic pain medication.

Should I wait to travel?

It's a good idea to wait 4-6 weeks prior to traveling any distance.

How long will my joint replacement last?

This depends on many factors, including demand level, but literature and research shows 80-90% of joint replacements last 25 years or longer.

Will I set off security sensors at the airport?

Probably, so be prepared to notify screeners before you enter the check point or choose to go in the line for the newer screening devices that scans the entire body. We are unable to provide any documentation that will be used at airport screening sites stating your have a joint replacement.

Do I need antibiotics before going to the dentist?

Yes, This is recommended for the next 2 years following your joint replacement. You will take one dose of antibiotic 1 hour prior to your dental procedure.

Additional Questions I Have: