

Joint Replacement Pre-operative Education



Agenda

We will discuss:

- Preparation for surgery
- Pain management
- Discharge plan
- What to watch for after surgery
- Therapy expectations

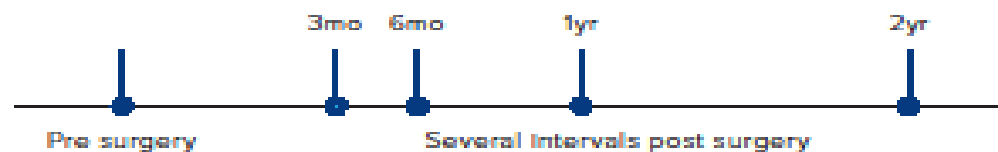


Preparing for Surgery



We need your email, because we care.

We'll be asking you to complete several online assessments at various intervals throughout your recovery process. These assessments are designed to track your physical recovery, and the improvement to your overall quality of life.



Sending these assessments via email, is the easiest way for us to keep in touch.

If you haven't already provided your email, please share it with our staff.

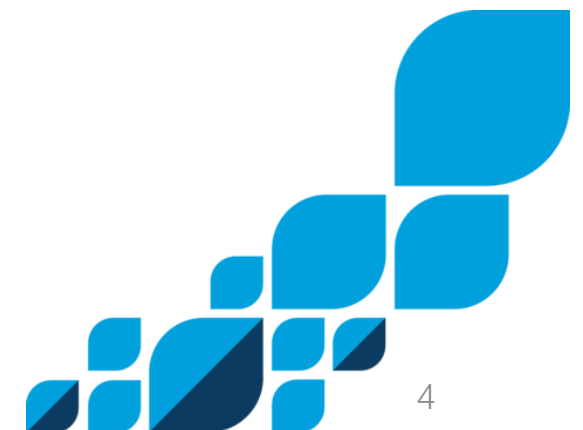
Glendale Adventist Medical Center

Adventist Health

You will receive a call or email from Code Technology.

Please follow instructions to complete the preop survey

Thank you



Your Health

For us to assess and be aware of your overall health status You may be asked to make an appointment with any or all of the physicians below.

- Regular physicians to assess your medical status before surgery
- Cardiologist to assess your cardiac status
- Other specialist's as appropriate for your health history



Medication



You will be asked about the medications you are currently taking.

- name, dosage, and how often you take it. Refer to the bottles as needed for the information

Certain medications must be stopped before surgery. You will be advised when to stop them

- Aspirin, NSAIDs, Coumadin or other blood thinners – Xarelto, Pradaxa, Eliquis.



Your Health

Lab and Testing can be done at the pre-assessment appointment at AHGL or through you regular doctor /lab depending on your insurance.

- Lab work at least 2-3 days before the day of surgery
- EKG, Chest X-ray, and CT scan if ordered



Your Health

- Control blood sugar/ smoking
- Keep hydrated
- Exercise – 10 min 3x a day
- Use Antibacterial wipes as instructed
- Complete Operative Nutritional Support Plan as instructed



Discharge Care Plan

Care Coach

Plan for someone to assist in the first days at home.

Activities of daily living

Errands and Appointments

Meal prep

Dependents and Pets

Home Safety

Complete Home Safety Evaluation on AHGL web site

Clear Path of tripping obstacles

Number of Stairs

Assistive Equipment

Tub Shower
Stand Alone or Combination



Important to Remember



Moving and exercise is very important



You will be asked to get up and try taking a few steps the **same day** as surgery. You will continue working with therapists as you get ready to go home. You are expected to continue exercising and moving at home as you go about your daily duties.



Some pain can be expected. Do not let it get in the way of therapy or getting up... as moving helps with pain relief as well. Our goal is to keep your pain down to 3 or lower on a scale of 1-10. (scale = 1 no pain and 10 high pain).



Moving/ exercise is helpful to keep circulation going. This will help to avoid complications such as blood clots and joint stiffness.



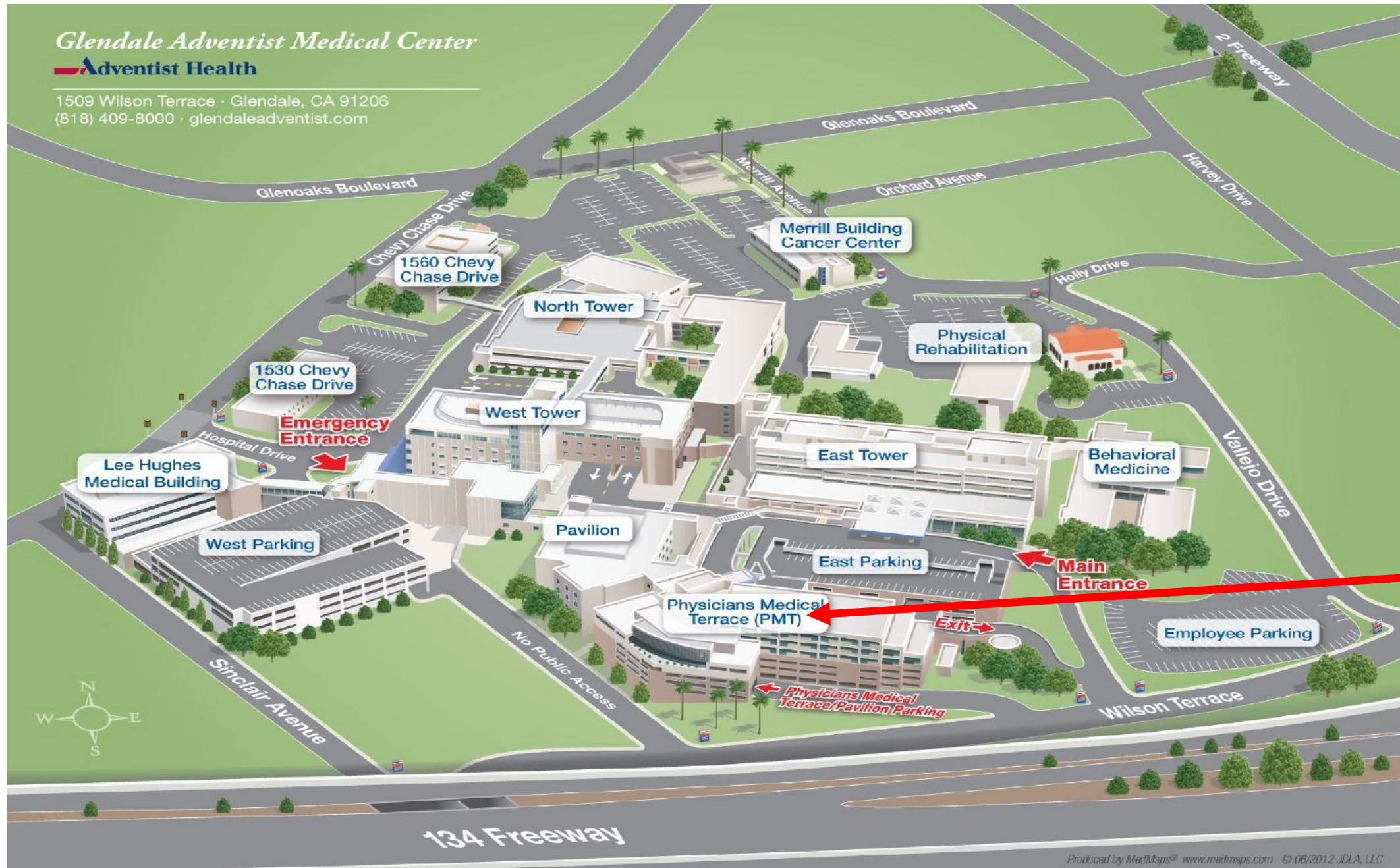
To avoid infection be sure to follow instructions given to you regarding your incision care.



Day of Surgery



Day of Surgery: Check-in at Physicians Medical Terrace building-Ground Floor.



Day of Surgery Checklist

- √ Plan on arriving 2-3 hours prior to surgery
- √ Wear loose clothing
- √ Bring surgery booklet
- √ Take your medications and pre-surgery nutrition as instructed
- √ DO NOT BRING: Valuables
- √ Bring special equipment: CPAP machine, Walker (front 2 wheels)



Day of Surgery

- Pre-op Nurse - gown and start your IV
- Orthopedic Surgeon mark the site of your surgery
- Anesthesiologist Consult
- OR Nurse will come and introduce him/herself



Anesthesia Consultation

Goal is to manage your pain, so you can get up the same day of surgery.

Multimodal Anesthesia: use the following modes, timed to wear off in sequence.

- Spinal
- IV Medication
- Nerve block(s)
- Local anesthetic

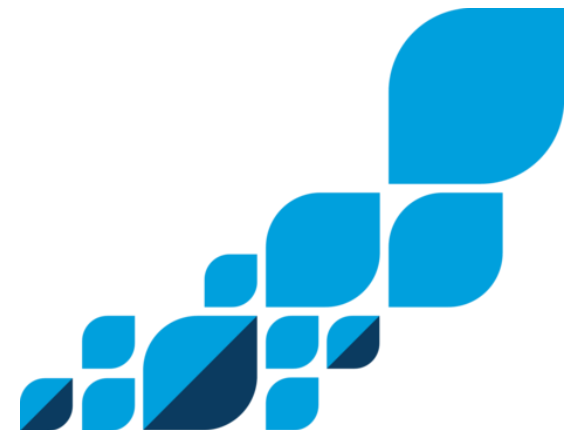


After Surgery



Recovery Room

- Will stay here for about one hour
- A Nurse will constantly monitor you
- If you are having pain or nausea let your nurse know so that they can help you



After Surgery Goals

- Manage your pain
- Walk on the same day of surgery
- Teach you to function at your home
- Exercises safely and follow your precautions
- Know the signs/symptoms of possible complications



Pain Management

Expect to have some pain

You are a participant in your pain management

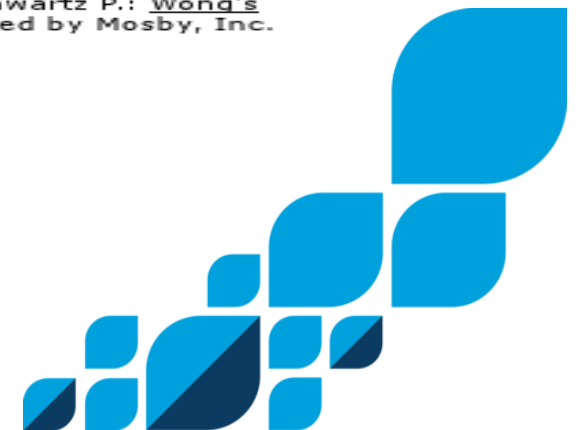
Pain management options:

- Pills
- IV medications for breakthrough pain
- Ice therapy

Wong-Baker FACES Pain Rating Scale



From Wong D.L., Hockenberry-Eaton M., Wilson D., Winkelstein M.L., Schwartz P.: Wong's Essentials of Pediatric Nursing, ed. 6, St. Louis, 2001, p. 1301. Copyrighted by Mosby, Inc. Reprinted by permission.



Discharge



What to Watch For

If you experience any of these things, **notify your surgeon.**

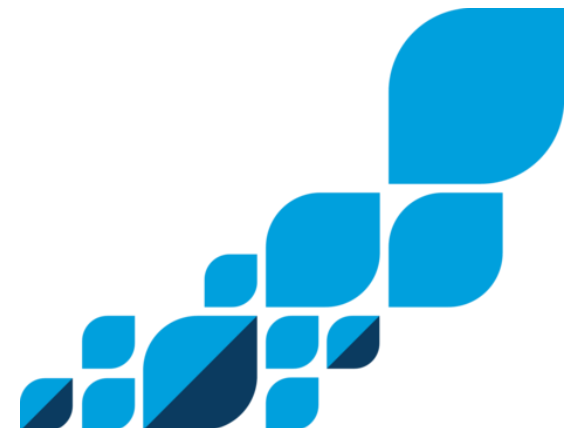
Pneumonia/Constipation

Blood Clots Symptoms

Legs	Lungs
Tenderness in the calf Redness and warmth in the leg Excessive swelling in leg(s)	New onset of chest pain Unexplained shortness of breath Difficulty breathing Rapid heart rate

Infection Symptoms

Incision
Unexplained oral temperature over 101°F Drainage from incision, may be foul smelling or discolored Increased pain, redness or swelling at incision



At Home

Possible bathroom set-up



Physical & Occupational Therapy

Therapy Schedule

Hip Precautions

Knee Precautions

Equipment

Pre & Post operative Exercises

Shower

Drive



Preoperative & Postoperative Exercises



Preoperative & Postoperative Exercises



Questions?

Call Nurse Navigator

Debra Guy

818-409-8235

