

# Joint Academy

Advocate Healthcare

Fall 2023



Now part of  **ADVOCATEHEALTH**

# Introduction

# Thank you for choosing Advocate Healthcare!

On behalf of our Orthopedic team, we want to thank you for choosing Advocate Healthcare for your upcoming surgery.

Our goal is always to provide you with the best, most compassionate care and provide an excellent experience



# Purpose of This Joint Academy Course

- Make sure that **YOU** are at the center of your care
- Set expectations for before, during, and after your surgery
- Reduce anxiety often associated with surgery
- Improve your recovery process
- Provide you with information on post-discharge services and equipment you may need
- Involve family members/friends about what you will be going through

# What We'll Cover Today



Schedule  
surgery with  
your doctor

**Have your  
surgery**

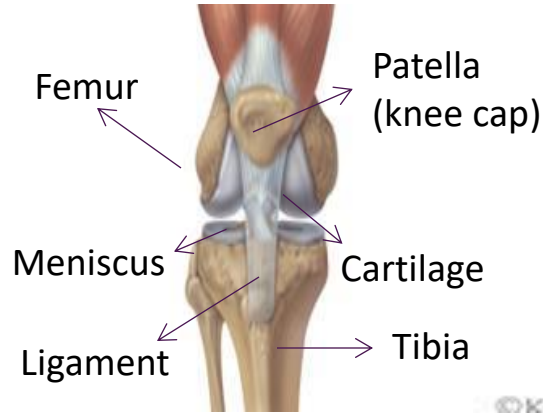
Finish recovering  
at home

**Enjoy life  
with your  
new hip or  
knee!**

Prepare home for  
surgery

Start recovering  
before you leave  
the hospital or  
surgery center

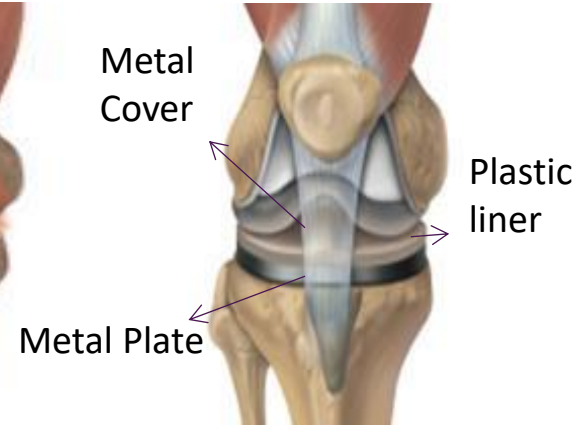
# Total Knee Replacement



**Normal Knee Joint**

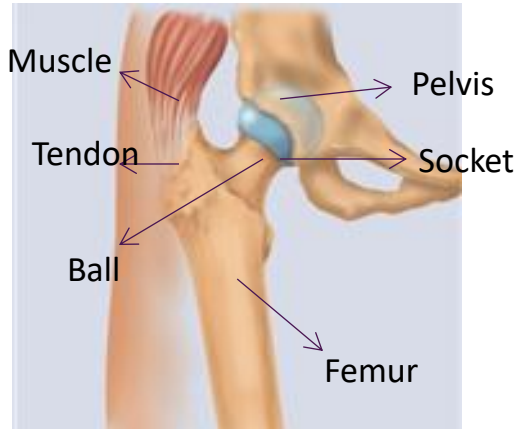


**Damaged Knee Joint**



**Knee Joint Replacement**

# Total Hip Replacement



**Normal Hip Joint**

**Damaged Hip Joint**

**Joint Replacement**

# Your Care Team

- Orthopedic Surgeon
- Primary Care Physician
- Physician Assistant/Nurse Practitioner
- CRNA/Anesthesiologist
- Nurses and Patient Care Technicians
- Physical and Occupational Therapists
- Case Managers and Social Workers
- Home Care Liaison
- Patient Support Person
  - This is a family member or friend (someone you trust)
  - Your support person will help you throughout the process including your recovery





# Preparing for Surgery

# Make a Home Plan



Make sure you have someone who can help you at home. Discharge to go home is typically leaving same day as surgery or spending one night in hospital after your surgery.

# Preparing Your Home

- Arrange for help at home for laundry, shopping, caring for pet(s) and yard work
- Install non-skid mats inside and outside any tub or shower
- Install night lights in each hallway or bathroom
- Prepare meals ahead of time (freeze them)
- Arrange for someone to drive you to therapy and doctor appointments. You will not drive until approved by your surgeon (about 4-6 weeks)

# Preparing your Home



Keep items within reach

Install railings

Add firm pillows to low chairs and sofas

Watch for small objects on the floor

Remove throw rugs

# Before Surgery Checklist

1. Within 30 days of surgery date: Make appointment with your primary doctor for your “pre-surgical physical”
2. Ask your doctor what medications you need to stop, such as blood thinners, aspirin, anti-inflammatory medicines, diet/weight loss medications and supplements
3. Complete medical testing (lab, EKG, XRAY, MRSA screening)
4. Let your surgeon know if you have any allergies such as medications, nickel or latex
5. Let your surgeon know if you have any dental concerns
6. Let surgeon know if you have any open wounds, illnesses, or infections prior to surgery
7. Arrange to have someone stay with you for minimum of 24 hours after you are discharged.
8. Use a new toothbrush before surgery starting two days prior to surgery

# What to bring to the hospital

- Eyeglasses, hearing aids, contacts and dentures with their cases
- CPAP/Bi-PAP machine if you use one for sleep apnea
- Personal care items – deodorant, toothpaste, toothbrush, hairbrush, hair ties, mouthwash, battery operated shaver
- Labeled cords and chargers for the devices that you bring
- Loose fitting clothing, underwear, and socks
- Non-skid shoes (tennis shoes/sneakers are preferred)
- Insurance card and photo ID
- **Only bring medications as instructed**
- Do not bring any valuables to the hospital
- Walker or crutches if instructed-please label your walker



# Doctor Visits to Schedule

- **Before your surgery, You must schedule your pre surgical appointment** with your primary medical doctor. This needs to be done within 30 days of surgery. ***This is vital for you to recover from your surgery***
  - Talk to your primary doctor about vaccinations, including influenza (“the flu”) and COVID-19 boosters.
  - You may also need to see your primary medical doctor after discharge. Ask if this is recommended.
  - You will also need to schedule a follow up appointment with your surgeon 2 weeks after discharge.

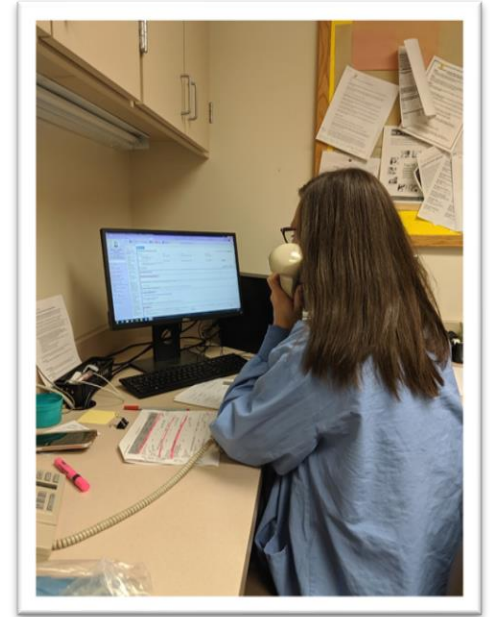


# Pre-surgery Phone Call

**A nurse from the surgery center or hospital will call you**

They will review these things with you:

- Your “health history”
- Your list of medications
- Medications instructions for the night before your surgery AND the morning of your surgery
- The time of your surgery and when you should plan on arriving at the hospital or surgery center
- When to stop eating and drinking prior to surgery
- Any other special instructions





# Be Active!

Exercise and being active:

- Being active will help make sure your body is as fit as possible for surgery
- If you do not currently exercise, try to add some exercise in during your day. Walking is a great form of exercise
- Staying active before surgery will help in your recovery



# Eat Healthy Foods

- Your body needs nutrients to heal and repair tissue, support your immune system, energy levels, and muscles.
- Choose foods with a lot of protein at all meals
- Nutrient rich foods: fruits, veggies, nuts, fish, eggs (follow MD restrictions)
- Better nutrition= faster & smoother recovery



# No Smoking/Vaping No Recreational Drugs



**DO NOT SMOKE** for at least 30 days prior to your surgery

Smoking is one of the largest risk factors for complications after surgery including but not limited to:

- Poor/slow healing; Decreased circulation; Pneumonia; Infection
- Need for more re-operation (another surgery after your first one)

Get support by contacting [www.smokefree.gov](http://www.smokefree.gov)

# No Alcohol



**DO NOT DRINK ALCOHOL for at least 24 hours  
(1 day) before your surgery**

If you drink alcohol everyday, please tell your doctor. Your doctor will help you make a plan to stop drinking alcohol before your surgery that is safe for you

# The Two Days Before Your Surgery

## Preparing for your surgery at home

**Two (2) days  
before surgery**

Use a new toothbrush

Stop shaving your legs

**On the night  
before surgery**

No pets in your bed after you take a shower

Stop eating all food after midnight  
(including candy and chewing gum)

Brush your teeth and use mouthwash



# Hibiclens®/CHG Body Wash

- Do not use soaps, lotions or deodorants after wash, this will deactivate the **Hibiclens®/CHG body wash** (make it useless)
- Do not put the **Hibiclens®/CHG body wash** on your face or genital area
- Keep pets away after from you showering
- If your are allergic to **Hibiclens®/CHG body wash**, have a skin condition, or have open wounds, discuss with surgeon.



Follow any other cleansing instructions given by your doctor's office

# Hibiclens®/CHG Body Wash Cont.

## Instructions:

1. Use **Hibiclens®/CHG body wash** the night before your surgery AND on the morning of your surgery (if instructed)
2. Shampoo hair as usual, then fully rinse your hair & body.
3. Wash your face as usual & fully rinse.
4. Step back from the shower stream, apply **Hibiclens®/CHG body wash** directly on your skin with a clean, wet washcloth. Wash gently. Rinse completely.
5. Use a fresh towel to dry. Use clean pajamas, bed sheets the night before
6. Only use **Hibiclens®/CHG body wash** externally (on the outside of your skin). DO NOT use **Hibiclens®/CHG body wash** on any inside body part  
Follow any other cleansing instructions given by your doctor's office

# Morning of Surgery

Repeat the shower/bath with the **Hibiclens®/CHG body wash**, if instructed

No lotion, powder, or deodorant after bathing

No makeup including lipstick and nail polish

Remove all jewelry, including rings, earrings, and body piercings

Leave jewelry at home

Brush teeth and use mouthwash

**If instructed, take your presurgical drink**

**Arrive at the hospital at the time instructed!**



# Surgery at the Hospital



# After Arriving at the Hospital

- You will be registered. Family will be shown where waiting room is located.
- An IV will be started
- The nurse or lab technician may take a blood sample or check blood sugar (if needed)
- Your care team may use antibacterial cloths, nasal antiseptic swabs, antiseptic mouthwash
- You may receive medication if you are at risk for nausea and vomiting after your surgery
- You will meet with your surgeon, your anesthesiologist, and your care team
- The surgeon or their assistant will initial your knee or hip to mark the area where you will have surgery (“the surgical site”)

# Pre-Operative “Time Out”

For your safety, before any surgery starts your surgical team will call a “time out”. All team members must stop what they are doing and participate.

The team will verify:

- Correct patient
- Correct procedure/site
- All equipment is available

The surgeon will also verify the correct surgical site



# During Surgery

- Your surgery will last about one to two hours (1-2 hours)
- You may receive nausea prevention medication
- If your Support Person has a cell phone, they have the option to receive text messages with updates about your surgery
- After the surgery is done, the surgeon will talk to your Support Person in person or over the phone with an update
- Visitors will need to check in with the desk if they leave and come back





# Pain Control

A combination pain medications will be ordered before, during and after surgery to help during your recovery from a joint replacement.

## Pain Scale

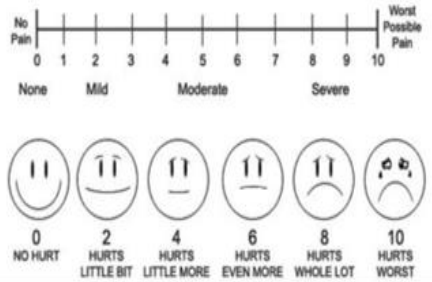
### Before Surgery

- This may include: Tylenol, Celebrex, Gabapentin or Lyrica
- Pain medication may take 60 minutes to work
- Staff will ask you to rate your pain level using pain scale

A nerve block/pain injection may be placed before or during surge

### After Surgery non-medication approaches:

- Positioning your leg in a comfortable position
- Ice application for pain relief (20 minutes on, 20 minutes off)
- Distractions such as listening to music or watching TV



**\*\*Expect to have pain during your recovery. It is normal to have pain but we will help you control your pain**

# Post-Surgery at the Hospital



# Right After Surgery

- As soon as your surgery is done, you will be transferred to a “recovery room” (also called a post-anesthesia recovery unit or “PACU”)
- You will spend approximately 60-90 minutes in a recovery room
- Your Support Person will not be allowed in the recovery room, but they may receive updates about your location through cell phone text messaging or a member of the care team




# After Recovery Room

- If you are going home the same day, you will be transferred to an area where your Support Person (1-2 people) will join you. The nurse will prepare you for your discharge from the hospital or surgical center
- If you are spending the night, You will be transferred to your room at which time your family will be able to join you.
- A Physical Therapist will see you within hours of surgery and assist you to get up and start walking.



## Surgical Recovery Pathway

	<b>Morning of Surgery</b>	<b>Evening of surgery</b>	<b>Postop in Hospital if staying overnight</b>	<b>Postop at Home</b>
<b>Hygiene</b>	Brush & use mouthwash Shower if instructed	Brush & use mouthwash	Brush & use mouthwash in the am & pm	Brush & use mouthwash in the am & pm Shower as instructed, no baths until cleared Keep pets away from incision No ointments/powders/ lotions to incision
<b>Activity</b>	Prepare for surgery as instructed	Eat dinner in chair  Walk in hall at least once	Eat meals in chair  Walk in hall several times a day, request pain medication if needed  Perform foot pumps and leg twirls, wear compression socks  Be out of bed for 6 hours	Eat meals in chair  Walk several times a day, use pain medication if needed  Perform foot pumps and leg twirls, wear compression socks as prescribed  Be out of bed for 6 hours
<b>Bowel Regulation</b>	Follow restrictions for fasting and liquids	Begin with light food and water Eat slow	Take stool softeners as prescribed Eat fiber rich foods Stay hydrated	Take stool softeners as prescribed while taking narcotics Eat fiber rich foods Stay hydrated
<b>Lung Health</b> *IS = Incentive spirometer		Deep breath throughout the day Use IS* 10 times/hr when awake if provided	Deep breath throughout the day  Use IS* 10 times/hr when awake if provided	Deep breath throughout the day  Use IS* 10 times/hr when awake if provided

*This pathway is intended to help reduce surgical complications and help you heal quickly.  
Your participation is important. You can track your progress with this chart.*

***This pathway may vary for your personal recovery path***

# Therapy Options After Discharge

- Most patients will be able to go home the day of surgery or the next day. These are your options:

Home with home exercise program

- Home with therapy in a clinic
  - Home with therapy in your home for first 1-2 weeks followed by outpatient therapy
  - Rehab facility if medically necessary (if this is your plan, tour facility before and check insurance coverage)
- **Your surgeon should discuss your plan with you and your Support Person.**



# Physical Therapy (“PT”)

## Your Physical Therapist will:

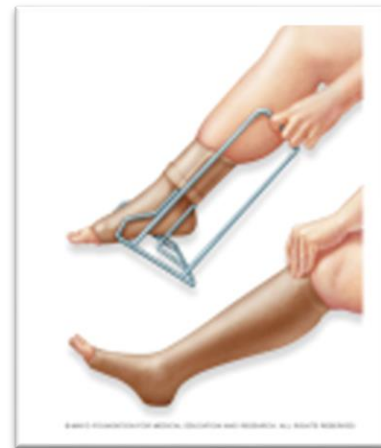
- Explain your precautions if you have any
- Monitor your pain with activity
- Assist you from sitting at the edge of the bed, transferring, and standing/walking
- Determine if you are safe to go home
- Evaluate your balance and mobility
- Report back to your team if there are any issues



# Occupational Therapy ("OT")

## Your Occupational Therapist may:

- Monitor your response to activity like your Physical Therapist
- Focus on the following things:
  - Getting dressed
  - Bathing
  - Activities of daily living (difficult post-surgery)
  - Train you on equipment
  - Help you find community resources



# Walkers / Crutches

Important: Use your walker/crutches until your surgeon or therapist determines you are ready to use a cane

If you already have a walker or crutches, bring it into the hospital, if instructed

Therapists can help determine the right fit for you



# Equipment for bathing/dressing

These items are usually **NOT** covered by insurance

- Sock aide
- Reacher
- Long handle shoehorn
- Long handle sponge
- Elastic shoe laces
- Leg lifter
- Gait Belt



# Equipment for Toileting/showering



# Recovery at Home





# Tips on having the best recovery

## Preventing Pneumonia (lung infection)

- General anesthesia and less moving around after surgery can cause mucous / secretions to collect in your lungs.
- It is important to continue to take deep breaths, cough, and move around every couple of hours until you return to normal daily activities.
- Walking will help you breathe deeply. Good mouth care will also kill bacteria in your mouth and help prevent pneumonia.

## Diet and Nutrition After Surgery

- If you have any restrictions on your diet, please follow that. It is important to have good nutrition to heal after surgery.
- Make sure you are eating more protein and food with vitamins and minerals.

# Pain Control

**BRUISING AND SWELLING ARE NORMAL AND MAY GO CLEAR TO YOUR TOES**

- Take pain medications as prescribed at discharge
- Make sure to call in advance for pain medication refills-this can take up to 2-3 days.
- **NO PAIN MEDICATION REFILLS WILL BE GRANTED ON FRIDAYS OR WEEKENDS**
- Ice 20-30 minutes every 1-2 hours. **NO HEAT!!**
- Get up and walk every hour because this reduces stiffness
- Elevate. Do not use pillows directly under your knee because this can cause increased stiffness and higher chance of blood clots. Leg should be straight
- Remember to take your pain medication 60 minutes (one hour) prior to therapy



**Possible side effects of pain medication:** Dry mouth, nausea/vomiting, itching, urinary retention, constipation

# Preventing Blood Clots

- “Ambulate” (move) early. This will start with therapy on the day of surgery
- Use promoting activities (walking every hour, foot pumps)
- Wear compression hose
- Do leg exercises
- Drink enough fluids
- Take a blood thinner medication
- Avoid long car trips



Need Help Now?  
Stop and Call:

**911**

## **SIGNS OF A BLOOD CLOT**

- Chest pain, congestion or trouble breathing (if the clot is in your lungs)
- Calf pain or swelling of the legs (if the clot is in your legs)
- Call your Doctor’s office with any of above concerns, but be sure to call 911 if you are having trouble breathing or chest pain”

# Caring For Your Surgical Site

- Always clean your hands before and after any wound care or dressing change.
- The area around your incision may be red, swollen, bruised and warm. Do not itch the incision.
- **DO NOT REMOVE THE BANDAGE that is** covering your incision unless surgeon instructs you to
- Some drainage may be present
  - If your bandage becomes 75% saturated or begins to leak, call your surgeon's office. This is **NOT** a medical emergency. Reinforce the bandage until your doctor gives you instructions.
- No lotions, creams or powder near your incision



# Avoiding Infection After Surgery



## Being clean is important!

- Make sure the clothes you wear near your incision are always clean.
- Make sure all bed linens and towels are clean especially by your incision.
- Do not allow pets near your incision at all: infections have occurred this way!
- Once your surgeon says it's okay, you may shower
- Do not sit in a bathtub, swim or soak in a hot tub until ok with your surgeon

# Signs and Symptoms of an Infection

- Around the incision is deep red or “angry looking”
- Around the incision is hot and painful
- Rash around the wound
- Bad smell from your dressings or incision
- White yellowish (pus) drainage
- You have a fever of 100.4 degrees Fahrenheit or greater for more than 24 hours (1 day)

**REMEMBER!**

***Follow instructions from your surgeon***

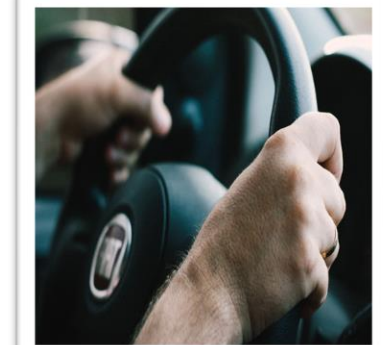
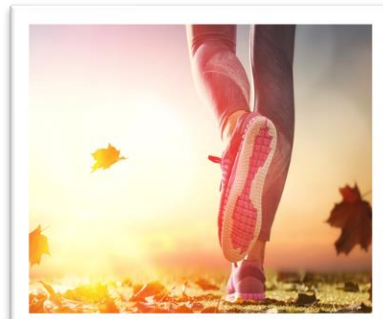


# Activity at Home

- Continue your home exercise program
- Walk frequently and wear supportive shoes
- Balance your activity with rest periods to prevent becoming overly tired
- Elevate your leg whenever you are sitting
- Resume sexual activity when your surgeon says it's OK

## Driving

- Absolutely NO driving while taking pain medications
- Most people can start driving within 4-6 weeks after surgery (This depends on which leg you had surgery on and if you are still taking pain medications)



# Fall Prevention Advice

- Use your walker/ crutches every time you walk. They keep you stable!
- Always wear shoes or slippers with non-slip soles. No flip flops! Do not go barefoot
- Get up slowly from a lying or sitting position. Use chairs with armrests to push up
- Move slowly as pain medicine may cause changes in vision, hearing or balance short term
- Remove all throw rugs from your home, clear clutter/ extension cords from pathways. Make sure that you can walk through with your walker





# Fall Prevention Continued

- Be aware of where your pets are. They could get underfoot and cause you to fall
- Have good lighting in all stairways. Make sure handrails are securely attached and non-slip
- Put night lights in your bedroom, hallways and bathrooms to light your walking path
- Use a rubber mat in the tub/shower to prevent slipping. Consider installing a grab bar in the tub/shower to provide support when stepping in and out



# Preventing Constipation

## Pain medications can cause constipation

- You should not go longer than 3 days without having a bowel movement
- Drink 6-8 glasses of fluids daily (water and fruit juice)
- Increase your fruit, vegetable and fiber intake
- **Walk!**
- Chew gum 4 times a day for 5 minutes
- Keep stool softeners and laxatives like Miralax on hand
  - Do not wait too long to use stool softeners or laxatives



**Good sources of fiber:** Fruits and vegetables, beans, peas, lentils, chickpeas, grains like quinoa and barley, oats, nuts, bran cereal, wheat bread

# Dental

## Dental care is important for good Health

- Your surgeon will inform you when you can resume dental procedures after surgery.
- You may need to take antibiotics prior to dental procedures: your surgeon will advise you if you need to do this and for how long.



# Live well



Managing your health and wellness is easier than ever.

- Message your doctor
- Manage your appointments
- Find healthy recipes

Sign up using Live Well app or [www.advocateaurorahealth.org](http://www.advocateaurorahealth.org)



# Thank You!



# Thank You For Attending!

- We appreciate your time and hope this course has been helpful
- Remember, we're here to help. You have an entire care team to guide you and your Support Person through the surgery process from start to finish
- If you have questions, please reach out to your surgeon.
- You will also receive additional materials that will tell you more about:
  - The hospital or surgery center where you'll have your surgery
  - Your care team
  - Reminders about some of the most important parts of your surgery