

# Total Joint Replacement Wellness Class

PRESENTED BY:

**Mercy Medical Center Redding**



Mercy Medical Center Redding  
*Center for Hip & Knee Replacement*  
A member of CHW

## What We Will Cover

- How to prepare for surgery
- What to expect after surgery
- Recognizing and preventing complications
- Staying active after surgery



- Patient Guidebook for total hip or total knee replacement
  - Review it
  - Share it with others
    - Physicians
    - Therapists
    - Friends & family




- Preoperative evaluation
- Surgical information
- Hospital progress
- Outpatient progress



## Enlist a Guide

- Find someone to be your guide
  - Family member
  - Close friend
- Every patient can benefit from the assistance and motivation of a guide

### Value of Guides:

- Confidence
- Support
- Faster Recovery
- Home earlier
-  Improved Results

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What are some of the things you should do before surgery?



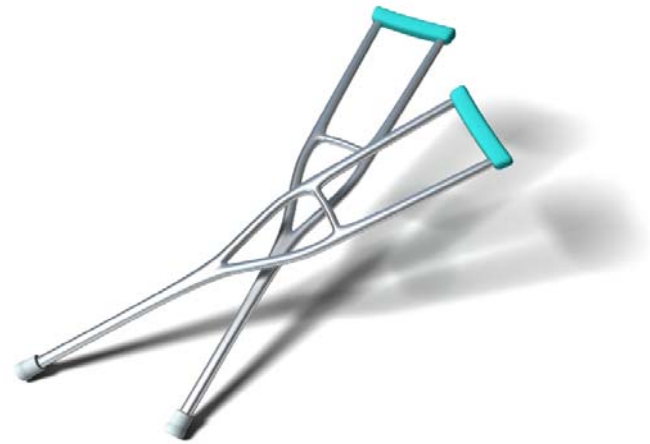
## Make Discharge Plans

- Have someone available to drive you home from the hospital
- Have someone who can help you at home for a few days



## Obtain Equipment

- Sock aid
- Long-handled reacher
- Long-handled shoehorn
- Raised toilet seat
- Shower seat
- Shower mat
- Walker or crutches



## See Your Medical & Specialist Doctors

- Will make sure you are ready for surgery
- May order lab tests
- The hospital requires lab work current within 3 weeks of surgery & an EKG within 3 months of surgery.



- Donate your own blood for use during or after surgery, if necessary
- Check with your surgeon
- Additional lab test within 7 days of surgery to check your blood type



## Report Any Infections or Cuts

- Tell your surgeon if you have any cuts or infections

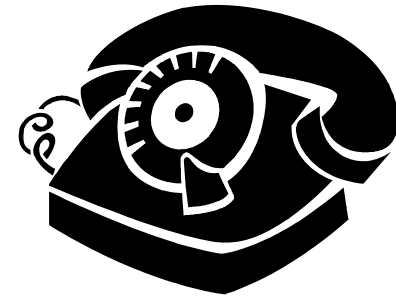


- **Stop** medications that may increase bleeding 7–10 days before surgery
  - Aspirin
  - Anti-inflammatory medications
- Usually okay to take
  - Acetaminophen (Tylenol)
  - Celebrex®
- People taking Coumadin must get specific instructions from your surgeon
- Check with your surgeon



## Day Before Surgery

- Call to verify arrival time/surgery time
- Nothing to eat or drink after midnight prior to surgery—even gum



## What to Bring to the Hospital

- Loose-fitting clothes (e.g. shorts, t-shirts, etc.)
- Battery-powered items only
- Leave valuables and large amounts of cash at home



# Hospital Care



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- DO NOT take diabetes medication
- Report to surgical check-in
- Preparation for surgery
  - IVs
  - Blood work
  - Consent
- Family to wait in surgical area
  - Surgeon will speak with them immediately following surgery



## Anesthesia Explanation:

- General Anesthesia
- Regional Anesthesia
  - Spinal blocks
  - Femoral Nerve blocks for knee surgery





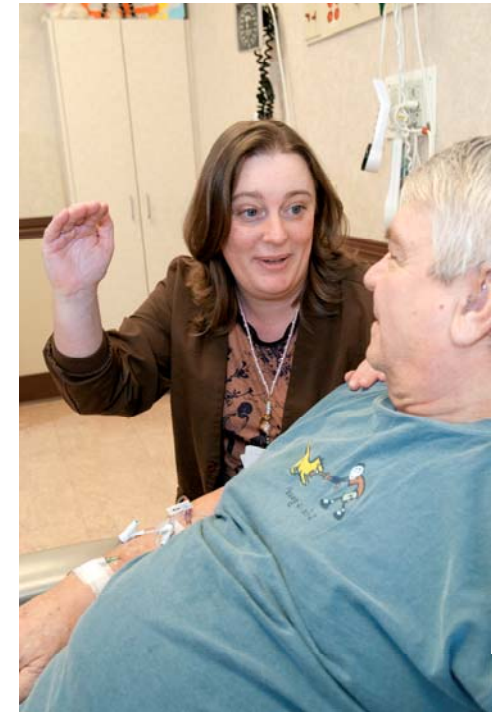
# What to Expect:

## In The Hospital After Surgery



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- Pain control
  - PCA 12–24 Hrs. (Dilaudid or Morphine)
  - Transition to a customized oral medication plan quickly



# Complications we work to avoid



## Easiest complications to avoid

- Blood clots
- Infection
- Pneumonia
- Hip dislocation
- Knee impingement



- Injectable Lovenox
- Injectable Arixtra
- Coumadin
- Aspirin
- Incentive Spirometer
- SCD's
- Ankle pumps



- Swelling in calf, thigh, or ankle that does not go down with elevation
- Pain or tenderness in calf
- Can be in either leg

## Preventing blood clots

- Ankle pumps
- Early ambulation
- Compression stockings
- Incentive spirometer
- Blood thinners

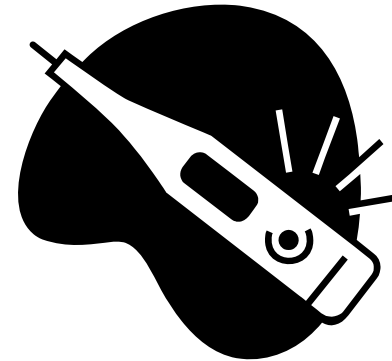


## Signs of infection

- Red wound
- Increasingly painful
- Increasingly swollen
- Draining
- Temperature elevation  $> 101^{\circ}$

## • Preventing Infection

- Keep wound clean
- Avoid immunosuppressive drugs
  - antirheumatic drugs
  - Cancer related drugs



# Preventing Pneumonia

- Deep breathing
- Get moving
- Incentive Spirometer



- Risk to total hip replacement patients
- Follow hip precautions
  - NO bending hip past 90 degrees
  - NO crossing legs
  - NO twisting side to side

90°



# The Postoperative Course of Events



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## Group Therapy

- Exercise as a group
- Support and encourage each other
- Camaraderie
- Guide participation



# Daily Newsletters

## *Knee Knews and Hip Clips*

- For patient and family
- Daily activities and expectations



## River Run Board

- Boats help you track walking distance in feet
- Helps you visualize your goal
- Race towards recovery
- Encourages you to perform your best



- Blood work and vital signs in the a.m.
- Out of bed in recliner by 7 a.m.
- Breakfast about 8 a.m.
- Walk after breakfast with physical therapist
- Group therapy in morning or afternoon



## Discharge Day—Post-op Day 3

- Independent ambulation/stairs
- Discharge instructions
  - Group
  - Individual



- Outpatient services
  - Blood work
  - Therapy
- Home services
  - Nurse
  - Blood work
  - Therapy
- Subacute Rehab
- Always check with your insurance company if you have coverage questions.




- Surgeon's Office
  - 2 to 4 weeks depending on the surgery



## When Will You Hear From Us

- The week after discharge you will get a couple of phone calls
- About 2-3 months after that you will get a patient satisfaction survey





**Please Call Us  
With Questions  
Total Joint Care Coordinator  
(530) 225-7759  
[kimber.graves@chw.edu](mailto:kimber.graves@chw.edu)**

*Move...move strong...  
You can do it...we can help.*



**Thank  
You  
for  
Choosing  
Mercy!**



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