



Welcome

Joint Replacement Center Hanford Preoperative Education Class

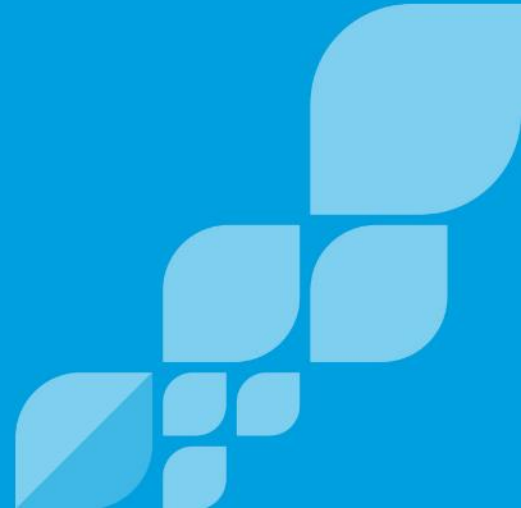




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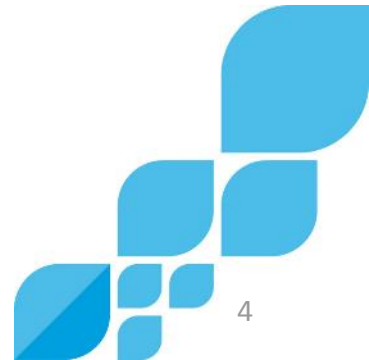
Your Health Care Team

- Experienced and highly skilled
- Specially trained to take care of total joint patients
- Will ensure a safe, successful recovery
- Works together with you and your coach to ensure an excellence experience



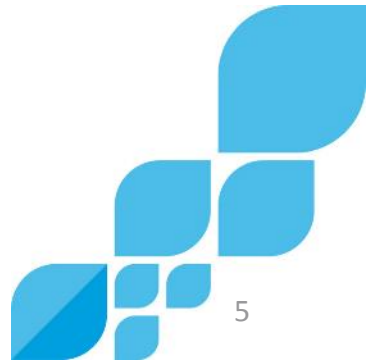
Your Coach

- Can be your spouse, sibling, son/daughter, primary caregiver, or a friend who will be able to check on you after you discharge home
- Someone to help with your:
 - Medications and incision care
 - Physical therapy and rehab exercises
 - Daily needs, cooking, housework, transportation
- Your coach should come to the hospital during your stay at least once to learn about your rehab exercises, medications, and equipment.



Team's Goals for You

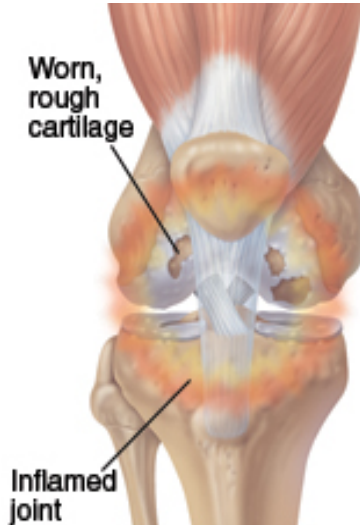
- Understand your disease process and surgery
- Feel comfortable with your JRC experience
- Return to your own home after 2 or 3 days
- Have all your questions answered
- Have FUN!!!!



Understanding Your Surgery

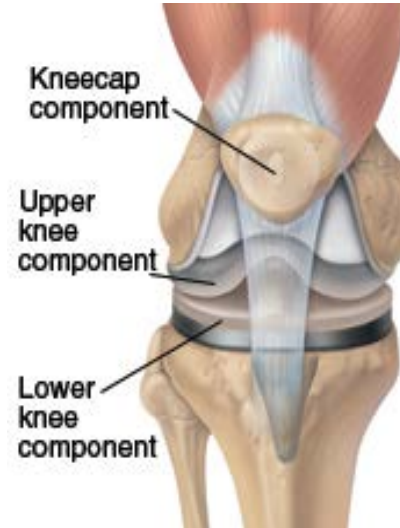
Problem Knee:

- Cartilage cracks or wears away
- Exposed bones rub together causing pain



Knee Prosthesis:

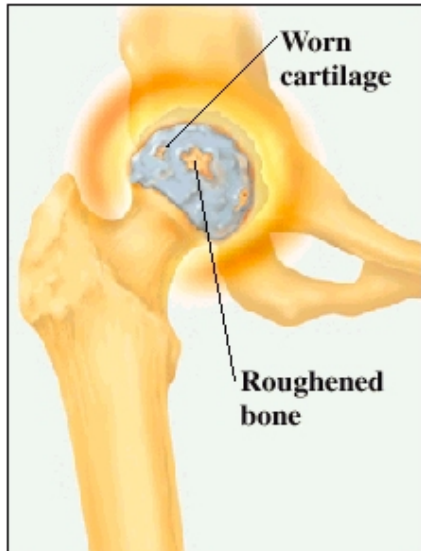
- Lets knee bend easily
- Replaced with metal and strong plastic
- Bones can glide freely



Understanding Your Surgery

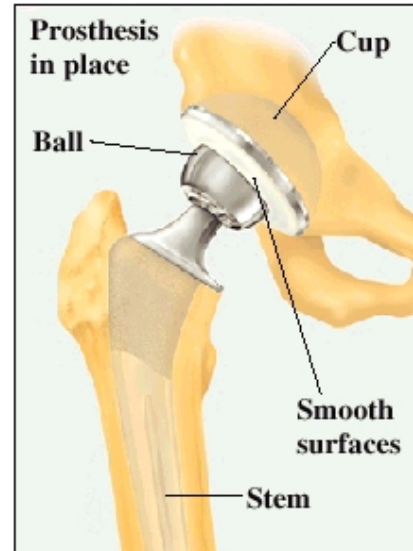
Problem Hip:

- Worn cartilage
- Bones rub together
- Ball grinds in socket causing pain



Hip Prosthesis:

- Replaced by artificial ball and cup
- Stem inserted for stability



Risks of Hip and Knee Surgery

- Blood Clots
- Infection
- Nerve, Blood Vessel, and Ligament Injuries
- Slow Wound Healing
- Limited Range of Motion
- Instability
- Hip Dislocation/Changes in the length of your leg
- Loosening of the Joint



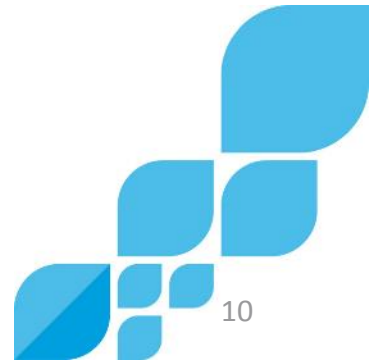
Preparing for Your Surgery

- Preoperative Class
- Registration/Preadmission Testing
- Physical Exam
- Medications
- Preventing Infection
- Preparing your Home
- Packing for your Stay



Preoperative Testing (PAT)

- Chest X-ray
- Blood Test
- Urine Test
- Electrocardiogram (EKG)





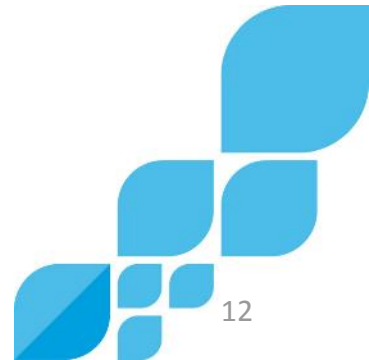
Medications

- Tell your orthopedic surgeon about ALL of the medications you are taking
- If you take any of the following medications, you must stop taking them prior to surgery as advised by your surgeon.
 - Aspirin
 - Blood thinners
 - Arthritis(anti-inflammatory) medicines
 - Methotrexate
 - Rheumatoid arthritis medicines
 - Herbal supplements, especially those that start with the letter "G"
- ***It is also important to notify your surgeon of any drug and/or alcohol use, as it may relate to your anesthesia and/or pain control**

***Your physician/
nurse will tell you
which medicines
to take the
morning of
surgery**

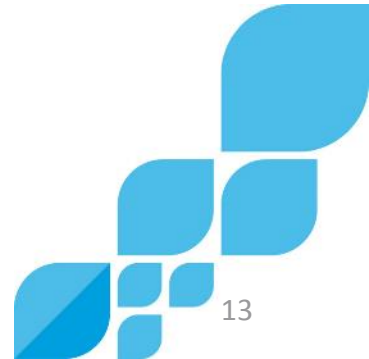
Preventing Infections

- No shaving of legs 5 days before surgery
- Hand Hygiene
- Use special soap at least 3 days before surgery
- Dental visits (healthy teeth and gums)



Incentive Spirometer (Breathing Exercise)

- Helps fully expand lungs after surgery
- Helps avoid chest congestion
- Used every hour while awake after surgery



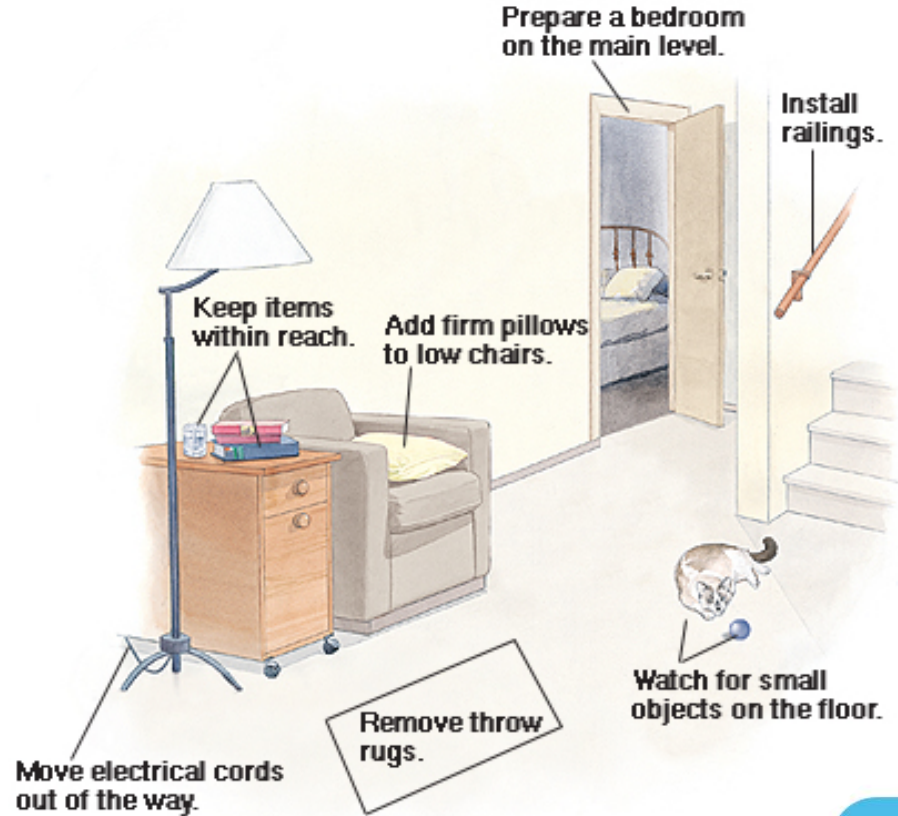
Preparing for Your Return Home

- Accident proof your home
- Have night lights in rooms and hallways
- Help at Home/Meal Planning
- Chair with arms
- Coach, spouse, family member or friend to stay with you a few days



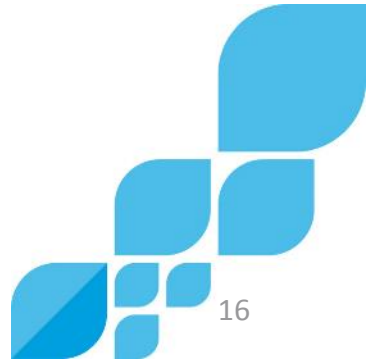
Home Safety

- Prepare a bedroom on the main level
- Keep items within reach
- Add firm pillows to low chairs
- Move electrical cords out of the way
- Remove throw rugs
- Watch for small objects on the floor
- Install railings



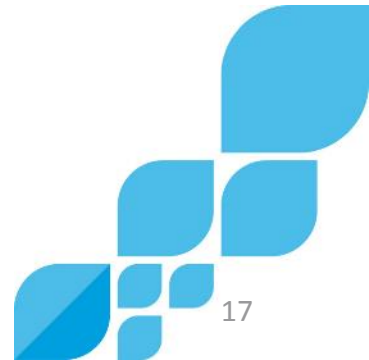
Packing for Your Stay

- Clean, comfortable, loose-fitting clothing
- Tennis shoes or shoes with a flat, rubber bottoms
- Eye glasses, contact lens cases with solution, and denture storage
- Your own pillows if you think they would make you more comfortable
- Your advance directive
- Reading material for your enjoyment



Items to Leave at Home

- Cash
- Jewelry
- Any other valuables



Countdown to Surgery

7-10 days before surgery

- Attend the joint replacement class
- Complete any preoperative lab orders before and after your joint replacement class
- Stop taking blood thinners, anti-inflammatory medications, and aspirin as directed by your physician
- Reduce alcohol consumption and stop smoking

3 days before surgery

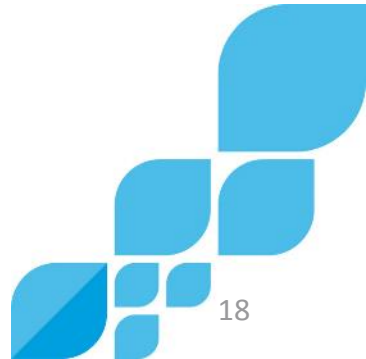
- Begin bathing or showering with the special cleanser

2 days before surgery

- Bathe or shower with the special cleanser

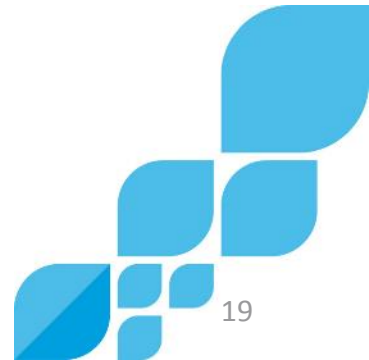
Day before surgery

- Continue to bathe or shower with the special cleanser
- Pack your bag for the Joint Replacement Center



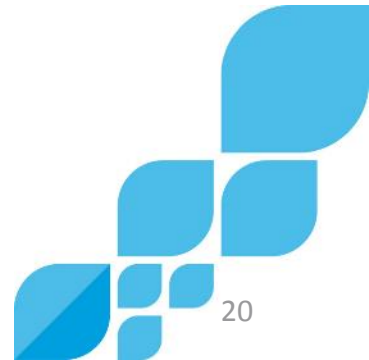
Day of Surgery

- It's okay to take a shower
- It's okay to brush your teeth, do not swallow any water
- Wear clean, comfortable clothing
- Take medications with a small sip of water
(Only the ones you have been instructed to take)
- Report to the check-in area on time



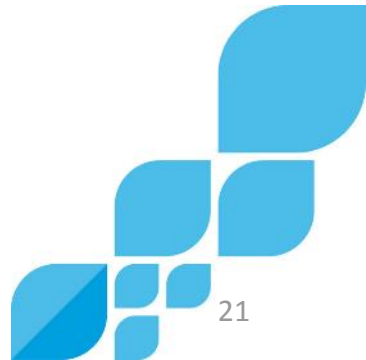
Arriving at the Joint Replacement Center

- Check in
- Nurse reviews all medical history
- Prepare for surgery:
 - Put on hospital gown
 - Remove dentures
 - Remove glasses or contacts
- Surgeon/Anesthesiologist visit
- Family waiting area



Anesthesia

- A member of your anesthesia team will meet with you before surgery
- After examining you and discussing your medical history and desires, the best anesthetic plan will be determined for you
- Spinal anesthesia



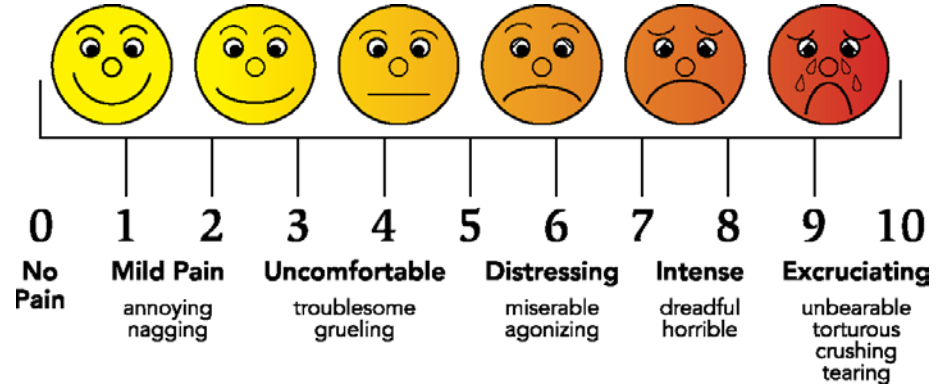
Going into Surgery

- Cared for by a team of nurses, technicians, surgeons and anesthetists
- Total surgery times will vary
- Recovery Room — special unit to recover from anesthesia
- Transfer to the Joint Replacement Unit to begin your journey to wellness



Managing Your Pain

- Communication very important
- Share with nurses any pain you experience
- Be specific — use the pain scale
- Take medicine before therapy sessions
- Don't expect to be pain free



Day of Surgery

- Physical therapy begins
- Take a few steps, up in chair
- Diet as tolerated
- Deep breathing and coughing exercises with incentive spirometer

Day One

- Any tubes removed/dressing changed
- Up in chair during the day
- Regular diet
- Group physical therapy

Day Two

- Up in chair during the day
- Regular diet
- Group physical therapy
- Prepare for home

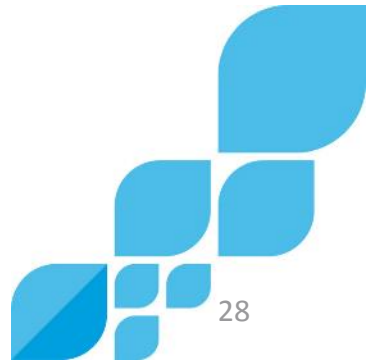
Transitioning Home

You'll be able to go home when you are able to:

- Get in and out of bed
- Get up and down from chair and toilet
- Get in and out of shower
- Walk with walker on level surface
- Be able to go up and down stairs if you have them at home
- Get dressed
- Get in and out of your car
- Perform your exercise program on your own

Discharge Needs

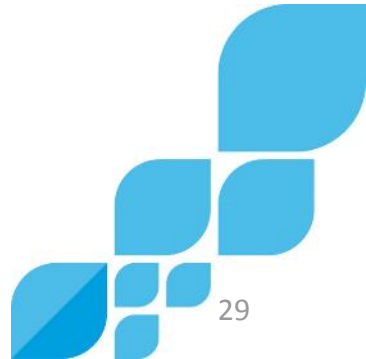
- Prescription for pain medicine
- Prescription for blood thinner (if ordered)
- Written instructions from your surgeon
- Appointments for physical therapy and to see your surgeon



Recovering at Home

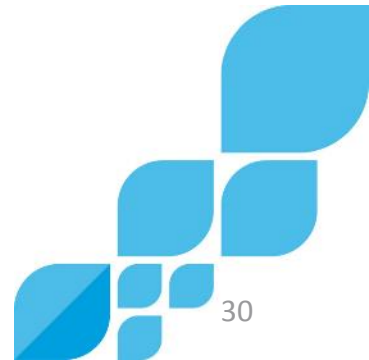
- **DO** continue your exercise program as prescribed
- **DO** take pain medication 30 minutes before therapy
- **DO** continue ankle pump exercises when sitting
- **DO** take longer walks when cleared to do so

- **Don't** go long periods of time without moving
- **Don't** drive a car until cleared to do so
- **Don't** take tub bath until instructed
- **Don't** have sex or play sports until cleared



Exercise Instructions

- **Turn to the Exercise and Mobility section of your Resource Book**



Thank you for choosing the Joint Replacement Center at Hanford!

