



TOTAL JOINT REPLACEMENT – BEING HEALTHY STARTS HERE

What you need to know before your surgery



BROWARD HEALTH[®]

BrowardHealth.org

OBJECTIVES

To prepare you, your family and friends for every step of your hospital stay

- Preparing For Surgery
- What to Expect During Your Stay
- Staying Safe at Home
- Post Joint Replacement – What you Need to Know
- To form a partnership between you and your doctors, nurses, nurse assistants, physician assistants and therapists.

We want you to have the best possible experience at Broward Health!

OPTIMIZE SURGICAL RECOVERY



If you smoke, speak to your physician for alternatives. No smoking 12 hours before surgery. Nicotine hinders the healing process and the bone needs time to heal and to grow on the new implant. Smoking increases your risk for developing an infection after surgery.



If you drink alcohol daily, cut back as much as possible and inform your physician of this habit. No alcohol 24 hours prior to surgery



Start the pre-operative exercise programs outlined in the booklet provided as these exercises are designed to strengthen your entire body. Do not do any exercises that cause you pain before your surgery.



If you need dental work (including routine dental cleanings), it is recommended to complete it at least two (2) weeks before surgery.



Begin your mental preparation for surgery. Breathe deeply and relax. Have a positive attitude.

PREPARING FOR SURGERY

Prepare Your Home Environment To Keep You Safe and Aid in Your Recovery:

- Remove throw rugs, obstructions, clutter and tack down loose carpet.
- Prepare a non-skid tub/shower mat.
- Select a firm, straight-back chair with armrests. Avoid sitting in chairs with wheels.
- Place items that you may need during the day within reach to make it easier.
- Clear hallways for easy passage.
- It will be helpful to do laundry & have clean linens on the bed.
- Prepare meals and freeze in single servings.

TO COMPLETE BEFORE SURGERY

- I have verified with my insurance company that I have coverage for my surgery and post discharge therapy including physical therapy.
- I have attended the total joint replacement education class.
- I have obtained medical clearance 1-4 weeks prior to surgery date. Testing includes, but is not limited to, chest x-ray, EKG, & laboratory work.
- I have completed my COVID-19 testing prior to my scheduled surgery.
- I have made my first outpatient physical therapy appointment before my surgery, if this treatment option is not available at my surgeon's office.
- I have prepared my home as suggested.
- I have arranged for someone to drive me home.
- I have arranged for someone to drive me to my follow-up appointments after surgery

PREPARING FOR SURGERY

- Ensure you follow up with any additional consults that may be requested, if you see other specialty physicians.
- Discuss with your doctor about stopping medication that may increase bleeding 10 days prior to surgery.
- Contact surgeon's office to obtain durable medical equipment (DME). Items to have after surgery - rolling walker, cane, grabber, elevated toilet seat.

PREPARING FOR SURGERY

WHAT TO BRING TO THE HOSPITAL:

- Insurance card and photo ID
- Pack loose fitting clothes such as shorts or sweat pants
- Pack shoes with non-skid bottoms
- Plan to wear personal clothing to therapy sessions- bring 1-2 days worth
- Glasses / Hearing Aid
- Label canes or rolling walkers with your name if brought from home (helpful at discharge)
- Bring any special equipment you use such as a CPAP or BiPAP device
- A copy of your Advance Directive or Living Will
- List of current medications; the hospital will provide you with your prescribed medication during your stay
- Your Joint Replacement Guidebook
- Telephones are available in patient rooms or you may bring your cell phone
- Do not bring valuables or jewelry**

PREPARING FOR SURGERY

- At Broward Health Medical Center, please call the Joint Replacement Coordinator at 954-712-4274.
- At Broward Health North, please call the Joint Replacement Coordinator at 954-786-6635.
- At Broward Health Imperial Point, please contact the rehabilitation manager at 954-776-8830.
- At Broward Health Coral Springs, please our Community Education Center at 954-344-3344

THE DAY BEFORE YOUR SURGERY

- Make a list of all medication you are currently taking including dosage and frequency.
- Keep a list of your allergies and the reaction caused by them.
- Make arrangements for someone to drive you home from the hospital and for someone to take you to and from outpatient physical therapy.

THE NIGHT BEFORE YOUR SURGERY

- ❑ REMOVE ALL JEWELRY- must remain off until after surgery

- ❑ Use Chlorhexidine Wash, a special anti-bacterial soap which helps to prevent surgical site infection. Use ½ bottle the night before and ½ bottle the morning of surgery. Follow instructions on bottle.

- ❑ DO NOT use any powders, lotions, oils, deodorants, make-up or hair products after this shower.

- ❑ Nothing to eat or drink after midnight prior to surgery except for Gatorade - only take medications as directed by your doctor. Do not take medication/s for diabetes unless directed by your doctor.

- ❑ Get a good night's sleep

- ❑ **Drink** 10-12 oz. of Gatorade **2 hours** prior to scheduled time of arrival on the day of surgery (promotes enhanced recovery after surgery). *This only applies to patients at Broward Health Medical Center and Broward Health North.*

WHAT TO EXPECT DURING YOUR STAY

- At BHMC you will check-in at the second floor/surgery reception area of the hospital. At BHN you will check-in at the Outpatient entrance. At BHIP you will check in with patient access on the first floor in the lobby. At BHCS you will check in at the outpatient entrance.
- You will complete your registration and receive your arm bracelet.
- Pre-operative team will start IV, obtain consent, review and update home medications, verify surgical site. Anesthesia will speak with you and will administer medications for pain/nausea.
- Surgery could take up to 2 hours, in rare cases, may take longer and recovery room approximately 2 hours.
- Frequent vital signs, x-ray, use of sequential devices and ice therapy will commence in the recovery room.
- You may begin transfers and walking upon arrival to the floor.

WHAT TO EXPECT DURING OUR STAY

- On day one after Surgery: Blood work and vital signs at approximately 5 a.m. Assisted **Out of bed** in recliner by 7 a.m. Breakfast at approximately 8:00 a.m.
- The physical therapist will meet with you and review goals.
- Walk with physical therapist between breakfast and lunch (first post op day or at times, same day as surgery) **Only walk with assistance of a staff member UNTIL a Physical Therapist tells you it is safe to do otherwise.** NEVER get out of bed by yourself !! Use call light or staff phone to get assistance to bathroom.
- Use the Incentive Spirometer (10 times an hour while awake).
- Keep compression stockings on as advised and sequential compression device while in bed. Polar Care for use on Total Knee Replacements. Ice packs for Hip Replacements.
- Pain management discussions. Alert staff if your pain is worse than mild. Tell your nurse if pain management is not effective.
- Report any concerns to staff during rounding.

DISCHARGE PLANNING

STAYING SAFE AT HOME

- Continue pain medication every 4-6 hours, as prescribed; taper off slowly following surgery until no longer needed. Take medication 30-45 minutes before therapy. Take your blood thinner as prescribed. Elevate leg when seated to prevent swelling.
- Take stool softeners and/or laxatives as long as on pain medications.
- Remember to use ice therapy unless otherwise instructed by your surgeon.
- Use your walker as directed. Continue use of incentive spirometer. Continue with your exercise program. Remember to perform your post-op exercises when you go home – twice a day.
- Schedule follow up appointment *as specified by your surgeon.*
- Follow up Outpatient Physical Therapy as instructed by your surgeon.
- Care for your incision and post-operative dressing as ordered by physician.
- Practice proper hand washing

DISCHARGE PLANNING

STAYING SAFE AT HOME

Post-operative complications and ways to prevent them:

- Blood clots- Prevent by use of compression stockings, blood thinners as prescribed, exercises and mobility. **Report swelling, redness and warmth immediately.**
- Pulmonary Embolism- Take measures to prevent clots. **Report shortness of breath, confusion, chest pain, fast heart rate, dizziness and sweating immediately.**
- Surgical site infections- Prevent by hand washing, keep dressing dry and intact, do not submerge wound in water until advised by surgeon. **Report warmth, redness, swelling, discharge and fever immediately.**
- Pneumonia- Prevent by mobility, and continued use of incentive spirometer. **Report any fever, cough, and/or shortness of breath immediately.**
- Urinary Tract infection- Prevent by avoiding urinary catheter, plenty of liquids, good personal hygiene. **Report immediately burning or pain upon voiding, fever, increased frequency, or blood in urine.**
- Pressure injury. Prevent by mobility, avoid friction, moisture and maintain good nutrition. **Report immediately redness, burning, or any discoloration especially over bony prominences immediately.**

THANK YOU

Thank you for choosing Broward Health to take care of your health care needs.

We are committed to providing you with the highest quality health care.

You will receive phone calls after discharge to follow up on your well-being.

In addition, you may receive a survey in the mail from our confidential survey provider, Press Ganey, after receiving care at Broward Health. If you receive a survey, we encourage you to participate. This is your opportunity to tell us what we did well, and how we can do better.

Please contact us should you have questions or concerns.

- Broward Health Medical Center at 954-712-4274.
- Broward Health North at 954-786-6635.
- Broward Health Imperial Point at 954-776-8830.
- Broward Health Coral Springs at 954-344-3344.