

THE MONTEFIORE CENTER FOR JOINT REPLACEMENT SURGERY

YOUR JOURNEY THROUGH TOTAL HIP AND KNEE
REPLACEMENT SURGERY PREOPERATIVE EDUCATION

OUR GOALS FOR THIS PRESENTATION ARE TO HELP YOU UNDERSTAND:

- THE PREOPERATIVE PROCESS
- THE DAY OF SURGERY PROCESS
- YOUR HOSPITAL STAY
- CARING FOR YOURSELF AT HOME
- YOUR REHABILITATION
- HOW TO MAINTAIN A HEALTHY LIFESTYLE

OUR GOALS FOR YOU

- To provide you with the most up to date surgical techniques using evidence-based guidelines, minimally invasive techniques and prostheses designed for each person
- To improve your quality of life and return each patient to the highest level of function possible
- To decrease your level of pain with activities of daily living
- To prevent complications
- To encourage and maintain healthy lifestyles
- To help you achieve the goals you set for yourself
- To provide a rapid recovery pathway
- To maintain a safe environment

PATIENT- AND FAMILY-CENTERED CARE

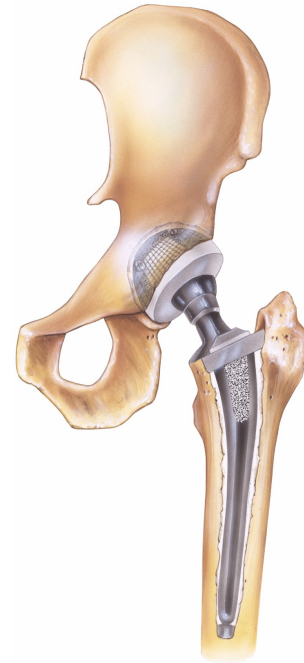
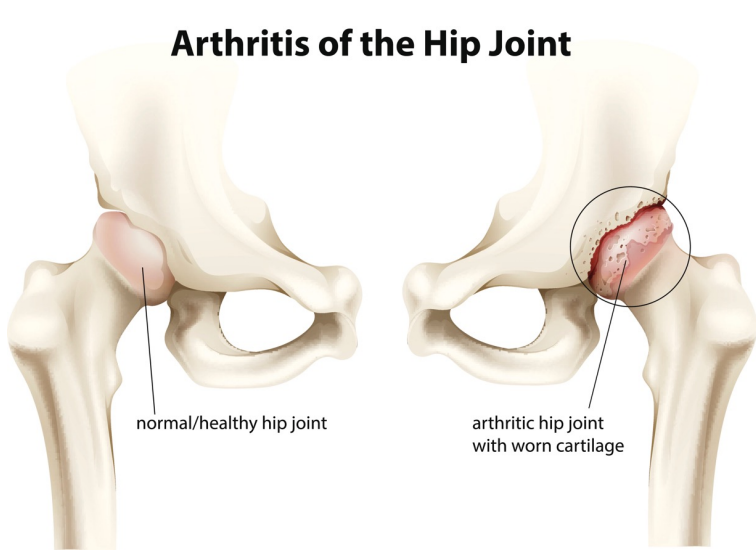
At The Montefiore Center for Joint Replacement Surgery, our health care delivery system is based on a model that:

- Provides a warm, friendly, kind, and supportive environment
- Involves you, your care coach, and family members in the decisions related to your care
- Shows respect to you and your family

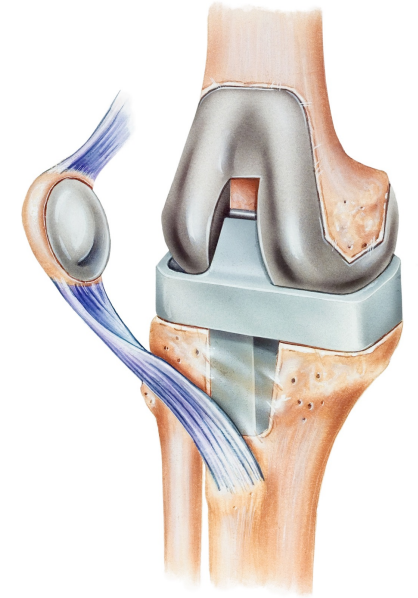
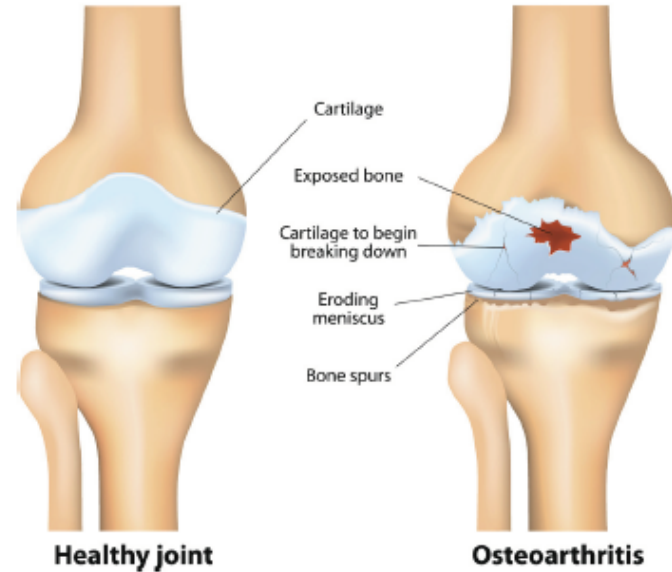
WHY TOTAL JOINT REPLACEMENT

Total joint replacement surgery involves replacing the worn out portions of the joint with artificial parts called a prosthesis. The new joint allows for smooth and comfortable movement.

Arthritis of the Hip Joint



Arthritis of the Knee Joint



CARING FOR YOURSELF BEFORE SURGERY

You will be scheduled for joint replacement surgery when:

- You are medically optimized for surgery
- You have identified a care coach
- You are ready to participate in the exercise program
- You are physically and emotionally ready

BEFORE SURGERY LET US KNOW IF ANY OF THE FOLLOWING APPLY TO YOU

- High body weight
- Heart disease or history of blood clots
- Complex medical or mental health issues
- Sleep apnea
- Smoker
- Alcohol use/Illicit drug use

QUIT SMOKING BEFORE SURGERY

- Pick a date to quit
- See your family doctor
- Find local support groups
- Enlist a family member or friend to help
- **Call NY State Hotline 866-697-8487**

DIET AND NUTRITION

- Maintain a healthy weight
- Healthy eating starts with filling your plate with fresh ingredients and whole foods in the right amount
- Healthy eating and good nutrition before surgery can have a beneficial effect on the healing process
- **To contact a dietitian for an appointment call 929-263-3519.**

MEET OUR JOINT REPLACEMENT TEAM

- **YOU** are the most important member of our team
- Orthopedic surgeons
- Anesthesiologists
- Medical doctors
- Nurse practitioners
- Physician assistants
- Registered nurses
- Certified nursing assistants
- Physical therapists
- Occupational therapists
- Social workers
- Dietitians
- Nutritionists
- Secretarial staff
- Administrators
- Housekeepers
- Patient experience leaders

APPOINTMENTS BEFORE SURGERY

- Medical clearance including lab work and diagnostic testing will be obtained. You will have an in-person or telemedicine visit with our medical team for medical evaluation and clearance. If other medical appointments are necessary for clearance, they will be obtained as well. Please bring your current medication list including vitamins and supplements
 - You will be told which medications or supplements to stop if any
 - You will be told which medications to take on the morning of surgery if any
- Some patients will be scheduled to see anesthesia specialists preoperatively
- Some patients will be scheduled for a nutrition consultation preoperatively
- An appointment with your surgical team to discuss the surgical process in detail, address all questions and concerns, and discuss and sign your consent for surgery
- You will complete a pre-operative patient reported outcome survey – this survey will help track your progress and identify health issues

TWO DAYS BEFORE SURGERY

- Some patients will be prescribed medications to take two days prior to your surgery to help with pain.
- DO NOT take the medications the day of surgery.
- Continue taking the medication for 5 days after the day of surgery

THE DAY BEFORE SURGERY

- You will receive a phone call 1-2 business days before surgery between 8 AM–4 PM from a staff member who will provide you with more detailed instructions and the time of arrival for surgery
- The night before surgery use your CHG skin wipes as directed. You have received the CHG wipes and directions for use
- You may not eat after midnight. Some patients are allowed to drink clear liquids (water, apple juice, clear Gatorade, clear Powerade, plain tea, or black coffee with no milk or creamer, until 2 hours before their hospital arrival time. Speak with your surgical team regarding your instructions
- If you were told to take any medications on the morning of surgery, take them with a small amount of water

WHAT TO BRING TO THE HOSPITAL

- Government sponsored legal photo ID (e.g., driver's license, passport, etc.)
- Insurance card
- Health Care Proxy Form completed
- Flat, non-slip, supportive walking shoes
- Comfortable loose clothes to go home in
- Eyeglasses, hearing aids and dentures (if necessary)
- An updated medication list or your medications

DO NOT BRING TO THE HOSPITAL

- Jewelry, piercings and valuables
- Remove all make up before surgery
- Nail polish should be removed before surgery
- Remove contact lenses and wear eyeglasses if applicable

THE DAY OF SURGERY

- The address of the hospital is :

The Montefiore Hospital Wakefield Campus

600 East 233rd Street
Bronx, New York 10466

- A member of the Orthopedic Team will meet you in the hospital lobby to escort you to the preop area
- You will be given a copy of the current visitor policy before surgery

DAY OF SURGERY

- You will meet the nurses who will review your medications and medical history
- You will see your surgeon
- You will use skin wipes and nasal swabs to help prevent infection
- You will be seen by a member of the anesthesia team who will discuss your anesthesia and pain management plan
- An IV will be started and vital sign monitors will be placed on you
- You will receive preoperative medications
- You will go into the operating room. Surgery usually takes between 1 and 2 hours

THE PERIOPERATIVE AREA AND RECOVERY

- When the surgery is completed, you will be taken to the recovery area
- You will be closely monitored
- You will be given pain medications
- If you are going home on the day of surgery, you will have a physical therapy session in the perioperative area. You will be discharged from that area. Medications will be sent to the pharmacy of your choice. Case managers will help arrange for physical therapy before you leave the hospital. Comprehensive discharge instructions including caring for your surgical site, showering and medication instructions will be given to you

FOR PATIENTS STAYING OVERNIGHT

- If you are staying overnight, you will be taken to the Orthopedic Care Unit
- Your physical therapy will begin on the Orthopedic Care Unit on the day of surgery
- You will be given pain medication
- Your discharge planning will begin immediately following surgery
- Medications will be sent to the pharmacy of your choice. Case managers will help arrange for physical therapy before you leave the hospital. Comprehensive discharge instructions including caring for your surgical site, showering, and medication instructions will be given to you

ABOUT PAIN MANAGEMENT

- Your pain management plan is tailored to best fit your specific needs
- Our goal is to control the amount of pain you have postoperatively
- Our protocols provide the most benefit while minimizing the side effects of medications
- You will use ice therapy around your surgical site to help decrease pain and swelling
- Pain medications will be prescribed for you upon hospital discharge. If you have any side effects from any medications, please call your surgeons office

POSTOPERATIVE HIP REPLACEMENT

- If you are having a hip replacement, hip precautions will be taught to you by the physical therapists
- If you are having hip replacement surgery, you will need a hip kit. They are available on Amazon and surgical supply stores. Some home care agencies will provide them
- A hip kit typically contains:

Reacher/Grabber

Long handle shoehorn

Long handle sponge

Sock aide for dressing

Dressing stick

PHYSICAL THERAPY AND REHABILITATION

You must take an active role in your physical therapy program. Physical therapy begins on the day of surgery. The surgery itself is only part of the outcome. Your efforts with therapy have a large impact on the outcome after surgery.

- You will be seen by a physical therapist in the hospital
- Physical therapy will be arranged for you either at home or at an outside center
- Hip and knee exercises can be found in the “Your Journey Through Total Joint Replacement Surgery” guidebook.
- Instructions on using a walker and cane can be found in “Your Journey Through Total Joint Replacement Surgery” guidebook.

CARING FOR YOURSELF AT HOME

- You will need a walker and a cane at home. We will assist you with obtaining these items if needed
- Medications– On the day of discharge a prescription for medications will be sent to a pharmacy of your choice
- You will be given instructions on caring for yourself at home
- You will see your surgical team 10-14 days postoperatively
- Continue to follow the exercise program all day

CARING FOR YOUR SURGICAL SITE

- At hospital discharge you will be given instructions on how to care for your surgical site and your specific dressing
- **Please wash your hands before touching the surgical site**
- Never apply creams, rubs or ointments to your surgical site until your surgeon allows
- Apply ice around your surgical site to reduce pain and swelling. Wrap the ice in a cloth before applying to your skin. Do not apply ice directly to the skin

SHOWERING AFTER SURGERY

- Most patients will be able to shower the day after they get home
- Most dressings are waterproof and can be left on while you shower
- Follow instructions given to you upon discharge from the hospital

PREPARING YOUR HOME CHECKLIST

- Make sure all rooms are well lit; install night lights where needed
- Remove clutter
- Remove all throw rugs
- Move electrical cords out of the way
- Arrange furniture so pathways are wide and can accommodate a walker and a cane
- Use sturdy chairs with arms and avoid low seats
- Keep items within reach
- Install a railing along stairs if needed

CHECKLIST CONTINUED

- Prepare a bedroom on the main level if possible
- Keep a cell phone or portable phone close by with a list of important phone numbers
- Prepare and freeze food ahead of time
- Stock up on groceries ahead of time
- Prepare care for your pets ahead of time
- Consider grab bars for your shower

MOVING FORWARD YOUR NEW JOINT REPLACEMENT

- EXERCISING – maintaining some form of exercise will help keep your new joint as well as the rest of your body in good shape.
- We discourage you from high impact and extreme twisting exercises
- Your new implant contains a **non-magnetic** metal. You can have an MRI scan
- **Post operative appointments:**
 - 2 weeks postoperatively
 - 6 weeks postoperatively
 - 3 months post operatively (complete a patient reported outcome survey)
 - 1 year post operatively (complete a patient reported outcome survey)

MOVING FORWARD CONTINUED

- **DRIVING** – most people return to driving between 4–8 weeks. You must be off opioids, able to brake successfully, and able to get in and out of the car easily. Speak with your surgeon before returning to driving
- **SEX** – most patients can return to sexual activity in about 6–8 weeks after surgery. You must feel comfortable. Hip replacement patients must maintain their specific hip precautions

RISKS OF SURGERY

Complications are uncommon but as with any surgery there are risks and potential for complications.

These include but are not limited to:

- Infection
- Blood clots
- Knee stiffness
- Lack of pain relief
- Implant wear and implant failure
- Reaction to materials
- Blood loss
- Anesthesia complications
- Nerve damage and damage to structures
- Hip dislocation
- Leg length inequality
- Other complications
- Covid-19

PREVENTING INFECTION AFTER SURGERY

It is rare; however, some patients are at an increased risk of developing an infection in their new joint. To reduce this risk, for 2 years after surgery you will be prescribed antibiotics before undergoing certain procedures, including dental procedures. Specific guidelines for preventing infections after total joint replacement can be found in “Your Journey Through Total Joint Replacement Surgery” Guidebook. Your surgeon can give you a copy of the guidelines as well

PREVENTING COMPLICATIONS AFTER SURGERY: PREVENTING BLOOD CLOTS

- To decrease the risk of blood clots forming after surgery your medical team will prescribe medications for you that have been demonstrated to lower these risks
- Your medication plan is tailored to best fit your specific needs
- Walking and exercise helps prevent blood clots

PREVENTING COMPLICATIONS AFTER SURGERY: WHEN TO CALL YOUR SURGEON (718) 920-2060

- Fever over 101 Fahrenheit
- Drainage around the surgical site
- Increased swelling or redness around the surgical site
- Pain and or swelling, heat or tenderness in either calf

WHEN TO CALL 911

Signs of Pulmonary Embolism (Blood clot in the lung):

- Difficulty breathing
- Shortness of breath
- Sudden onset of chest pains
- Delirium or confusion

Thank you for allowing us to participate in your care

The Montefiore Center for Joint Replacement Surgery Team