

# Table of Contents

## Welcome

Pre-Op History and Physical. . . . .	1
Pre-Op Total Joint Class. . . . .	1
Pre-Op CT. . . . .	1
Post-Op Appointment . . . . .	1
Your Joint Replacement Team . . . . .	2

## Planning Ahead

Planning Ahead Checklist . . . . .	3
Pre-Op Home Medications . . . . .	4
Before You Come to the Hospital. . . . .	5

## Preparing for Surgery

Pre-Op Instructions. . . . .	6
Pre-Op Phone Call . . . . .	6
What to Bring to the Hospital . . . . .	6
What to Leave at Home . . . . .	6

## What to Expect at the Hospital

The Day of Surgery. . . . .	7
Anesthesia. . . . .	8
Operating Room . . . . .	8
Recovery Room . . . . .	8

## Hospital Stay

Pain Management . . . . .	9
Dressing Changes . . . . .	9
Compression Stockings/TED . . . . .	9
Incentive Spirometer . . . . .	9
Physical Therapy . . . . .	9
Occupational Therapy . . . . .	9
Discharge Planning . . . . .	9

## Discharge Information

Discharge Instructions . . . . .	10
Pain Management . . . . .	10
Swelling and Warmth. . . . .	10
Homemade Ice Bag. . . . .	10
Preventing Blood Clots. . . . .	10
Constipation. . . . .	10
Follow Up Visit . . . . .	10

## Surgery Risks & How We Prevent Them

Deep Vein Thrombosis (DVT) . . . . .	11
Infection of the Incision . . . . .	11
Urinary Tract Infection (UTI). . . . .	11
Smoking . . . . .	11

## Precautions

Dental Appointments. . . . .	12
Driving . . . . .	12
Travel. . . . .	12

Post-Op Medication Log. . . . .	13
Notes. . . . .	14

# Welcome

## Thank you for choosing Little Falls Orthopedics.

We care about your health and well-being and are committed to providing you with the best health care experience possible. We are honored you chose Little Falls Orthopedics for your orthopedic care.

This book and the total joint class are designed to prepare you for your joint replacement surgery.

### Pre-Operative History and Physical

An appointment with your primary care provider's team is required prior to surgery. That team will ensure your medical conditions are optimized to proceed with surgery. That visit may include laboratory tests, x-rays and an EKG.

Date: \_\_\_\_\_ at \_\_\_\_\_ a.m./p.m.

Location: \_\_\_\_\_ Provider: \_\_\_\_\_

### Total Joint Class

Date: \_\_\_\_\_ at \_\_\_\_\_ a.m./p.m.

- Complete pages 3 and 4 of this booklet prior to class
- Bring a family member or friend who will be helping you after surgery
- Please check in at Admissions at St. Gabriel's Hospital's main entrance
- PLEASE BRING THIS BOOK WITH YOU TO JOINT CLASS

### Pre-Operative CT Scan

- St. Gabriel's Hospital will call to schedule if you discussed robotic surgery with your surgeon.

Date \_\_\_\_\_ at \_\_\_\_\_ am/pm

### Surgery at St. Gabriel's Hospital

Procedure: \_\_\_\_\_ is scheduled on: \_\_\_\_\_

With Dr. \_\_\_\_\_

### Post-Operative Appointment

Little Falls Orthopedics Location: Albany / Little Falls / Long Prairie / Melrose / Sartell / Sauk Centre

Date: \_\_\_\_\_ at \_\_\_\_\_ a.m./p.m.

Provider: \_\_\_\_\_

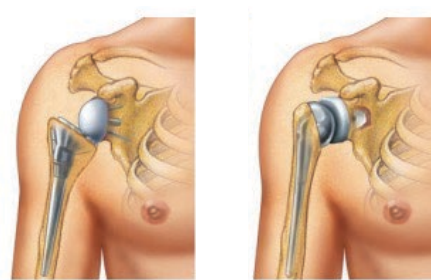
Total hip replacement



Total knee replacement



Reverse total shoulder/anatomic total shoulder replacement



**Little Falls Orthopedics**

1108 1st Street SE  
Little Falls, MN 56345  
P 320-631-2200  
F 320-632-3728

**St. Gabriel's Hospital**

815 2nd Street SE  
Little Falls, MN 56345  
P 320-632-5441  
F 320-631-5680

## Your Joint Replacement Team

**Surgeon**

- Little Falls Orthopedics Orthopedic Surgeon

**Physician Assistant (PA-C)**

- Health professional who assists your surgeon with surgery, hospital rounds, clinic visits and telephone calls.

**LFO Nurse Navigator**

- Your “go-to-person” about your joint surgery
- Assists you with questions before, during and after surgery

**Hospital Pre-Op Nurse**

- Nurse who calls with pre-op instructions and time of arrival

**Certified Registered Nurse Anesthetist (CRNA)**

- Reviews your health history prior to surgery
- Administers your anesthesia

**Hospital Registered Nurse (RN)**

- Provides much of your physical care during your hospital stay
- Implements your plan of care, administers medications, and monitors your progress

**Certified Nursing Assistant (CNA)**

- Assists with your personal needs at the hospital including bathing, changing clothes, getting to and from the bathroom

**Hospitalist**

- Medical provider who oversees your medical care while you are hospitalized

**Physical Therapist (PT)**

- Coaches you on walking, climbing stairs and transferring while using your walker, crutches, cane, or immobilizer
- Teaches the exercises you need to do before and after surgery

**Occupational Therapist (OT)**

- Teaches you how to perform many of your daily activities such as dressing and showering, while maintaining joint precautions
- Helps you learn how to use tools for daily activities (ex. long handled reacher, shoe horn, dressing stick, sock aid etc.)

**Pharmacist**

- Reviews your home medications
- Manages medications you receive in the hospital
- Provides education on discharge medications (if needed)

# Planning Ahead

Patient Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

**Please complete prior to Total Joint Class**

Date of Surgery: \_\_\_\_\_

Surgeon: \_\_\_\_\_

## Where do you plan to go when you are discharged from the hospital?

Most patients discharge home the **day after surgery**. You may or may not receive a letter from your insurance stating that additional days have been approved. Although additional days may be approved they will only be covered by insurance **if** medically necessary.

- ☐ **Home** with support from family, friends, or neighbors
  - Who? \_\_\_\_\_
  - How long can they stay? \_\_\_\_\_
- ☐ **Home with home care services** Patients receiving home care services must be home bound with the exception of leaving for medical appointments and church services only.
  - Preferred home care agency: \_\_\_\_\_
- ☐ I can't go home after surgery. What are my options?

## Where do you plan to attend physical therapy following your joint replacement?

\_\_\_\_\_

## Do you have access to a front wheeled walker for after your knee or hip replacement?

*Walkers with four wheels are NOT recommended.*

- ☐ Yes – It is in good condition and the correct size
  - Individuals 350 pounds or greater will need a bariatric walker
  - You may need a petite walker if you are less than 5'2" or a tall walker if taller than 6'4"
- ☐ No – If you are unable to borrow or purchase a walker prior to your surgery, please contact Little Falls Orthopedics at 320-632-2232.

**How many stairs do you have?** \_\_\_\_\_

**Is there a handrail?** (Circle one)    Yes    No

## Will you have a ride home from the hospital and to appointments after surgery?

- ☐ Yes
  - Who? \_\_\_\_\_
  - Is the vehicle easy to get in and out of? Yes / No (Circle one)
- ☐ No

# Pre-Op Home Medications

Please complete prior to joint class



Please use this form to list **EVERYTHING** you are taking or using.  
Include daily medications, medications taken as needed, over the counter medications, vitamins, diet pills, herbal medications, supplements, nasal sprays, ointments, eye drops, etc.

Patient Name:				
Medication	Dose/mg	When do you take it	What is it for	Last dose before surgery to be taken on

## Before You Come To The Hospital

**Planning ahead** for your recovery after discharge from the hospital is an important part of being able to have a successful outcome to your surgery. Some things to CONSIDER:

### EQUIPMENT:

- ☐ Front wheeled walker (hip and knee replacements only)
- ☐ Reacher
- ☐ Sock aide
- ☐ Shoe horn
- ☐ Request equipment orders from Little Falls Orthopedics (if needed)

### BATHROOM:

- ☐ Grab bars (without suction cups), safety rails, or stable surfaces to safely raise and lower yourself (surrounding the toilet and shower)
- ☐ Raised toilet seat or commode (especially for hip replacements)
- ☐ A shower chair or tub bench
- ☐ A hand held shower hose for showering

### KITCHEN:

- ☐ Frequently used items (pots, pans, and dishes) are at waist level to prevent overreaching or excessive bending
- ☐ Items in the refrigerator and pantry are easy to reach

### BEDROOMS:

- ☐ I can get in and out of bed easily (a step may be needed)
- ☐ The pathway to the bathroom is clear and well lit (add a nightlight)
- ☐ Extra pillows for positioning in bed

### STAIRWAYS (Indoors and Outdoors):

- ☐ There is a sturdy handrail on at least one side of the stairway
- ☐ The stairs are well lit (add a night light)
- ☐ My home is set up to avoid excessive stair use

### GENERAL HOME SET-UP:

- ☐ Throw rugs are removed
- ☐ Electrical cords and other tripping hazards are removed
- ☐ Walkways are free of clutter and I can easily move through them with a walker
- ☐ I have a walker bag or safe way to transport light items while keeping both hands on my walker
- ☐ There is a sturdy chair that is easy to stand up from (not too low)
- ☐ A phone is within reach
- ☐ Pets may be a tripping hazard

**REMEMBER, THE MORE YOU PREPARE PRIOR TO YOUR JOINT REPLACEMENT,  
THE EASIER IT WILL BE FOR YOU TO RETURN HOME**

# Preparing For Surgery

## Preoperative Instructions

- ☐ Contact your insurance to verify benefits
- ☐ Notify your primary doctor if you have any open areas (open sore, cut, bite or rash) or illness (fever, vomiting, dental pain)
- ☐ No shaving the surgical leg or arm one week prior to surgery
- ☐ Follow showering instruction sheet given at Joint Class
- ☐ Stop prescription blood thinners as instructed by your Primary Care Provider.
- ☐ Stop anti-inflammatories such as Ibuprofen (Motrin or Advil), Naproxen (Aleve) and supplements including fish oil, vitamin E and garlic one week before surgery.
- ☐ Set up a personalized voicemail on your phone AND tell your caregiver to do the same. Your care team is not able to leave a detailed message on a generic voicemail that does not identify the recipient.

## Pre-Op Phone Call:

The hospital pre-op nurse will call you to:

- ☐ Confirm what time to arrive at the hospital on the day of surgery
- ☐ Confirm what time to stop eating and drinking prior to surgery
- ☐ Review your health history and medication
- ☐ Arrange a spiritual care visit the morning of surgery if desired
- ☐ This call will last approximately 20 minutes

## What to Bring to the Hospital

- ☐ This book
- ☐ Personal hygiene items (toothbrush, powder, deodorant, electric razor, etc.)
- ☐ If you wear glasses, contact lenses, a hearing aid or dentures, bring a case to put them in, as well as any cleaning/storage solutions. Please label your case with your name.
- ☐ Bring loose fitting clothing to wear home: Loose fitting pants if you are having a knee or hip replacement and an oversized shirt if you are having a shoulder replacement. The hospital will provide hospital gowns, safety slippers, and a robe for your use in the hospital.
- ☐ Sturdy supportive shoes to wear home (no open back or flip flops)
- ☐ A two wheeled walker (if you are having a knee or hip replacement)
- ☐ A copy of your Advance Directive
- ☐ List of medications and allergies
- ☐ Photo identification and insurance cards
- ☐ CPAP machine (if applicable)
- ☐ Cell phone and longer charging cord.

## Leave at Home

- ☐ Jewelry
- ☐ Cash and credit cards





## What to Expect At The Hospital

### The Day of Surgery Instructions

- No eating or drinking after midnight the night before surgery (unless instructed differently)
- Only take medications if instructed (with a sip of water)
- No makeup, nail polish, acrylic nails, jewelry, or contact lenses the day of surgery
- Enter the hospital through the main entrance and check in at the desk
- Once you are settled into your room:
  - The surgical consent will be signed
  - Blood may be drawn
  - Your surgeon or physician assistant will talk with you and mark the surgical site
  - Anesthesia staff will discuss anesthesia options with you
  - Ask questions!



## Anesthesia

The certified registered nurse anesthetist (CRNA) will help you decide which type of anesthesia is the best choice for you. In most total joint replacement surgeries, a combination of anesthetic techniques can be beneficial.

### What kind of anesthesia will I receive?

You will receive a general, spinal, regional and/or local (block) anesthetic for your joint replacement surgery. Listed below is a description of each type:

#### Types of Anesthesia

<b>General</b>	Provides loss of consciousness
<b>Spinal</b>	Anesthetic injected into a specific space of your back (knee and hip replacement patients)
<b>Regional</b>	Anesthetic administered near the sensory nerve of the surgical site
<b>Local</b>	Injected around the joint at the end of surgery to minimize pain

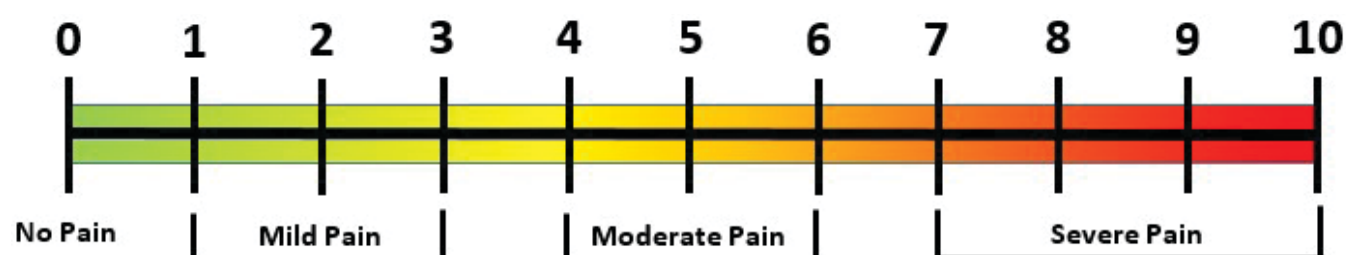
## In the Operating Room Suite

- Your surgical team includes the surgeon, physician assistant, surgical tech, circulating nurse, CRNA, and an equipment representative.
- If ordered by your surgeon, a catheter may be placed into your bladder
- A surgical time-out is performed confirming your allergies and surgical procedure
- A tourniquet may be used on your thigh if you are having a knee replacement

## Recovery Room

- After your surgery is done, you will be moved to the recovery room where you will be monitored by a nurse
- You will be in the recovery room until you meet the criteria to go to your private room (usually about one hour)

# Hospital Stay



## Pain Management

A question that concerns most joint replacement patients is the amount of pain they will experience after surgery — and how to manage that pain. The surgery is designed to help you eventually reduce joint pain caused by arthritis. You will have discomfort following surgery as your body heals and you get used to your new joint.

You will be asked to rate your pain using the pain scale; ranging from a score of 0 (indicating no pain), to a 10 (indicating the worst possible pain). This helps the nurse decide which available pain medication is best for you.

## IT IS EXPECTED THAT SOME PAIN WILL PERSIST DESPITE THE USE OF PAIN MEDICATIONS.

Icing, elevating the operative leg, and repositioning may also be helpful.

## After Surgery Care

### Dressing Changes

A sterile dressing will be applied in surgery. Instructions for dressing changes, incision care and showering will be given to you at discharge.

*Do not apply lotions, creams or ointments to your incision.*

### Compression stockings

Compression stockings may be applied after surgery and should be worn as instructed for up to 3 weeks. They help reduce swelling and the risk of blood clots.

### Incentive Spirometer

Using an incentive spirometer will help you take deep breaths to open the air sacs in your lungs. The device and instructions will be provided during your hospital stay. Continued use at home is recommended to keep your lungs clear throughout your recovery.

### Physical Therapy

You will have Physical Therapy (PT) in your room starting the day of or after surgery. Physical therapy will continue until discharge. Your physical therapist will instruct you on walking, transfers, and the proper way to perform stairs and exercises.

### Occupational Therapy

The Occupational Therapist (OT) will help you to best perform daily activities including bathing, dressing and toileting while maintaining joint precautions.

### Discharge Planning

Your team will help solidify your discharge plans, including your first follow up appointment with the surgeon's team and your first physical therapy appointment.

# Discharge Information

## Discharge Instructions

Before you leave the hospital you will receive printed instructions, which will be reviewed with you by your nurse. Instructions will include:

- When to come back to see your doctor or PA
- When and where to start physical therapy (if ordered)
- How to change your dressing
- Home medications to take or hold after surgery
- Pain Medications
- Blood thinner (knees and hips)

## Getting Comfortable at Home

### Pain Management

Pain is expected after a joint replacement. Take your pain medication as prescribed, if needed, making sure it is taken approximately 60 minutes prior to physical therapy. Together we will wean you off the prescription pain medication 2-3 weeks after surgery. Until then call your pharmacy for a refill. It is **STRONGLY** recommended that you call before noon during regular business hours when you are close to running out.

### Swelling and Warmth

Swelling and warmth is expected for a few months after a joint replacement. Ice frequently throughout the day, wear the ted stockings and elevate the leg.

If you overdo it, you will experience increased pain and swelling. If this happens, take your pain medication, ice, elevate, and call Little Falls Orthopedics with any questions.

### Homemade Ice Bag Recipe

- 2 parts water
- 1 part rubbing alcohol
- Place in zip-closure bag
- Freeze
- Place in second bag
- Wrap in thin towel

*May also use small frozen vegetables, such as peas or corn, or reusable frozen gel packs.*

### Preventing Blood Clots

It is very important that you take your blood thinner daily and wear your compression stockings, if recommended, to prevent blood clots after surgery.

### Constipation

Surgery, anesthesia, and pain medication can cause constipation. Here are some things that may help:

- Decrease pain medication as able
- Over-the-counter stool softeners
- Drink 6-8 glasses of water every day
- Try a high fiber diet (grains, fruits, and vegetables)

### Follow-Up Visit

Your first follow up visit will be scheduled approximately 2 weeks after surgery. You can expect to have your staples removed at this visit.

# Surgery Risks & How We Prevent Them

## Deep Vein Thrombosis (DVT )

A blood clot in the calf, thigh, or groin.

Prevention:

- Compression stockings or ace wraps
- Blood thinner medication

### Call If:

- Your calf is hard and painful
- Bending your foot up and down causes extreme calf pain

## Infection of the Incision

May appear as a gap in the wound with drainage, or new onset of joint pain that limits your ability to walk.

Prevention:

- Sterile dressing as ordered by your surgeon
- Do not remove staples, SteriStrips, or stitches at home
- Stay out of public pools and hot tubs

### Call If:

- Drainage is saturating your dressing

## Urinary Tract Infection

An infection of the urinary tract

Prevention:

- Remove bladder catheter the day after surgery

### Call If:

- You have burning, urgency, frequency, or foul odor when urinating

## Smoking

Smoking decreases wound and bone healing

### Ask If:

- You want nicotine gum or patches

**Call 911 if you experience sudden shortness of breath, chest pain or change in color (purple, white or gray) and temperature (cool) in the surgical extremity that is not relieved with changing positions**



## Precautions

### Dental Precautions

Dental cleanings may make it possible for bacteria to enter the bloodstream, travel to your replaced joint and cause an infection. Notify your dentist of your joint replacement prior to any treatment / and cleaning.

- Avoid dental appointments (including cleanings) for three to six months after surgery.
- Take antibiotics one hour before dental work or other invasive procedures.
- Call Little Falls Orthopedics when scheduling each dental appointment and one of our providers will prescribe the antibiotic.

*Tell any specialist you see that you have a joint replacement. This is particularly important before any invasive procedure.*

### Driving

Your surgeon will permit driving once you are off narcotic pain medicine and muscle strength has returned. This may occur approx. 2-3 weeks post operatively. This includes: Cars, ATVs, tractors, lawnmowers, and snowmobiles.

### Travel

Travel for more than one hour at a time during the first 4-6 weeks after surgery should be avoided when possible due to stiffness and risk of blood clots. Air travel should be discussed with your surgeon.

# Post-Op Medications

Keep track of your post-op medication doses on this log.



Patient Name:			
Medication	Number of Tablets	Date/Time Taken	Reason for Taking

## Notes

[illegible]



## Notes

[illegible]