

# **PRE-OPERATIVE INSTRUCTIONS FOR TOTAL JOINT REPLACEMENT PATIENTS ©**

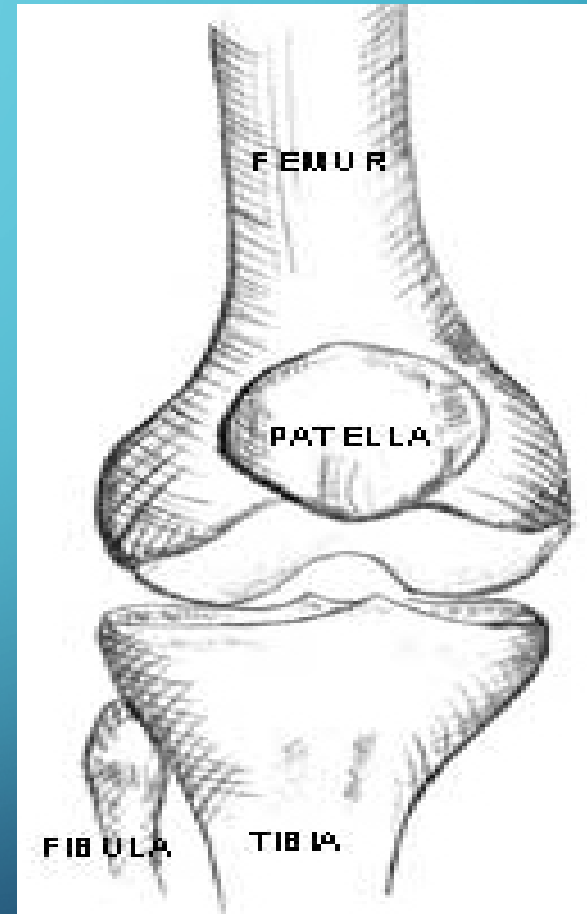
# PHYSICIANS

- Each Physician is highly trained in total joint replacement.
- Each patient care will be managed by their physician and therefore each patients post operative path may not be identical.
- You will be followed by an Orthopedic Nurse Practitioner during your stay.

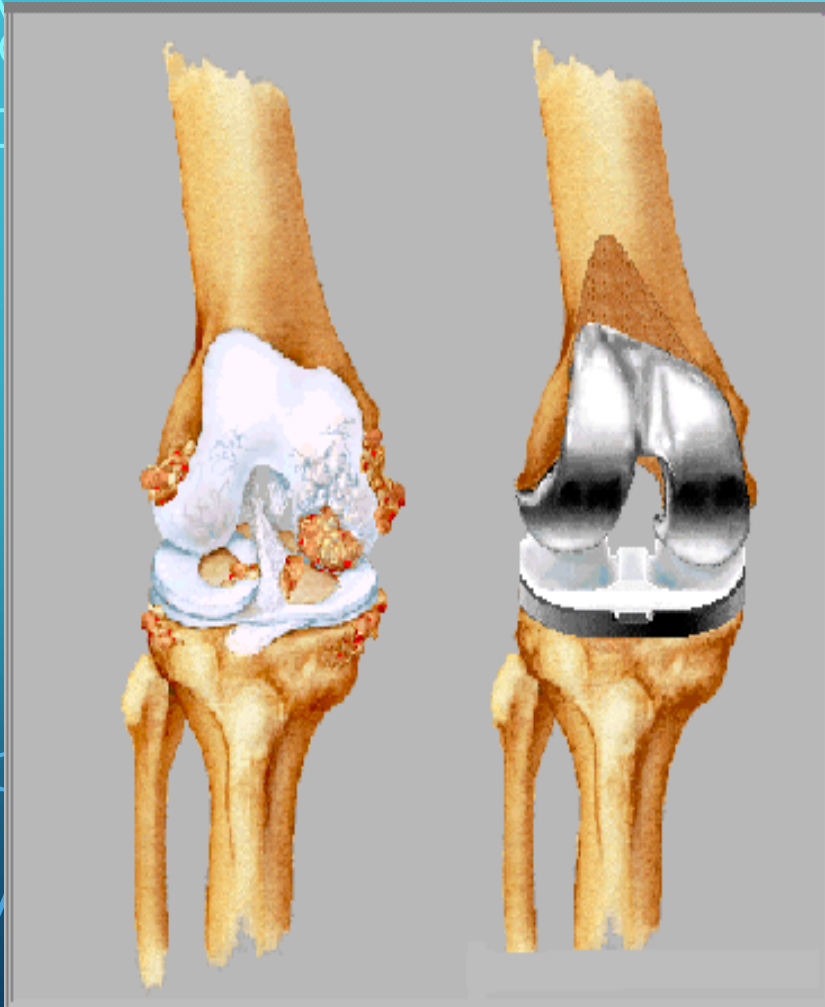
# REVIEW OF ANATOMY

- There are four major bones of the knee.

- Femur
- Patella
- Tibia
- Fibula



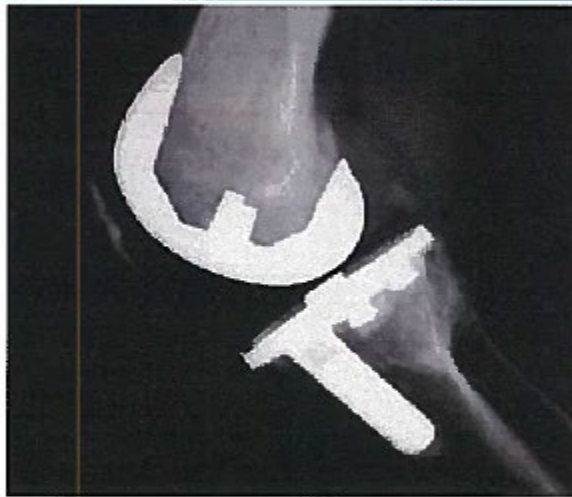
# TKR COMPONENTS



- There are three components to a TKR:
  - Tibial components
  - Femoral component
  - Patellar component

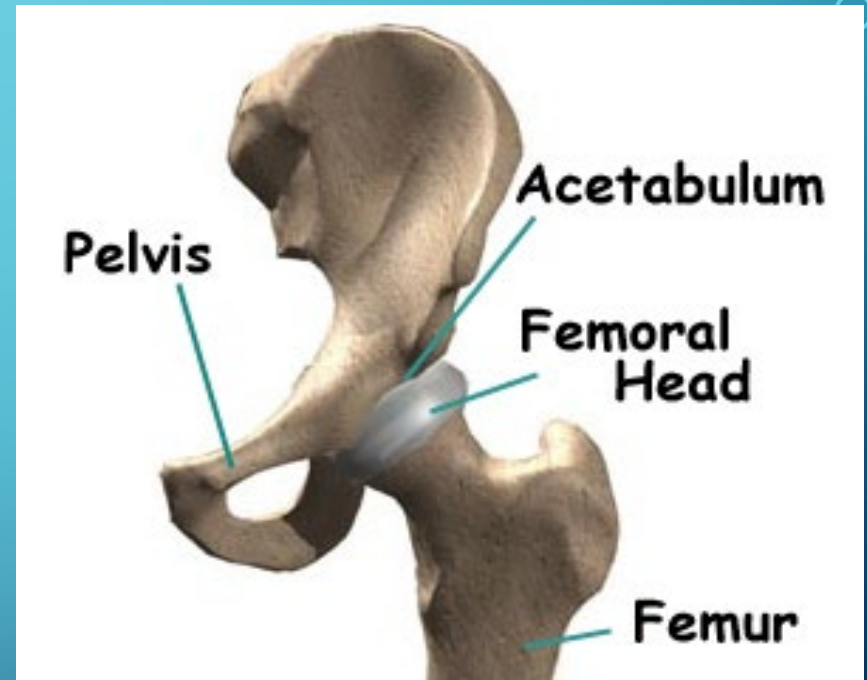


# TKR Components Cont'd



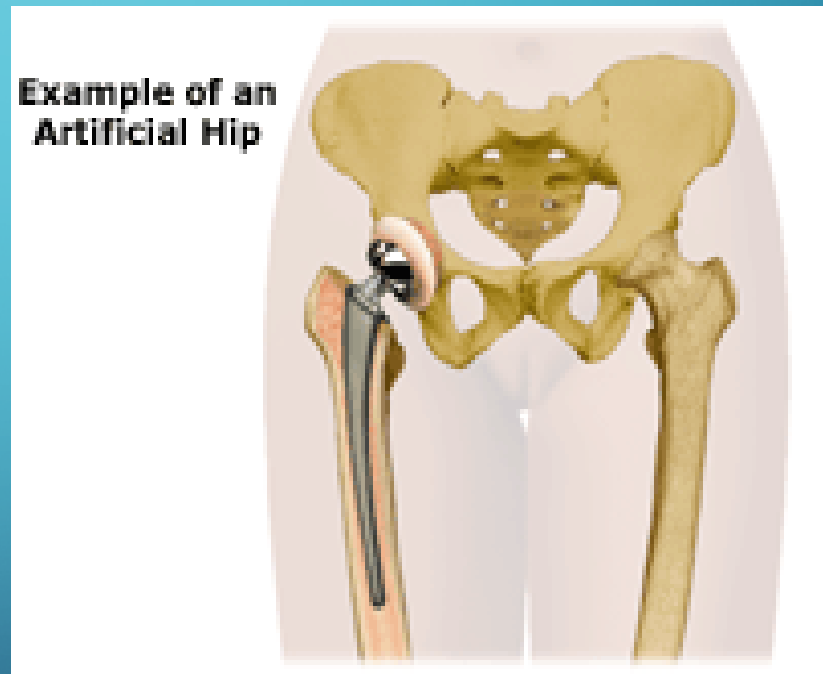
# REVIEW OF HIP ANATOMY

- Pelvis
- Femur
  - Femoral Head attaches to acetabulum
  - Ball and socket joint



# TOTAL HIP REPLACEMENT

- Femoral Head
- Stem
- Acetabulum



# HIBICLENS (CHLORHEXIDINE GLUCONATE)

- Liquid disinfectant soap to be used to wash/shower with before surgery.
- See handout for detailed instructions.



# PRE OPERATIVE INSTRUCTIONS

- What to bring to the hospital
  - Comfortable walking shoes
  - Cell phones are permitted
  - Health care Proxy (If you have)
  - Personal hygiene products
  - CPAP or BIPAP machine.
  - If you are ill up to 5 - 7 days before your surgery, notify the surgeons office.

# PRE OPERATIVE INSTRUCTIONS

- What *NOT* to bring to the hospital
  - Electrical equipment (fans, hair dryers, curling irons)
  - Valuables (wallets, money, credit cards, jewelry)

# PERSONAL MEDICATIONS

- The hospital has most medications or appropriate substitutions
- Most of the time there is no need for you to provide your own medications
- But occasionally we may have to ask you to provide a medication that we may not have available.
- Bring in information about any newly prescribed medications or medication/dose changes since your Pre-operative testing appointment.

# BRING CURRENT MEDICATION LIST TO PRE-ADMISSION TESTING

- Current list of medications
  - Dosage form (extended release? Liquid?)
  - Doses and what times of day.
  - Ex) Instead of “10 mg a day”, say “5 mg twice a day with breakfast and dinner”
  - Can bring med bottles to pre-admission testing, but don't bring them on your surgery day.



# FAMILY

Catholic Health supports visitation options that work best for patients and visitors while optimizing the patient's ability to receive care and rest.

- 2 visitors per patient between 9am - 9pm
- Outpatient and Ambulatory procedures may have a support person with them for the duration of their care unless temporary restrictions are in place
- Visitation is subject to change and will adhere to current regulatory guidance
- All visitors must self-screen for possible COVID-19 symptoms or other transmittable illnesses prior to visitation. Those who have any of the following are NOT permitted to visit:
  - Been diagnosed with COVID-19 and have not completed CDC criteria for isolation (free of symptoms and a fever for at least 24 hours and at least 5 days from COVID diagnosis).
  - Symptoms consistent with COVID-19 (cough or difficulty breathing, fever equal to or greater than 100.4 degrees Fahrenheit, etc.).
  - Signs and symptoms of a contagious illness that can be transmitted to others.

# TAKING PAIN MEDICINE HELPS YOU:

- Reduce pain and increase comfort
- Sleep/rest better – promotes healing
- Get more out of physical therapy
- Increase physical activity
- Recover faster

# THE PAIN SCALE

## HOW SEVERE IS YOUR PAIN?

- Scale of 0 to 10, where level 0 is no pain, 1 is very mild pain and 10 is the most severe pain.
  - Levels 1-3 are mild pain levels
  - Levels 4-6 are moderate pain levels
  - Levels 7-10 are severe pain levels
    - 10 is the most severe unbearable pain

# ANTIBIOTICS BEFORE DENTAL PROCEDURES

- Dental work is to be avoided for 3-6 months after total joint replacements. Prior to dental work being completed, contact your Orthopedic physician and dentist for instructions and guidance.
- Antibiotics are required prior to dental work after total joint replacements. Contact your Orthopedic physician and dentist for instructions for antibiotics.



# PHYSICAL & OCCUPATIONAL THERAPY

- **Physical Therapy Focus:**

- Range of Motion (exercise program)
- Functional Mobility (Moving in/out of bed, walking)
- Use of an Assistive Device (Rollator walker)
- Patient/Family Education
- Pain Management

- **Occupational Therapy Focus:**

- ADL instruction (dressing/bathing/grooming)
- Use of Adaptive Equipment
- Patient/Family Education

# Recovery at Home

## Advantages:

- Recovery in the comfort of your home
- Able to sleep in your own bed
- Resume your home routine
- You will receive 1:1 PT treatment (while you are homebound). Your therapist will develop a plan individualized to your needs and success. Your physician may also schedule outpatient physical therapy for you.

## • Your Therapist will focus on:

- Strengthening/ Range of Motion
- Balance Exercises
- Functional Mobility/ Use of Assistive Device

Case Management will arrange homecare prior to your surgery, referrals are based on county and insurance.

# CATHOLIC HEALTH POST –OPERATIVE OUT-PATIENT PHYSICAL THERAPY

- Highly trained and experienced staff
- Low therapist to patient ratio meaning more direct care from your physical therapist
- Convenient hours
- 6 locations throughout Erie County

# QUESTIONS FOR YOUR SURGEON:

- Talk to your surgeon at least 10 days before surgery and ask:
- What medications to stop before surgery – and when?
- What medications and doses to take or skip – on the night before and/or the morning of surgery?
  - Note: for any meds taken on the morning of surgery - take with small sips of water only.
- After surgery your doctor may stop or adjust some medications and/or add new ones.
- Ask when to stop eating or drinking.



# ALLERGIES

- Bring list of allergies / side effects / adverse reactions to:
  - Medications
  - Herbal or Nutritional Products
  - Foods
- Include specific reactions/side effects and severity (mild, moderate, severe), for example:
  - Severe hives with amoxicillin
  - Mild nausea with codeine



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