

# Your Total Joint Surgical Procedure

## *Virtual Tour*

What to expect before, during, and  
after your surgery.

# Topics Covered in this Tour

- General Information
- Physical Therapy
- Pharmacy
- Nutrition
- Anesthesia
- Social Services

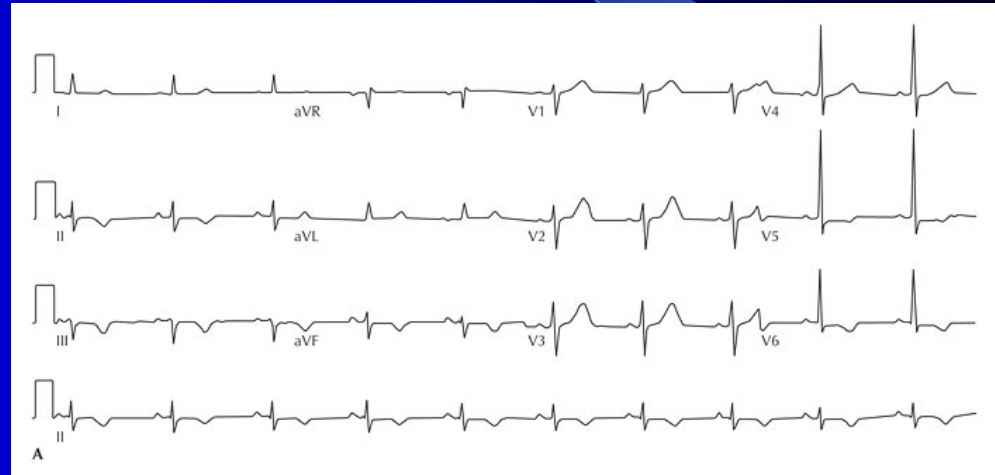
# Preparing for Your Surgery

- Getting yourself ready
  - Treat yourself well
  - Balanced meals
  - Plenty of rest
  - Eliminate alcohol
  - Exercise
  - Do things that you enjoy
  - Eliminate smoking



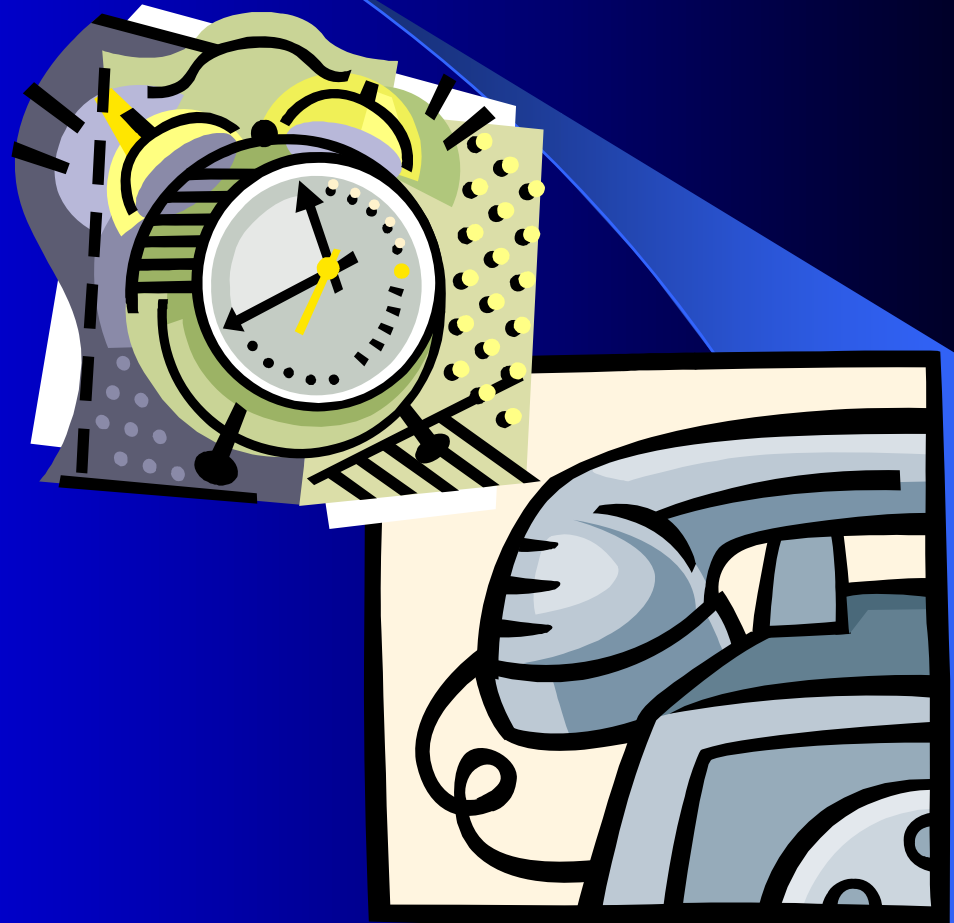
# Pre-admission Screening

- History and physical
- EKG
- Chest x-ray
- Blood & urine
- Blood donation



# Pre-admission Phone Call

- Time of arrival
- Time of surgery
- Hibiclens wash
- Medications
- Diet





# What Not to Bring

- Valuables
- Credit cards
- Cash
- Jewelry



# *Day of Surgery*

## What to Expect

### **When to arrive**

- 2 -3 hours before surgery

### **Where to arrive**

- Main Entrance (valet parking is available)
- Take Elevator to 8th Floor
- Go to “Center 8”



## *Day of Surgery*

# Intravenous Line & Blood Work

- An intravenous line will be placed in one of your arms
- Blood work may be drawn from one of your arms



## *Day of Surgery*

# Prep, Stockings & Transport

- Any hair on your hip or knee will be shaved
- You will wear stockings to help the circulation in your legs
- One family member may accompany you



*Day of Surgery*  
**Operating Room Waiting Area**  
*Anesthesia*

- You will meet your Anesthesiologist where you will review your medical history and decide on a type of anesthesia



*Day of Surgery*  
**Operating Room Waiting Area**  
*Anesthesia*

**Evaluation/Interview**

- Pre-op evaluation
  - History & Physical
  - Cardiology / Pulmonary
- Pre-op anesthesia interview

**Types of Anesthesia**  
will be discussed

- General
- Regional
  - Epidural
  - Spinal
- Pros & cons
- Risks & side effects

*Day of Surgery*  
**Operating Room Waiting Area**  
*Anesthesia*

- Monitoring
  - IV
  - Central Line
  - Arterial Line
  - THA/ Bilateral TKA
- Anesthesiologist / OR
- O R positioning
- PACU / Pain Control
  - Overnight in PACU or ICU
  - Orthopaedic Floor (CB6)

*Day of Surgery*

# Laminar Flow Room

- A special operating room called a *Laminar Flow Room* is used to protect you against infection



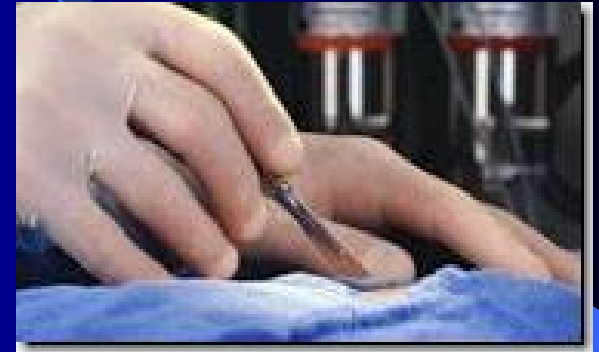
## *Day of Surgery*

# Length of Surgery

**Total Hip:** 2 hours

**Total Knee:** 2 hours

**Bilateral Joints:** 2-4 hours



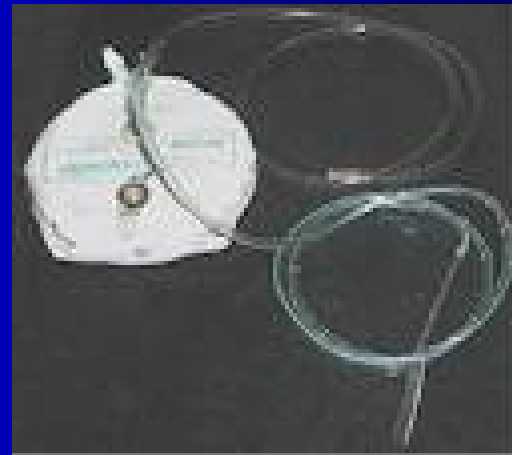
## During Your Surgery

Your family can wait at the hospital, or at home (your doctor will contact your family when your surgery is completed)

*Right After Surgery*

# Post Anesthesia Care Unit

- You will have a dressing (bandage) on your hip or knee
- You may have a drain coming from your incision site



*Right After Surgery*

# Post Anesthesia Care Unit

- Following a hip replacement, a pillow may be placed between your legs to protect your hip.
- Following a knee replacement, your knee may be placed in a Continuous Passive Motion (CPM) machine to help get it working again.



*Right After Surgery*  
Post Anesthesia Care Unit

## Length of Stay:

- Total Joint - 2 - 4 hours
- Bilateral Joints - Overnight



*Right After Surgery*  
**On the Orthopaedic Unit**

- Your blood pressure, pulse, temperature, respirations and pain level will be checked frequently.



*Right After Surgery*  
**On the Orthopaedic Unit**

- You will use a machine, called an incentive spirometer, to help you breath deeply and keep your lungs clear.
- Your nurse will check your circulation and teach you exercises to prevent a phlebitis (blood clot).



*Right After Surgery*  
**On the Orthopaedic Unit**

- Your nurse will check your abdomen and your diet will increase slowly after surgery.
- Your doctor will remove the dressing (bandage) on your hip or knee.



*Right After Surgery*  
**On the Orthopaedic Unit**

- You will receive pain medications, antibiotics (to prevent infection), a blood thinner (to prevent blood clots), as well as medications that you may have taken at home.



# *Right After Surgery* Pain Control

## Good Pain Control Helps You

- Move in Bed
- Do your exercises
- Walk
- Cough and deep breathe
- Sleep
- Get better faster



# *Right After Surgery* Pain Control

## **Make sure to tell us:**

- If you are in pain
- The methods you use at home to decrease pain

## **Call the Nurse for:**

- Pain control
- Scheduled therapy
- Any questions or concerns



# After Surgery

# Physical Therapy

## Overview

**Frequency of therapy:** 2 times a day

**Where:** Gym on the Orthopaedic unit

**Pain Medication:** You will be given pain medication prior to your PT session

**Weight bearing status:** Your doctor will decide how much weight your legs can bear

**Family:** Your family is welcome to come to your PT sessions with you



*After Surgery*

# Physical Therapy

*Total Knee Program - Exercises and CPM*



**Goal:** Increased bend of  
your knee

**Goal:** Straight knee



*After Surgery*

# Physical Therapy

*Total Hip Program - Precautions*



- No Bending!
- No Crossing Legs!
- No Pivoting!



*After Surgery*  
**Physical Therapy**  
*Assistive Devices*



- Long-handled shoe horn
- Reacher
- Sock device

*After Surgery*  
**Coumadin**  
*What is it?*

- Coumadin is a medication that is taken daily to decrease the chance of blood clots
- Coumadin will NOT
  - Change Blood Thickness
  - Cause Tiredness
  - Decrease Body Temperature



*After Surgery*  
**Coumadin**  
*How does it work?*

- Slows the clotting process
- Prevents the formation of clots in blood vessels
- Blood tests are done each day to make sure that your Coumadin level remains within a therapeutic range, in order to protect you against blood clots



*After Surgery*  
**Coumadin**  
*Blood Testing*

## Why?

- Prevents unwanted bleeding
- Insures protection from clotting



## Frequency:

- Daily at Hartford Hospital
- Twice a week after discharge
- Blood draws at home (until you are able to travel)

*After Surgery*  
**Coumadin**  
*Staying Safe*

## **Medication & Diet:**

- Dosing schedules
- Missed doses
- Diet - green vegetables daily

## **Call us if...**

- New medications
- Injuries or illness

## **Self Monitoring:**

- Cuts that bleed for a long time
- Unusual bruising
- Excessive bleeding of the gums
- Nosebleeds
- Blood in urine or stool

*After Surgery*  
**Diet & Nutrition**  
*Increased Needs*

- After surgery, you will have an increased need for calories and protein:
  - Fish, Meats
  - Eggs
  - Cheese
  - Milk, Yogurt
  - Legumes
  - Peanut Butter



*After Surgery*  
**Diet & Nutrition**  
*Increased Needs*

- After surgery, you will have an increased need for iron:
  - Take iron supplements
  - Eat foods rich in iron



# Preparing for Discharge

## *What to Expect*

- Your hospital length of stay will average 4-5 days
- You have the option to go home or to a rehabilitation facility after discharge
- Check your insurance coverage
- If recommended, obtain any necessary equipment
- Arrange for transportation

# Preparing for Discharge

## *Getting Your Home Ready*

- Use an apron or belt pack
- Obtain a cordless phone
- Try using individual beverages and ready to eat foods
- Place frequently used items in easy to reach locations
- Good time for books or projects
- Remove scatter rugs to avoid tripping
- Clear doorways of obstructions
- Place pillows on low chairs
- Move electrical cords out of the way
- Install rails or grab bars

# After Discharge

- Home care services are available
  - A caregiver will visit your home 2-3 times a week
- If you are in need of short-term placement
  - Our social worker will assist you with arrangements
  - You should tour the facilities of your choice prior to admission
  - Speak with the admissions coordinator at each facility
  - Complete any necessary paperwork



# After Discharge

- *Lifetime Precautions to protect your joint replacement*
  - You will need to take an antibiotic before and after any dental work, minor surgery, or test (such as a sigmoidoscopy or colonoscopy) to prevent infection
  - Following hip replacement surgery, you will need to follow mobility precautions to avoid dislocating your hip

# Your Total Joint Surgical Procedure

End of Virtual Tour