

Rochester General Hospital Hip and Knee Replacement Preoperative Education

ROCHESTER
REGIONAL HEALTH

AGENDA

Welcome

Preparing for Surgery

Your Hospital Stay

Leaving the Hospital

Life with a Total Joint
Replacement

OUR MISSION

To enhance lives and preserve health by enabling access to a comprehensive, fully integrated network of the highest quality and most affordable care, delivered with kindness, integrity and respect.

OUR VALUES

QUALITY

Set and surpass high standards

RESPECT

Individuals and individuality

FORESIGHT

Anticipate the challenges of tomorrow

COMPASSION

Empathy, honesty, openness

COLLABORATION

Share knowledge & skills

Center for Total Joint Replacement

Center for Total Joint Replacement

We are excited that you have chosen to have your joint replacement at Rochester General Hospital. Our program has successfully helped thousands of people become pain free and help them have a healthier and more active lifestyle.

We are here to help guide you through the process of joint replacement. Please read through the slides to see how our program will help you on this journey.

The word "WELCOME" is written in large, bold, 3D-style capital letters. Each letter is a different color: W (blue), E (green), L (yellow), C (orange), O (red), M (orange), and E (red).

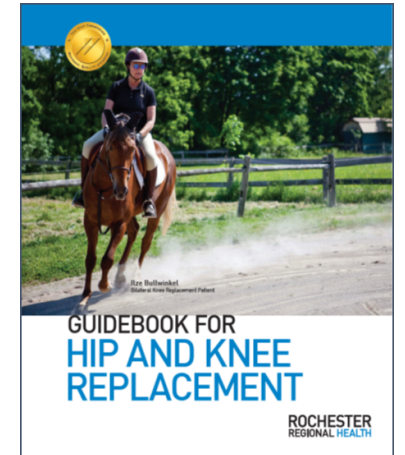
Hip and Knee Replacement Program

- Our program is a designation for excellence in the care of orthopedic patients
- We have a loyal, cohesive clinical team
- We have a consistent approach to care
- We are committed to a higher standard of clinical service
- The program is a framework to improve patient outcomes



Orthopedic Education

- Total joint replacement guidebook
 - Available from your physician's office and pre-admission testing
 - Full of helpful information for your whole journey
- Patient educational packet
 - Available at pre-admission testing
- EMMI videos
 - Animated educational videos on your upcoming surgery
 - Link and access code sent to your MyCare account or email
 - Postoperative phone calls to follow up
- Presentation available online:
[YouTube: RGH Total Joint Replacements](#)



American Joint Replacement Registry

- The Center for total joint replacement partners with the American Joint Replacement Registry (AJRR)
 - Collects data to help improve our joint replacement program
 - Enhances patient safety, improves quality of care, reduces cost for patients
 - Includes patients in surveys- automated phone calls
 - Preoperatively
 - 3 months postoperatively
 - 1 year postoperatively
 - AJRR is a part of the American Academy of Orthopaedic Surgeons



Orthopedic Program Manager

- The program manager is here to help guide you through the process of joint replacement
- Available through phone and email
 - rachel.wakefield@rochesterregional.org
 - (585) 922-4582
- Can help answer any questions that you may have about surgery, your stay in the hospital, and what to expect when you return home

Preparing for Surgery

Preparing for Surgery

Optimization- Getting as healthy as you can before surgery

- See your primary physician for any medical conditions
 - Diabetes control, heart conditions
- Try to reach a healthy weight before surgery
 - Follow nutritional guidelines in educational packet
 - Talk with your doctor about weight loss programs available
- Quit smoking
 - Smokers are at risk for wound-related complications
 - Talk with your doctor about quitting
- Exercise
 - Start preoperative exercises
 - Located in guidebook



Nutritional Optimization

- The Center for Total Joint Replacement recommends that you drink **Nestle Impact Advanced Recovery**
 - Nutritional beverage that is formulated to support your body's nutritional needs before & after major surgery
 - 2 beverages per day for 5 days before surgery (one case)
 - 2 beverages per day for 5 days after surgery (one case)
 - Available at RGH Apothecary for \$24/case (585) 922-3970
 - Also available at Amazon and Nestle website for an increased cost



IMPACT Advanced Recovery[®] Drink is proven to reduce the risk of infections after major surgery and has been studied in orthopedic surgery

Pre-Admission Testing

- You will be called for a pre-admission testing appointment
 - You will have a history and physical, EKG, blood work, nasal swab
 - Bring an updated medication list with you
 - Bring any advanced directives- living will, healthcare proxy
 - blank forms are located in guidebook
 - Bring your financial and insurance paperwork
 - Review diet restrictions before surgery
 - Review what medications to continue and discontinue



Home Skin Prep

- Bacteria is located on your body that can cause an infection
- You will be given a package of skin wipes to use the night before surgery
- This process decreases the bacteria on the skin for a short time
- Another skin prep will be performed at the hospital the day of surgery
- These steps are important to help decrease the bacteria that can cause infection



Equipment

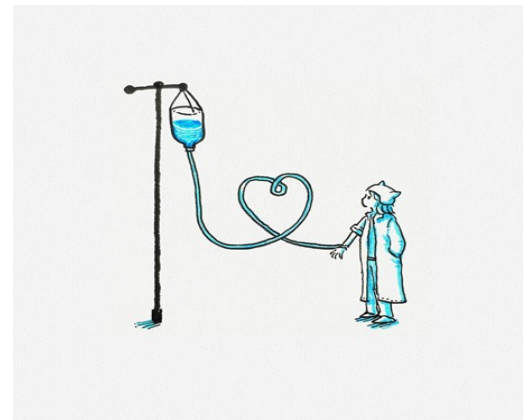
- You will need a rolling walker with 2 front wheels
- You may borrow one from
 - Friends/family
 - Loan closets
- If you do not have a walker one will be delivered to your room before discharge
 - Co-pay is required
- Some patients may require additional equipment based on needs
 - Care management will assess needs while in the hospital
 - Items such as shower **seat**, **commode**, or **raised toilet seat** can be helpful in recovery



Hospital Stay

Day of Surgery

- Please arrive on-time
 - Usually 2 hours before your surgery time
- Day of Surgery Area (DOSA) is located on the 2nd floor using the gray elevators
- You will be taken to a room and assigned to a team of nurses and techs
 - Change into hospital gown
 - Vitals
 - IV
 - Medication review
 - Skin Prep



Day of Surgery

- You will see your surgeon here
 - Review surgery and sign consent
 - Mark the operative site
- Meet your anesthesiologist
 - Discuss anesthesia options
 - Sign consent
- Meet your operating room nurse
 - Review consents



Anesthesia Choices

- There are two options for anesthesia for a total joint replacement. Your surgeon and anesthesiologist will discuss these options with you.

General anesthesia and Spinal anesthesia

- General anesthesia is a combination of inhaled gases and IV medications. You are in a deep sleep and unable to feel pain
- Spinal anesthesia is local anesthetic injected into your lower back causing numbness from the waist down. Performed with sedation and you will be sleepy during surgery.
 - Spinal anesthesia is safe and recommended for total joint replacements
 - Less blood loss
 - Less nausea
 - Less drowsiness
 - Improved pain control after surgery
 - Reduces risk of serious medical complications

After Surgery

- You will be transferred to the post anesthesia care unit (PACU)
 - You will be monitored closely by a team of nurses and techs
- When you are ready, you will be transferred to our orthopedic unit
 - You will meet your nurse and tech
 - Your pain will be addressed and managed
 - You will meet the orthopedic program manager, care manager and social work
 - Physical therapy will come and get you up



Pain Management

We address pain throughout your entire journey

- Pain management starts in the preoperative area
- Medications are given throughout surgery and in PACU
 - **Pain is expected after surgery**
 - You will be given a 'cocktail' of non-narcotic and narcotic pain medications timed throughout the day
 - Talk to your nurse about the pain you are experiencing, so that it can be addressed appropriately



Physical Therapy

- Physical Therapy will come to your room within the first few hours of surgery
- They will help you get up and out of bed
- There are so many benefits to early mobility
 - Reduces the chance of getting blood clots and pneumonia
 - Helps decrease pain
 - Improves outcomes
 - Better range of motion
 - Balance
 - Muscle strength



Physical Therapy

You will be getting up and out of bed on the day of surgery

- Physical therapy will take place in the gym twice a day
 - You will learn all of the exercises that you need to aid in your recovery
- Physical therapy is **KEY** in recovery. If you continue your exercises as directed, you will have a great new joint.

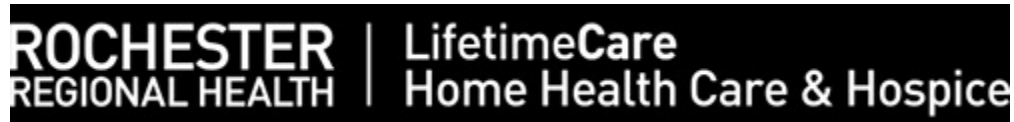
Care Management/ Social Work

- During your stay, a care manager will come and see you. They will address any needs that you may have.
 - Equipment needs
 - Home care choices
 - Insurance questions
- Social workers are available if there are any concerns about not returning home after surgery
 - Can help with skilled nursing facility referrals
 - Can help with discharge planning

Home Care

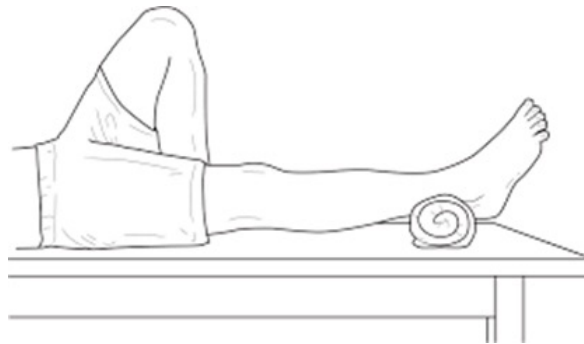
Home Care

- You have a choice in your home care options
- Lifetime Home Care is now a part of Rochester Regional Health and are our preferred provider
- If you have any questions before your surgery you can contact Lifetime at (585) 214-1000 or (800) 724-1410



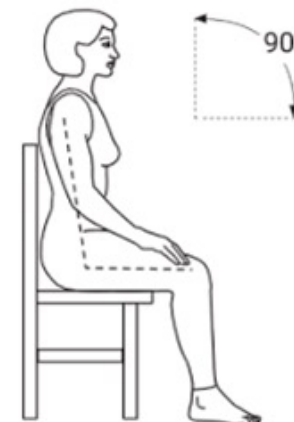
Total Knee Tips

- Total Knee Replacement
 - You will be using a rolling walker with 2 front wheels
 - Weight bearing as tolerated.
 - An ice wrap will be given to you while in the hospital and this is for you to take home. Ice is recommended consistently for a few weeks after surgery.
 - When resting, do not place anything under the back of the knee. A pillow can be placed under the ankle if needed. Keeping the leg straight will allow for scar tissue to heal correctly.



Total Hip Tips

- Total Hip Replacement
 - You will be using a rolling walker with 2 front wheels
 - Weight bearing as tolerated
 - With posterior hip replacements you have **Dislocation Precautions**
 - No crossing your legs
 - No bending at your waist, greater than 90°
 - No twisting at waist or with legs



Anterior Hip Replacements
DO NOT have dislocation precautions

Total Hip Tips

- Occupational therapy will come to your room to teach you how to do your daily activities while keeping your dislocation precautions
- Hip Kits are available to purchase to help aid with daily life
 - Includes:
 - long shoe horn
 - extended grabber
 - dressing stick
 - long sponge
 - sock donner
 - Available on Amazon and local medical supply stores



Anterior Hips

- Anterior hip replacement patient DO NOT have dislocation precautions
- Movement is based on what is comfortable
- Move slowly and thoughtfully



Leaving the Hospital

Home

Stairs

- You will practice stairs while you are in physical therapy
- Count how many you have so we can help prepare you

Home

- Prepare your home for your return
 - Setup a room on the main floor
 - clean up clutter
 - prepare meals
- Ask friends and family to be around if you need help



Leaving the hospital



- You will be ready to leave the hospital when
 - Your pain is under control ✓
 - Your surgeon has cleared you ✓
 - Physical therapy has cleared you ✓

We want to keep you as safe as we can during these unprecedented times

Expect at **ONE NIGHT STAY** for your total joint replacement

- A nurse will come to your home the day after you get home and physical therapy the following day
- Medications will be sent to your pharmacy to pick-up on your way home

Discharge Instructions

- You will get a detailed discharge summary when you are leaving
- The nurse will go over all of the medications that you are currently taking and when to take next pills
- Information will include:
 - Any new medication information
 - Activities
 - Showering
 - When to call the doctor
 - Your follow-up appointment with your surgeon



Life with a Joint Replacement

- Continue your exercises for the full 3 months
 - Life long exercise is best!
- Use ice regularly on knees for swelling and pain relief
- Maintain optimum health and visit your primary physician regularly
- Any invasive procedures may require antibiotics
 - Medical or dental work
 - Notify your doctors that you have had a joint replacement
 - Call your orthopedic surgeon with any questions

Visiting Hours

- During COVID-19 visitation hours are constantly being addressed and may change.
- Please call the hospital with visiting hour questions



We are excited to meet you!

- Please contact the Orthopedic Program Manager with any questions
 - (585) 922-4582
- Orthopedic Social Worker
 - (585) 922-4166
- Rochester General Hospital
 - (585) 922-4000