

### **Total Joint Preparation Class**

- Held by: Prince Frederick Surgery Center and Chesapeake Potomac Home Health
- Prepared by: Sierra Bowen, Nurse Administrator and Pamela Hairston, Therapy Services Clinical Manager

### **Introducing the Prince Frederick Surgery Center Team**

- Orthopedic Surgeon: the physician who will perform the operation.
- Surgical Assistant: assists the surgeon in the operating room.
- Anesthesiologist: the physician who will administer the appropriate medications to keep you comfortable and relaxed during surgery.
- Registered Nurses: you can expect to meet several nurses who function in various roles. They will help prepare you for surgery and will be in the operating room during your surgery. After surgery, the postoperative team will carry out all orders given by your surgeon while keeping you comfortable and safe.

### **Before Surgery**

- Our nurses will give you a call to go over your medical history and which medications to take or hold. If our nurses leave a voicemail for you, please call back as soon as possible.
- Please ensure you have a list of your medications available, including vitamins, over the counter and prescriptions.
- The surgeon has directed you to get bloodwork, EKG, and possibly cardiac clearance, please do so as soon as possible. The Surgery Center must have these results 1 week prior to surgery or your procedure may be cancelled.

### **Before Surgery**

- The surgeons ask that you purchase a cleaning solution called Hibiclens, available at Walmart, Walgreens, or another pharmacy. You can purchase this solution (4 oz. bottle) for about \$5.
- Please follow the directions on the bottle, cleansing the surgery area the morning of surgery.



### **Day of Surgery**

- The staff will call you the afternoon before your surgery to give instructions and your arrival time to the center.
- Bring your family member/coach with you; they should plan to stay during your surgery until you are discharged.
- You will check in at the front desk and a nurse will bring you back to prepare you for surgery.
- Your family member/coach will be welcome to join you before your surgery once you have been prepared for your procedure.

### **Day of Surgery**

- The nursing staff will bring you into the pre-operative area and get you ready for surgery.
- The anesthesiologist will administer several medications to numb the area where the surgeon will be working. This will allow for better pain control after surgery.
- The team will bring you to the operating room and position you for your procedure. The team will be wearing a specially designed head covering to ensure cleanliness and sterility.
- The anesthesiologist will then administer anesthesia for the procedure.

### **After Surgery**

- After surgery you will be brought to the recovery area. The nursing staff will monitor you closely.
- Once the anesthesia has worn off, you will be assisted to walk with a walker and ambulate to the bathroom.
- You can expect to be in the recovery area for at least three hours.
- Your family is welcome to bring you light food or snacks for your extended stay in the recovery area.

### **Discharge from Surgery Center**

- Once your three-hour mark is reached, pain is controlled, you are able to ambulate with the assistance of a walker, and have been able to void you will be discharged to home.
- You will receive discharge instructions from the nursing staff as well as follow up instructions from your surgeon.
- Your post-operative pain control prescription will be provided by your surgeon.

### **Home Health vs Out-Patient Physical Therapy**

- Home physical therapy is typical up to 3 weeks
- May transition to out-patient physical therapy as soon as possible and safe
- Out-patient physical therapy is dependent on your physician's order and need.

### **Initial Visits**

- A nurse will typically start care – within 24 hours of being home
- Physical Therapy within 24 hours of start of care
- Follow up therapy visits are typically 2-3 times/week

### **Nursing Focus**

- Medication teaching
- Disease process management – comorbidities
- Infection control, assessment of wound
- Ensure bowel regime in adequate
- Monitor vital signs
- Nurse visits may have minimal need

### **Physical Therapy Focus**

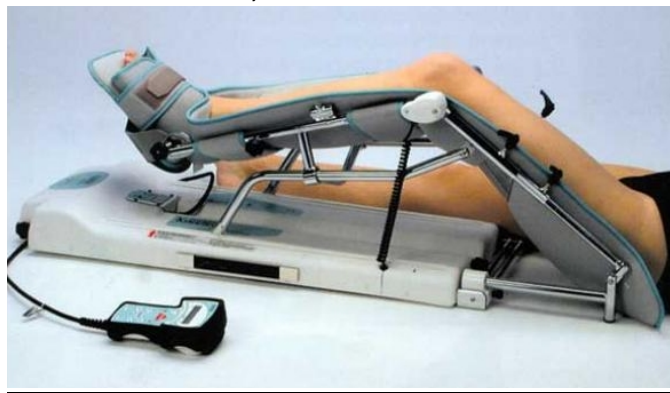
- Pain Management
- Exercise
- Help return to daily activities: Walking, stairs, bathing, dressing, work
- Educate on weight bearing and joint precautions
- Caregiver training
- Home modification
- Fall prevention

### **Physical Therapy**

- A Physical Therapist may also:
  - Educate on medication
  - Ensure bowel regime is adequate
  - Monitor incision for healing
  - Educate on infection prevention
  - Monitor vital signs
  - Remove staples if ordered

### Doctor Instructions

- Your doctor will most likely:
  - Order pain medication, anticoagulant and stool softener
  - Allow weight bearing as tolerated
    - Other weight bearing precautions may be ordered
  - Require you use a walker initially
  - May require a knee immobilizer or a CPM machine, physical therapy will help you use the machine.
  - Limit showering or getting incision wet
  - Have specific instructions for incisional care
    - Wound closures, materials used



CPM Machine

### Equipment

- Equipment that Physical Therapy/Home Services may order to assist you:
  - Walker
  - Cane for stairs
  - Long Handled sponge
  - Leg lifter
  - Reacher/Grabber
  - Sock aide
  - Long handle shoe horn

### **Let's Talk About Pain**

- Pain relief options
  - Medications
  - Ice
  - Edema/Swelling Management
  - Exercise
  - Mobilization
  - Pain may increase initially
- Goal is to decrease pain to what is tolerable

### **Home Preparation & Planning**

- Ensure a comfortable upright chair with arm rests
- May have difficulty ascending steps initially
  - First floor set up may be useful
- Meal prep
- Ensure adequate nutrition and hydration
- Assistance available for 1-2 weeks
- Bathroom and shower safety equipment that home services may order to assist you:
  - Raised toilet seat
  - Shower chair or bench
  - Raised Commode to use at bedside or over commode

### **Home Preparation & Planning**

- Re-organize essential items for ease of reach
- Remove throw rugs to decrease fall risk
- Have comfortable skid resistant socks or footwear
- Clothing that is easy to get on and off
- Have plenty of pillows available for elevation and comfort
- Have ice packs handy

### **Precautions**

- Precautions that Home care will discuss with you include:
  - Total Hip Replacement
  - Total Knee Replacement
  - Weight Bearing
  - DVT (blood clot) prevention
  - Driving Restriction
    - As ordered by physician
    - Difficulty due to operated leg

### **Exercise**

- Improves strength, function, and range of motion
- Alleviates pain
- Helps to control swelling
- Improves circulation
- Helps you return to daily activities
- Typical Joint Replacement exercises:
  - Ankle Pumps
  - Isometric leg exercises
  - Range of Motion
  - Leg lifts
  - Knee extension
  - Knee bending

## Ascending and Descending Steps

- Lead up with non-operated leg



- Lead down with operated leg





### **SUMMARY**

- Home health will provide Nursing and Physical Therapy care as ordered
- Decreasing pain, improved healing and function is the expectation
- Plan and Prepare for best possible outcomes
- We expect you to succeed and have an improved quality of life!

### **Questions?**

- Any questions related to surgery, please call Prince Frederick Surgery Center at 443-486-4230 and ask to speak to a nurse for further information.
- Any questions related to home health/physical therapy, please call Chesapeake Potomac Home Health at 301-274-9000 ext. 7205 and ask to speak to Pamela Hairston, Therapy Services Clinical Manager.