

Preparing for Total Joint Replacement

**ORTHOPEDIC
AND SPINE CENTER**



**THE QUEEN'S
MEDICAL CENTER**

Preparing for Surgery Checklist

- ☐ Verify surgery location and check-in time
- ☐ Support at home after surgery (Coach)
- ☐ Transportation
- ☐ Pre-Register at 691-4960
- ☐ Pre-Operative Class
- ☐ Pre-Operative clearances as instructed by surgeon
- ☐ Prepare your house for safety
 - QMC Creating a "Recovery Ready" Home
 - CDC Check For Safety (home fall prevention checklist)
- ☐ Physical therapy appointments after surgery
- ☐ Bring at least 2 forms of payment (\$70 cash, credit card, blank check) which may be needed for equipment, medications, or transportation
- ☐ Arrange for pet care
- ☐ Please call your surgeon's office if you are feeling sick, showing signs of infection, or if you have to cancel for any other reason

Where to Check In

Manamana (Punchbowl) Operating Rooms

Surgery Center (Main Operating Room)

Located on 3rd floor after taking lolani elevators

Go through Lobby and take lolani elevators



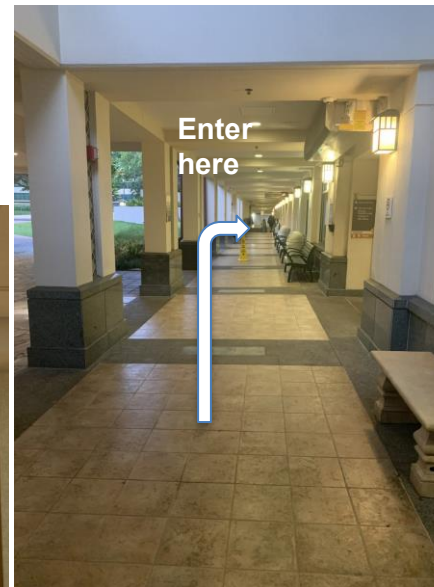
Check in here at waiting area



Same Day Surgery

Located near the drop off area, go left down walkway

Look for the Same Day Surgery Sign



Where to Check In

West Oahu Operating Room

Main Operating Room

Located on 2nd floor after taking elevators



Coach

- Person that will help you after surgery (spouse, family member, friends)
- Ensure you are following instructions from your surgeon, physical therapist, and nursing staff
- Take you to your appointments with surgeon and for physical therapy
- If you are going home the day of surgery, then the Queen's staff will call your Coach to come in after surgery to participate in Physical Therapy and to go over discharge paperwork

Health Guidelines

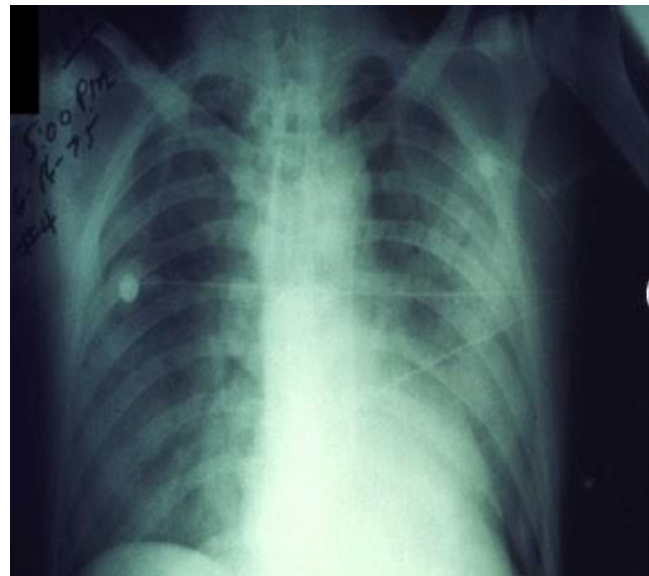
- **Nutrition**
 - Well-balanced, high-fiber diet
 - Stay hydrated
- **Stop alcoholic drinks**
- **Stop smoking or using any illegal substances**
- **Keep a healthy weight**
- **Stop any supplements as directed by your doctors**
- **Take prescription medications as directed by your doctors**
 - When to stop certain medications
 - What to take the morning of surgery
 - When to restart medications



Pre-Operative Testing

Your Primary Care Physician may order the following tests prior to your surgery:

- Blood work
- EKG (Electrocardiogram)
- Chest X-ray



Hibiclens (chlorhexidine gluconate 4%)

- Special cleanser to decrease bacteria on skin
- Test on your inner wrist first before applying on body
- If allergic, then notify your surgeon's office

1

- Regular shower

2

- Rinse off thoroughly, then turn shower head off or turn away from body

3

- Apply Hibiclens on skin for at least 3-5 minutes using hand or washcloth from neck down avoiding groin area

4

- Rinse well and dry off with a clean towel

5

- After showering, do not apply lotions, creams, powders, deodorant, hair products, makeup, nail polish



***No shaving 2 days before surgery**

Preparing the Night Before Surgery

Before Surgery

- Follow diet restrictions and take medications as instructed by your doctor
- Shower with Hibiclens
- Dry off with a clean towel
- Put on clean clothes
- Place clean sheets on your bed
- Do not eat or drink after midnight, or earlier time if instructed

Preparing the Morning of Surgery

Day of Surgery (at home)

- Do not eat anything
- Take medications as instructed by your doctor with a small sip of water
- Shower with Hibiclens
- Leave valuables at home
- Bring ID & insurance card
- Bring CPAP or BiPAP and distilled water, if applicable

What to Expect

Day of Surgery (at the hospital)

- Check in at Surgery Center
- Use Nose-to-Toes kit as instructed by staff to swab nose, brush teeth, and clean skin with antiseptic cloths
- Change into hospital gown
- Staff will review medical history and paperwork
- Anesthesiologist check
- Surgeon check

What to Expect

After Surgery

- Transfer to recovery room
- Close monitoring by a nurse
- Blood sample may be taken, such as for blood levels or blood sugar checks
- Surgeon will update your Coach
- Stand up and walk a few hours after surgery
- Transfer to a private room for further care

Care In Hospital

Medications

- IV fluids
- IV antibiotics
- Pain medications
- Anti-nausea medications
- Stool softeners/laxatives

Diet

- Start with ice chips
- Then advance to drinking liquids
- Ok to eat solid foods as tolerated if no nausea or vomiting
- Blood sugar checks

Activity

- Physical Therapy (PT) evaluation shortly after surgery to get up and start walking
- If going home day of surgery, your Coach will need to come in when you do PT

Pain



- Some pain is expected
- Goal is to make your pain tolerable
- Staff will ask you to rate your pain level

Pain management includes:

- Anesthesia
- Pain medications
- Cold therapy

Pain Management

Medications

Oral medications

Non-opioids given throughout the day (Tylenol, Motrin)

Opioids as needed (Tramadol and/or oxycodone)

IV medications if necessary

It takes time for pain medications to take effect

Take pain medication before physical therapy

Staff will check for pain medication effectiveness 1 hour after pain medication given

Report any unrelieved pain to staff so adjustments can be made

Please take only pain medications provided by our staff

Pain Management

Cold Therapy

- **R**est
- **I**ce – cold therapy with ice pack for hip replacement or CryoCuff for knee replacement
- **C**ompression – with a compressive wrap or stocking
- **E**levation – use pillows



Preventing Blood Clots

- Also known as a DVT (deep vein thrombosis)
- Risk of clot breaking away and travelling up to lungs which can be fatal
- Prevention through:
 - Physical therapy, leg exercises, walking
 - Sequential compression device
 - Compression stockings (TED hose)
 - Medications such as an anticoagulant (blood thinners) determined by your surgeon



Fall Prevention

- Call, don't fall
- Walk using your walking device and with staff assistance



Call light



Front-wheeled walker



Crutches

Surgical Dressing Types

Water-resistant dressing



Water-resistant. Can shower with it on. Surgeon to remove on follow up appointment unless saturated/leaking.

Dry gauze dressing



Change dressing every day. Do not get incision wet.

Wound Vac



Machine stays on until battery dies at 7 or 14 days. Do not get machine wet. 24/7 contact number on device.

Preventing Constipation

- Common after surgery
- Caused by anesthesia, opioids, decreased activity, and decreased appetite
- Usually takes a few days to have a bowel movement
- Stay hydrated – drink plenty of water
- Eat high-fiber foods such as fruits and vegetables
- Take stool softeners and/or laxatives

Incentive Spirometer

- Device to exercise your lungs after surgery
- Helps with recovery from anesthesia
- Helps prevent lung infections such as pneumonia
- Take 10 slow and deep breaths every hour while awake



Leaving the Hospital

- Plan to return home after clearance from your surgeon
- Physical therapy will recommend what device you need
- Case manager will ensure you have what you need, such as your walking device (front-wheeled walker, crutches, etc.) and making follow up appointments if needed.
- Your nurse will review and provide you instructions on medications and wound care
- At home, do the exercises on the Home Exercise Program provided by the Physical Therapy until your outpatient therapy begins
- If further therapy is needed, a case manager will coordinate this with you.

Discharge Unit

Location: Lobby

Hours: M-F 830-630PM

Closed on Weekends



The Discharge Lounge is available for:

- Patients waiting to be picked up by family/friends or a transportation company
- Patients who do not pose a health risk to others

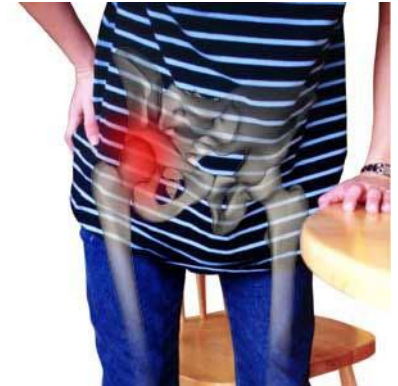
Services Available:

- Nurse staff
- Concierge services
- Staff to coordinate transportation
- Assistance connecting with family/friends
- Medication Delivery
- Complimentary Sandwiches
- Comfortable Seating Area
- Accessible restrooms

When to Call for Help

Call 911 immediately if:

- You have chest pain
- You have difficulty breathing
- You had hip surgery and hear a popping sound or hip comes out of place



Call your surgeon for:

- Fever above 101F
- Unusual redness, swelling, heat from your leg
- Dressing with drainage leaking out or soaked
- Fall with injury
- Sudden onset of severe pain
- Pain medications no longer helping with pain
- New or increased numbness or tingling in your legs



Inpatient Therapy



Rehabilitation Services

- Our focus is to help you safely return home
- After surgery, a physical therapist will see you in preparation for your discharge

What you can expect



Day of Surgery

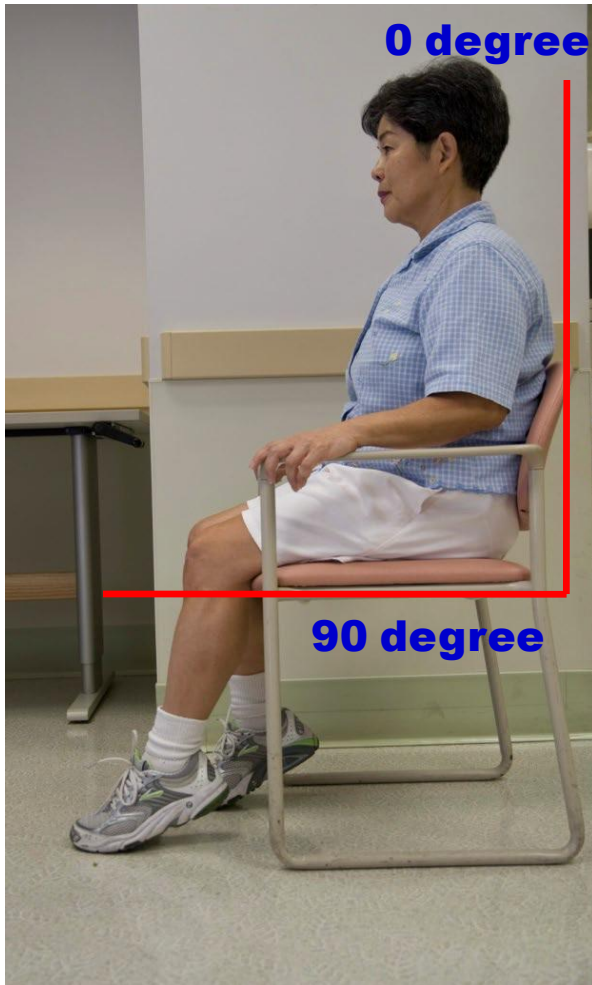
- You will be assisted out of bed
- Physical therapy (PT) will complete their evaluation and prepare you for discharge with a home program

Day after surgery (if not going home)

- Physical therapy will treat you in the AM and prepare you for your discharge home

POSTERIOR Hip Precautions

Your precautions may vary depending on your surgeon



To be followed for 6 months or as specified by your surgeon:

- **Do not** bend at the hip more than 90 degrees (i.e. sitting in a low chair where your knee is higher than your hip and reaching forward when you are sitting in a chair)
- **Do not** turn your toes in (pigeon toeing), especially when making a turn in standing
- **Do not** cross your ankles or knees

ANTERIOR Hip Precautions

No positional restrictions, but **no forced extreme positions**

For example:

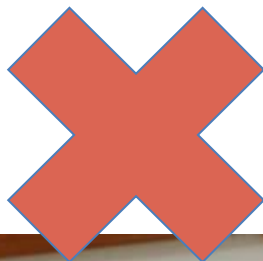


No repetitive flexion of hip such as walking up/downstairs or hills, sit-ups for two months after surgery

Total/Partial Knee Precaution

Do not place a pillow under your knee

Place pillow under ankle/heel



Frequently Used Equipment/Assistive Devices

Canes, Walkers, Crutches



Elevated Commode Seat



Bath/Tub Mats



Shower Chairs



Reachers



Prepare Your Home



- Review the **Home Fall Prevention** checklist and the **Creating a “Recovery Ready” Home** handouts which includes topics such as:
 - Remove trip hazards such as electrical and telephone cords, clutter from hallways and walkways, throw rugs
 - Ensure rooms and hallways are well lit for visibility
 - Consider freezing meals prior to admission
 - Keep items in the kitchen/bathroom at waist level for easy accessibility
 - Gather equipment for after discharge, such as walker, crutches, elevated toilet seat, etc.
 - Arrange pet care, if needed

Homework

Ankle Pumps

1 set of 20
reps/hr



Quad Sets

1 set of 10
reps 2x/day



Gluteal Sets

1 set of 10 reps
2x/day



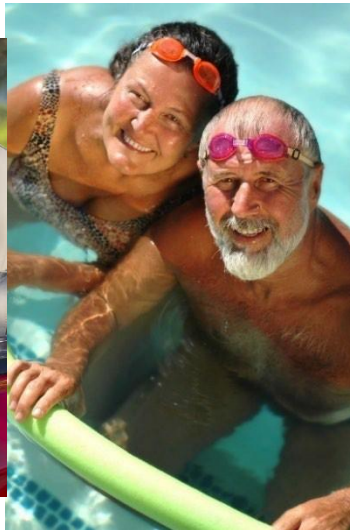
Pain Management

- Post Surgical Pain
- Take pain medication *before* therapy



Additional Activities

Before participating in activities such as driving, swimming, light sports (golf, dancing, etc.), ***you should receive approval from your doctor first***



Outpatient Rehabilitation

- Outpatient Rehabilitation provides individual sessions with a therapist at their office
- Outpatient Rehab is pre or post surgical rehabilitation and care outside of the hospital
- The Queen's Health Systems has convenient outpatient therapy locations to serve you:
 1. Punchbowl: 550 South Beretania Street, Physicians Office Building 3, Suite 703 808-691-4211
 2. Ocean Pointe: 91-6390 Kapolei Parkway, Ewa Beach, HI, 96706 808-691-4211
 3. Kahala: 1215 Hunakai St., Honolulu, HI, 96816 808-691-4211
 4. Queen's West Outpatient Rehab: 91-2135 Ft. Weaver Rd., CSC 4th floor 808-691-3879
 5. North Hawaii Community Hospital: 67-1125 Mamalahoa Highway, Kamuela, HI, 96743 808-881-4860
 6. Molokai General Hospital: 280 Home Olu Place, Kaunakakai, HI, 96748 808-553-3153
- There are many outpatient rehab providers on the island for you to choose from (subject to any limits your insurance plan may have)

