

Joint Replacement Outpatient Instructions



MISSISSIPPI VALLEY
SURGERY CENTER

Surgery you'll feel good about.™



BE PREPARED

- It is important that you and your support person read through all of the enclosed information prior to surgery to help prepare you for your recovery at home.
- Be sure to stay on track with your **RecoveryCOACH™** activity cards and surveys to ensure you are fully prepared for your total joint surgery.

WHAT TO PURCHASE

FOR BEFORE SURGERY

- ☐ 12-ounce bottle of non-diet Gatorade of any flavor. Drink 4 hours prior to your arrival time for surgery.
- ☐ Bottle of Hibiclens soap (generic name: chlorhexidine) - shower with this soap the night before surgery and the morning of surgery. This can be found at most drug stores.

FOR AFTER SURGERY

- ☐ Acetaminophen (*brand name: Tylenol*) 500 mg tablets this is to help with pain control after surgery.
- ☐ Vitamin D 5,000 IU once daily (you will take this for 30 days before surgery and after surgery to assist with healing.)
- ☐ Docusate sodium stool softener (*brand name: Colace*) 100 mg tablets - Take in the morning and at night until you are having regular bowel movements.
- ☐ Milk of magnesia - Take this once or twice a day until having regular bowel movements.
- ☐ Diphenhydramine hcl (*brand name: Benadryl*) 25 mg tablets - If needed for itching after surgery. Sometimes narcotics can make you itch.

IMPORTANT REMINDERS

- **Instructions:**
 - Refer to the folder your surgeon gave you for specific instructions he wants you to follow.
 - Do not shave your operative leg for 5 days prior to surgery and remove any toenail polish.
- **Feeling ill or have wounds:** Call your surgeon before your surgery date if you are not feeling well or if you have any rashes or wounds on your body. All cuts, scrapes and open areas on your operative side must be reported to your surgeon prior to surgery day.
- **Physical Therapy:** Your surgeon will order 6 weeks of post op therapy. Call the physical therapist of your choice to arrange your therapy. Plan on 3 times a week for the first 2 weeks and then your therapist will decide how often you need to go after that. You will need a ride to these appointments until you are cleared to drive. Your surgeon likes to use Plaza physical therapy on Dexter Court. If you would like to go to them, their phone number is 563-344-6645. Most physical therapists will allow you to set up appointments without an order if you tell them we will fax them the order after surgery. If not, please contact your surgeon and request for them to send an order.
**Dr. Hoffman patients: Please schedule your first physical therapy session for the Monday after surgery.*



**Dr. Mendel patients: Please schedule your first physical therapy session for the Friday after surgery.*

- **Prescriptions:** Your surgeon will order your post op prescriptions 1-2 days prior to your surgery. Check with your pharmacy and pick them up when they are ready. Please bring them with you on your surgery day so your nurse can verify you have everything that was ordered. Please bring all of your home prescription medications in the original bottles as well.
- **Arrival Time/Surgery Time:** We will call you the day before surgery between 1:00 and 3:30 with instructions including your arrival time, what medications to take in the morning and when to stop eating and drinking.
 - Your arrival time will be 2-3 hours before your actual surgery start time. Surgery usually takes about 1.5 hours and then you will recover for roughly 3-6 hours after surgery.
 - You may have 1 visitor with you on your surgery day. They may be required to wear a mask. We have procedures in place to keep your visitor up to date.
- **Anesthesia:** The plan for anesthesia is usually a spinal anesthetic. You will also be given a deep sedation so that you are sleeping during surgery but in most cases you will not need a breathing tube. Your anesthesia provider will speak with you before surgery.
 - With the spinal anesthetic, you will be numb from the waist down during surgery. When the spinal wears off, we will have you walk up and down our hallway with your walker, show you how to properly use the stairs and review exercises to do at home.

WHAT TO BRING

- The prescriptions your surgeon ordered and all prescription medications you take at home.
- Bring your walker. You will be using it after surgery and for 1-2 weeks at home.
- Phone, charger and something to occupy your time while waiting to go to surgery. There is a TV in your private room.
- Bring your C-PAP if you use one at home.
- Bring your photo id and insurance card.
- Wear loose fitting clothing and supportive rubber soled shoes such as tennis shoes.
- Please do not bring any valuables and do not wear any jewelry including rings and piercings.

You will be given a folder at the time of discharge with all of your patient specific homecare instructions as well as a list of all the medications your surgeon wants you to take at home.

After surgery, RecoveryCOACH™ will send you some check in questions to see how you are doing.

You can message your nurse navigator via RecoveryCOACH™ or call with any non-urgent questions or concerns. It may take 24-48 hours for a response.

Your surgeon has a practitioner on call for them 24 hours a day if you need urgent or immediate assistance. The number you would call is the Orthopaedic Specialists office number at 563-344-9292.



FREQUENTLY ASKED QUESTIONS ABOUT TOTAL JOINT REPLACEMENTS

1. When can I drive?

When you are confident you can safely manipulate the brake and gas pedal in an emergency situation. A good self-test would be if you can crush a pop can fully with the bottom side of your foot; you can probably drive. You also cannot operate a vehicle while on narcotics or certain pain medications.

2. What is Physical Therapy?

Rehabilitation concerned with restoration of function and prevention of disability following disease or injury. The use of therapeutic properties such as exercise, modalities, and massage are used to improve strength, endurance, and return of motion to train or retrain an individual to perform activities of daily living.

3. When will I be able to sleep through the night?

This depends on each individual and how your body reacts to the new joint.

4. How long will the swelling last?

The swelling will be at its worst the first month or two after surgery. However, swelling can last from six months to a year after surgery to some extent. For total knees, the size of your knee will always be slightly bigger than the original one.

5. How long will the replacement last?

Generally a hip or knee replacement should last around 20 years. Some of the more recent research has shown a possibility of lasting upwards of 30 years.

6. Will I be able to walk/run/dance again?

Yes, walking and dancing activities will depend on how active you were prior to surgery and how hard and dedicated you are to rehabilitation after surgery. Prolonged running, jogging, jumping, or high impact activities are never recommended after a total hip or knee replacement.

7. Will I get full range of motion (ROM) back?

This depends. The initial goal after surgery is at least getting to what you had preoperatively. The hope is that from the replacement and a full physical therapy program, is that your ROM is increased by a total of 10-15 degrees.

8. What is typical ROM I will get back?

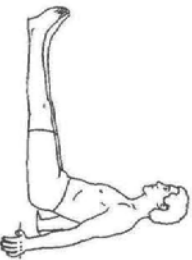
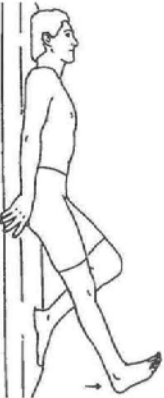
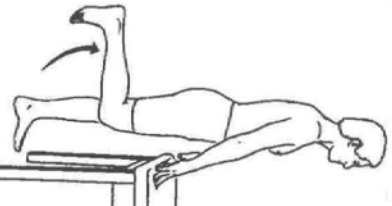

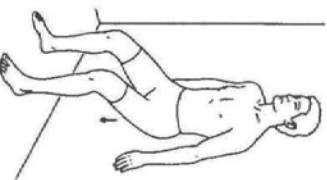
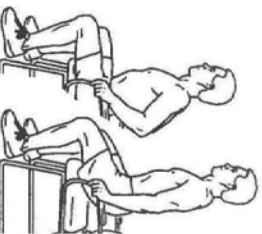

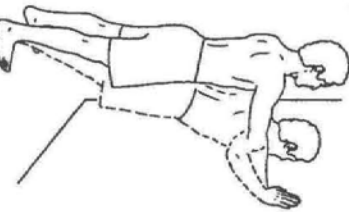
The typical ROM for a total knee replacement is 120 degrees of flexion (or knee bend) and zero degrees of extension (or knee straightening). Again, this also depends on your ROM prior to surgery. Hip replacements are able to get full extension, however are limited to 90 degrees of hip flexion or bend initially.

9. For Hips: Will I have to follow total hip precautions all my life?

Total hip precautions are very important for the first six months after surgery. However, a combination of any of the precautions can be hazardous for many years after the surgery.

JOINT REPLACEMENT OUTPATIENT INSTRUCTIONS

Pre-operative Exercise Routine for Total/Partial Joint Replacement Patient

<p>HIP/KNEE – 11 Strengthening: Quadriceps Set</p>  <p>Tighten muscles on top of thighs by pushing knees down into surface. Hold <u>5</u> seconds. Repeat <u>30</u> times per set. Do <u>1</u> set(s) per session. Do <u>2</u> session(s) per day.</p>	<p>HIP/KNEE – 17 Strengthening: Straight Leg Raise (Phase 1)</p>  <p>Tighten muscles on front of thigh, then lift leg 8-10 inches from surface, keeping knee locked. Repeat <u>30</u> times per set. Do <u>1</u> set(s) per session. Do <u>2</u> session(s) per day.</p>	<p>HIP/KNEE – 24 Strengthening: Knee Flexion (Standing)</p>  <p>With support, bend knee as far as possible. Repeat <u>30</u> times per set. Do <u>1</u> set(s) per session. Do <u>2</u> session(s) per day.</p>
<p>TRUNK STABILITY – 9 Bridging</p>  <p>Slowly raise buttocks from floor, keeping stomach tight. Repeat <u>30</u> times per set. Do <u>1</u> set(s) per session. Do <u>2</u> session(s) per day.</p>	<p>HIP/KNEE – 25 Strengthening: Wall Slide</p>  <p>Leaning on wall, slowly lower buttocks until thighs are parallel to the floor. Hold <u>5</u> seconds. Tighten thigh muscles and return. Repeat <u>30</u> times per set. Do <u>1</u> set(s) per session. Do <u>2</u> session(s) per day.</p>	<p>HAND – 73 Elbow Extension: Chair Stand – Resisted</p>  <p>With hands on armrests, push up from chair. Use legs as much as necessary. Return slowly. Repeat <u>30</u> times per set. Do <u>1</u> set(s) per session. Do <u>2</u> session(s) per day.</p>
<p>HAND – 70 Wrist Elbow Flexion: Palm Up</p>  <p>With right arm straight, palm forward, holding <u>1-2</u> pound weight, bend elbow. Return slowly. Do on both sides. Repeat <u>30</u> times per set. Do <u>1</u> set(s) per session. Do <u>2</u> session(s) per day.</p>	<p>SHOULDER – 81 Strengthening Wall Push-Up</p>  <p>Hands on the wall, arms slightly wider apart than shoulder width, and feet positioned at arms-length distance from the wall. Gently lean body toward the wall. Repeat <u>30</u> times per set. Do <u>1</u> set(s) per session. Do <u>2</u> session(s) per day.</p>	<p>PLAZA PT, OT, and Hand Therapy</p> <p>3385 Dexter Court, Suite #301 Davenport, Iowa 52807 Phone 563-344-6645 Fax 563-441-7796</p>



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