

# Get Mobile WITH MEMORIAL

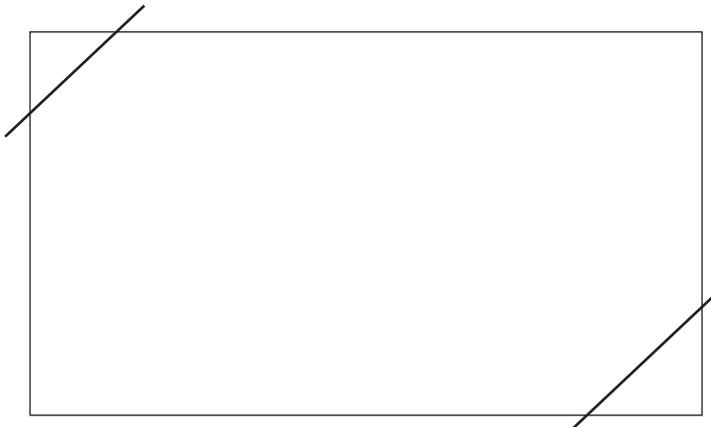
THE JOINT REPLACEMENT CENTER PATIENT GUIDE  
MEMORIAL HOSPITAL BELLEVILLE



# PROVIDING EXCEPTIONAL HEALTHCARE AND COMPASSIONATE SERVICE



*Dedication. Compassion. Innovation.*



*[mymemorialnetwork.com](http://mymemorialnetwork.com)*

4500 Memorial Drive, Belleville, Illinois 62226

# TIME TO GET **Mobile**

**R**emember all the things that you used to do so easily, until your hip or knee started slowing you down? Now imagine doing those things again, with all the confidence in the world. It's not just a dream — it's possible. And we'll be with you every step of the way.

In fact, you'll have a team of healthcare professionals to guide you throughout the process. It's a journey we take every day with people just like you. But make no mistake; we can't do it alone. We need your help and active participation.

You might say we're partners in making a healthier you.

So, if you're ready to stand up and live the life you've imagined, we're ready to help. (This Patient Guide will show you how in 11 easy-to-follow steps.)

Rest assured that we'll answer your questions along the way; after all, that's why we're here. So be sure to ask. Because our goal is the same as yours: to watch you walk out our door on your own two feet, with a smile on your face. And we'll be smiling, too.

**Bring this book with you to all of your appointments and to the hospital.**

## **Ready to Get Mobile with Memorial? Then, let's get started!**

- Your recovery starts on the day of surgery to help you regain strength, mobility and prepare you for independence when you go home.
- To recover faster, you'll need to actively participate in our accelerated therapy program.
- We'll treat you as a 'well' patient during your stay and will encourage you to get out of bed and be as active as possible every day.

# 11 Steps to the New You

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**Get Mobile with Memorial Alert:** Your team will be with you every step of the way!



## YOUR JOINT REPLACEMENT TIMELINE

	DATE	TIME	NOTES
<b>GETTING HEALTHY FOR SURGERY</b> Meet with orthopedic surgeon			Learn more on p. 3
<b>GETTING READY FOR SURGERY</b> Surgery evaluation at the Admission and Testing Center			Learn more on p. 6
<b>JOINT CLASS</b> What to expect before, during, and after surgery			Learn more on p. 6
<b>PHYSICAL THERAPY</b> Physical therapy prescreening appointment at one of three Memorial locations			Learn more on p. 7
<b>DAY OF SURGERY</b> Our Admission and Testing Center tell you what time to arrive			Learn more on p. 15
<b>YOUR JOURNEY HOME</b> Visit from your home health care team			Learn more on p. 24
<b>FOLLOW-UP APPOINTMENT</b> Talk about your progress with your surgeon			Learn more on p. 23
<b>OUTPATIENT PHYSICAL THERAPY</b> Visit an outpatient therapy center			Learn more on p. 25

# Step 1.

## Meet Your Joint Replacement Center Team

Your dedicated team of health professionals has one goal: to get you moving to a healthy you. But no team can succeed without its most important member — and that's YOU! Your health is your responsibility, but you'll have an entire team of specialists working at your side.

### **Orthopedic Surgeon**

Your physician/surgeon will perform your total joint replacement and manage your care while at the Joint Replacement Center.

### **Anesthesiologist/Certified Registered Nurse Anesthetist (CRNA)**

Your anesthesiologist — a physician or advanced practice nurse — will meet with you on the day of your Pre-Testing Appointment and the day of surgery, review your health history and determine the most appropriate anesthetic for you.

### **Case Manager**

Your case manager — a registered nurse or social worker — works with your surgeon and other team members to help with your discharge plan, including insurance questions, outpatient therapy, home equipment and/or skilled nursing care (if needed).

### **Registered Nurse (RN)**

Your Joint Replacement Center nurse is specially trained in orthopedics and responsible for your nursing care following your surgery. Your RN will follow the surgeon's instructions and will teach you, your Joint Coach and family about your health and safety needs — including what you need to do before and after surgery, as well as help plan your discharge from the hospital.

### **Physical Therapist (PT)**

Your physical therapy team plans your physical rehabilitation after surgery and helps you learn how to use your new joint. These specialists will help you regain your independence, including range of motion, muscle strength and balance to walk safely. Before surgery at your Physical Therapy Screening visit, you'll learn exercises to build your strength and help you recover faster.

### **Occupational Therapist (OT)**

Your OT will help you plan safe ways to perform your daily activities, such as dressing, bathing and instruct you with equipment, if needed.

### **Care Coordinator for Medicare Patients**

The care coordinator is a nurse who specializes in orthopedics. This RN will help you understand your surgery and educate you prior to and after your procedure. You may receive a call from the coordinator before your procedure and have an opportunity to meet when you are in the hospital. The care coordinator also works with your surgeon, physical and occupational therapists, and nursing teams to make sure that the best discharge plan is chosen for you.

## Get Moving to A Healthier You

It's time to start thinking like a 'well' person. (That's how we see you!) Here are three steps you must do that will get you moving in the right direction:

### Choose a Joint Coach.

- It can be your spouse, family member or close friend who can commit to helping you prepare for surgery and recover afterwards. Your Joint Coach needs to be with at your physician visits prior to surgery and at your Admission and Testing Center appointment, if possible. You'll be given a lot of information there, so your Joint Coach will need to help you remember it all. Everyone must understand your care instructions, both before and after surgery.
- Your Joint Coach should be there to watch your therapy sessions and learn how to help you become independent faster.
- Once you're home, your Joint Coach will need to stay with you for at least one week and drive for you, until you are able.

### Activate Your MyMemorial Patient Portal

Memorial Hospital offers a patient portal called MyMemorial, which is accessible through **memhosp.com**. By logging in to MyMemorial, you can become more involved and educated about your health by viewing your patient profile and test results.

Signing up is easy:

1. Go to the Health Information Management department at Memorial Hospital Belleville with a photo ID and provide your e-mail.
2. Access your e-mail for your login ID, one-time password, and link to the MyMemorial Patient Portal. Follow the instructions, and start exploring the Portal!  
For more information, please call (618) 257-5300.

### Stop Smoking!

It is essential that you stop, because smokers have a higher rate of infection and complications. Memorial Hospital is nonsmoking facility, inside and outside. If you need help, just ask or call 1-800-QUIT NOW or visit [quitnow.net](http://quitnow.net).

### Diabetes Care

It's important to work with your physician to control your blood glucose levels, especially before joint replacement surgery. Uncontrolled diabetes is associated with increased complications, including decreased wound healing and an increased risk for infection. Please work with your diabetes management team and your surgeon to manage your diabetes and decide if it's safe to proceed with surgery.

**Get Mobile with Memorial Alert:** Think well — and be well. You have a team, but it all starts with you.

# Step 3.

## 6-8 Weeks Before Surgery

Your start date: \_\_\_\_\_

Be sure to check each box.

To recover faster from your surgery, you have to get moving on many items well in advance. As we've said from the beginning, your health is your responsibility. We're here to help you. So, let's get started!

### **Advanced Health Care Directive**

If you already have one, please bring it when you visit the Admission and Testing Center. If you don't have one yet, now is a good time to complete one. The staff in the Admission and Testing Center will be able to provide you with the Advanced Directive form and help you complete it.

### **Nutrition**

It is important to eat a well-balanced diet now to get your body ready for surgery. Good nutrition will help your body recover faster after surgery. Unless your physician says otherwise due to a medical condition, for one month before surgery:

- **Take an over-the-counter Vitamin D supplement**
- **Have one protein bar or drink every day**

### **Returning to Work**

Your orthopedic surgeon will let you know when you can return to work.



## 2-4 Weeks Before Surgery

### PREOPERATIVE APPOINTMENTS

There are three preoperative appointments before your surgery.

#### Pre-Testing Appointment

We will schedule you for your Pre-Testing Appointment at the Admission and Testing Center. It is located in Medical Office Building One, Entrance A. Here's what to expect:

- **Medical Exam**

At your Pre-Testing appointment, a nurse will take your health history and medication list, and a physician or nurse practitioner will perform a medical exam and order any tests that need to be completed at least 14 days before surgery. This may include blood test, X-rays, an EKG, and nasal swab. These are non-fasting tests, so please eat and take your morning medications as scheduled.

- **Things to Bring to Your Pre-Testing Appointment**

- **Medications**

We'll need to know about all the medications you are taking, including prescriptions, over-the-counter medications, vitamins, and herbal supplements. We'll review your medications and tell you which ones you should stop taking and when. Please remember: It is very important to continue to take all of your prescribed medications until your physician or we instruct you to stop them. Please bring all your medications and their bottles to your Pre-Testing appointment.



- **Insurance Cards**

- **Advance Directive and/or Power of Attorney papers, if applicable**

#### Joint Replacement Educational Class

You and your Joint Coach will attend a class at Memorial Hospital Belleville in the Orthopedic and Neurosciences Center. The class will provide you with information about your surgery and give you a chance to ask questions. We will cover what to expect before, during, and after surgery. The class will be taught by a nurse from The Joint Replacement Center. We'll talk about how to prepare for your surgery, your hospital stay and taking care of yourself after you go home.

**Get Mobile with Memorial Alert: The more you learn now, the faster you'll recover!**

# Step 4.

## ❑ Physical Therapy Screening

To help us create the best plan to speed up your recovery, your physical therapy team will also screen you at the one of three Memorial outpatient therapy clinics. Your screening will include:

- Walking analysis
- Mobility analysis (getting up and down from a chair, using stairs)
- Identifying your equipment needs after your Joint Replacement Center stay
- Information about the therapy you will receive during and after your Joint Replacement Center stay to ensure the best outcome from your surgery
- Plus, we'll design an exercise program to help ensure your muscles are as strong as they can be after surgery. Your PT will show you how to do each exercise, make sure you're doing each properly and give you written instructions with diagrams



# PREOPERATIVE TOTAL JOINT EXERCISES

## MAKING YOUR MUSCLES STRONGER

Having the best strength for your new joint begins now. Doing these exercises will help you get ready for your activities after your joint replacement.

Follow this check list to a stronger and healthier body.

- Do each exercise 10 times, twice a day.
- If any exercise is painful, don't do it. Exercise may be hard to do, but it should NOT be painful.
- If you have questions about these exercises or your physical therapy program after surgery, call the in-patient therapy services at (618) 257-6219.



### ALL JOINT REPLACEMENTS

#### Chair push-ups

- Sit in a chair with armrests.
- Push down on the armrests so your elbows straighten to lift your body off the seat of the chair.
- To make it harder, hold your feet off the floor while lifting your body off the seat of the chair.



### HIP REPLACEMENTS ONLY

#### Bridging

- Lie on your back with both knees bent and feet flat on the surface.
- Gently squeeze your buttocks together and lift your buttocks off the surface.



#### Standing Hip Extensors

- Stand so that the front of your body is facing the back of a chair.
- Keep your upper body and pelvis still; then gently move your surgery leg backward.
- Do not bend at your waist or lean sideways.



#### Standing Hip Abductors

- Stand with your surgery leg away from the back of the chair.
- Keep your upper body and pelvis still; then gently move your surgery leg out to the side.
- Do not bend at your waist or lean sideways.

## PREOPERATIVE TOTAL JOINT EXERCISES – cont'd.

### KNEE REPLACEMENTS ONLY

#### Straight Leg Raise



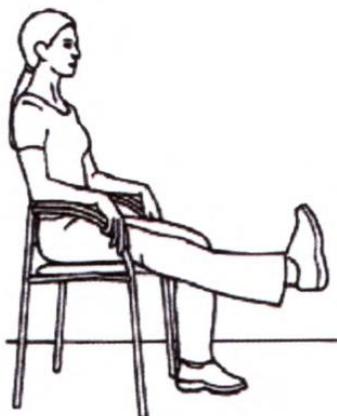
- Lie on your back, with your “surgery leg” straight, the other leg bent.
- Slightly roll your “surgery knee” outward, tighten your thigh muscle, and lift your “surgery leg” off the floor so it’s as high as your other leg.
- Keep your knee straight and rolled out while lifting and lowering it.
- Slowly lower your leg to the floor.

#### Terminal Knee Extension



- Lie on your back. Put a rolled pillow or large towel roll under your knee. Bend your other knee (for comfort).
- Slowly lift the foot of the “surgery knee” off the floor until the knee is as straight as it can be. Hold straight for 5 seconds, then lower your foot slowly. Your thigh may be turned out slightly.

#### Knee Range of Motion (ROM) While Sitting



- Sit in a chair so that your feet barely touch the floor. (If you’re tall, you may need to first put 1 or 2 pillows on the seat of the chair).
- **Use the knee that you’ll have surgery on.** Bend the knee as far as you can. Then straighten the knee as much as you can.

## 1 Week Before Surgery

Date: \_\_\_\_\_

Be sure to check each box.

Taking responsibility for your health means asking the right questions. Now is the time to ask yourself:

**Do You Have an Infection?**

Notify your surgeon's office right away if you think you might have an infection of any kind, such as:

- Bladder infection
- Skin infection
- Tooth infection
- Respiratory infection

**Is Everything Ready for Your Surgery?**

Follow-up with your surgeon's office and make sure everything is ready for surgery, including that your test results have been reviewed by your physicians and all paperwork is completed.

**Complete the "Prepare Your Home" Checklist** (page 11)

**Stop taking vitamin supplements one week before your surgery.**



# Step 5.

**Get Mobile with Memorial Alert:** Take charge of your health. Use these checklists!

## *Prepare Your Home checklist*

Be sure to check each box.

- Clean your home and do the laundry.
- Put frequently used items on easy-to-reach shelves, drawers or countertops.
- Arrange for someone to collect your mail, take care of your pets and your yard work.
- For your own safety, make sure you have a secure handrail on at least one side of inside and outside steps.

## *Unclutter Passageways at Home*

- Make sure all pathways are clear of clutter and wide enough so you can move around easily with your walker.
- Pick up throw rugs and tack down loose carpeting. Cover slippery surfaces with carpets that are firmly anchored to the floor or that have nonskid backs.
- Be aware of things that might cause you to slip or trip, such as pets, small objects or uneven surfaces.
- Keep electrical extensions and phone cords out of your way. But, don't run wires under rugs, because that's a fire hazard.

## *Have Good Lighting*

- Have good lighting throughout your home. If you haven't already, consider installing night-lights in the bathroom, bedroom and hallways.

## *Other Suggestions for Home*

- Have at least one sturdy chair with armrests.
- If your bedroom isn't on the ground floor of your home, you may want to sleep downstairs at first. (We'll show you how to safely walk up and down stairs.)

# Step 6.

## A Few Days Before Surgery

Date: \_\_\_\_\_

Be sure to check each box:

- Follow the **“Prepare Your Home”** checklist on page 11, so your home is ready from the very first day you’re back.
- Pack properly for the hospital by following the **“What to Bring to the Joint Replacement Center”** checklist on page 13.
- We will provide equipment such as walkers and raised toilet seats while you are in the hospital: no need to bring equipment from home.
- Follow any special instructions you received from your Admission and Testing Center visit or your surgeon’s office.



# Step 7.

**Get Mobile with Memorial Alert:** Checklists help you remember what to do next!

## *What to Bring to the Joint Replacement Center Checklist*

To make your stay at the Joint Replacement Center as easy and home-like as possible, please bring the following:

- A positive, can-do attitude and commitment to your fast recovery!
- Important telephone numbers (joint coach, family, friends, etc.). You can keep track of them on pages 35.
- The Joint Replacement Center Patient Guide.
- We will provide hospital gowns, but if you would be more comfortable, bring two to three outfits to wear during your Joint Replacement Center stay. Bring loose-fitting clothing (T-shirts, drawstring or elastic band shorts or loose pants). Remember that you'll be walking in the halls, so plan for modesty. If desired, you can also bring a robe or housecoat.
- Comfortable, sturdy shoes and socks. Please make sure that the shoes are wide enough to allow for some normal swelling on the leg that was operated on. No flip-flops, sandals, crocs, or open house-shoes, please. We provide non-skid socks while you are in the hospital, but you may bring your own socks if you would like.
- If you have been diagnosed with obstructive sleep apnea, please bring your personal CPAP machine.
- Your TENS unit if your surgeon has prescribed one for your hospital stay.

## **Please leave at home:**

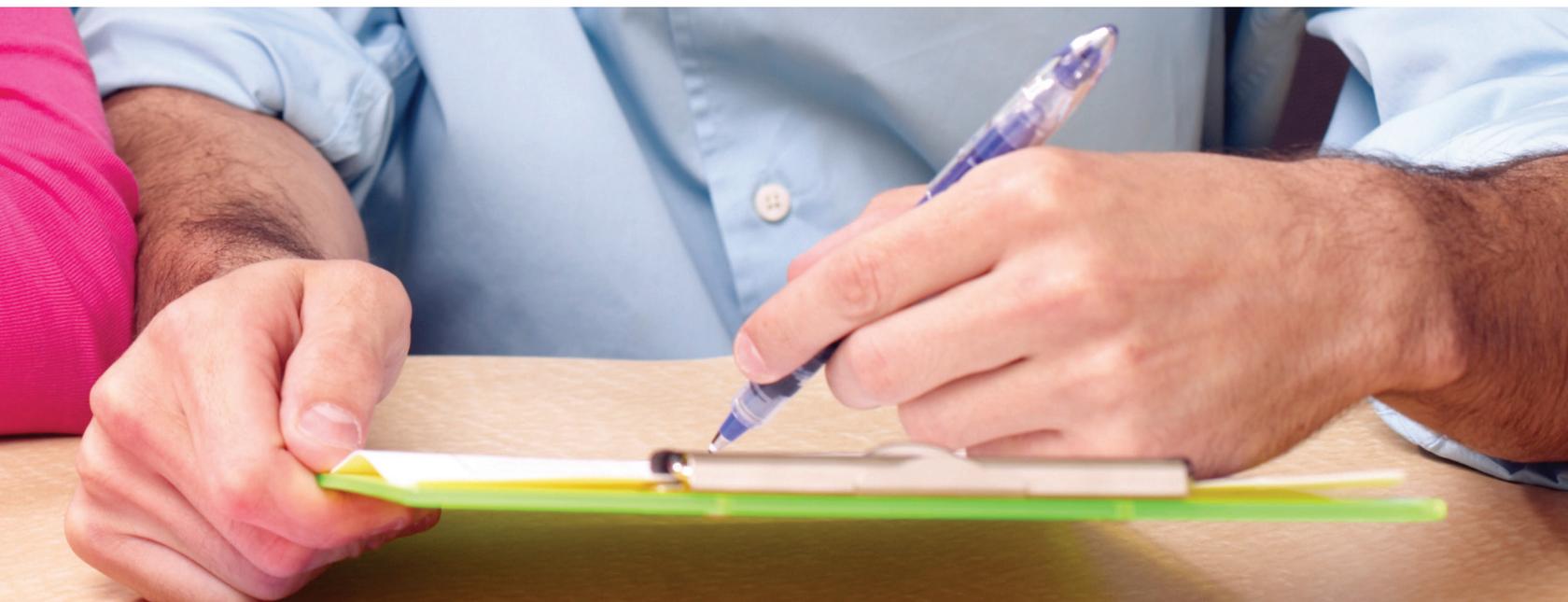
- Jewelry
- Credit cards, checks, large amounts of cash
- Medications — we'll provide all of your medications while you're here

## Night Before Surgery

Date: \_\_\_\_\_

Be sure to check each box.

- Don't eat anything after midnight, and drink clear liquids (i.e. clear apple juice, sugar-water, water, 7-Up, pedialyte, balanced salt solution, such as Gatorade) up to four hours before your surgery starts.
- Remove all nail polish from your fingernails.
- Don't shave at or near the area where you will be having surgery (your hip or knee).
- You will need to shower with antibacterial soap the night before surgery, then wait 2 hours. Next, use the special wipes provided by our Admission and Testing Center to prevent infection.
- Sleep on clean sheets with clean pajamas the night before surgery, and don't let pets into the bed.
- Don't use any lotions or powders after your baths.
- Be sure to complete the *What to Bring to the Joint Replacement Center* checklist on page 13.**



# Step 8.

## Day of Surgery

Date: \_\_\_\_\_

Be sure to check each box:

### Before You Arrive

- Do not use any lotions, deodorant, makeup, perfume or aftershave on the day of surgery.
- Take only the medications that you were instructed to take the morning of your surgery with a sip of water.
- Follow any additional instructions given to you by your orthopedic surgeon's office.

### Arriving and checking in

- Please check in at Outpatient Surgery located by the Serenity Garden between Medical Office Buildings A and B:
  - The surgical receptionist will notify your family/friends and Joint Coach when your surgery is completed.
  - After surgery, your orthopedic surgeon will meet with your family/friends and Joint Coach.
  - **It is important that your family is in the waiting room when your surgery is completed so that your orthopedic surgeon can provide an update on your condition.**

**Get Mobile with Memorial Alert:** Checklists help you remember what to do next!



# Step 8.



## Right Before Surgery

- Your preoperative room nurse will review your medications and health history with you and start an IV in your arm.
- You will meet with your anesthesiologist to discuss the most appropriate anesthetic for you, as well as how to best manage your pain after surgery.
- Your orthopedic surgeon will meet with you again to review the surgical plan and mark where the surgery will occur (hip or knee).
- You will be given medication that will help you relax before going to the operating room.

## During Your Surgery

- Your surgical team will take excellent care of you, monitoring your breathing, heart rate and blood pressure throughout your surgery.
- During your surgery, your family will be directed to the surgical waiting room, where they can check in with volunteers who will keep them informed of your progress.
- Your family can also follow your progress on the tracking board in the waiting room. (see above)

## Right After Surgery

- You'll wake up in the recovery room where you will spend a minimum of one hour.
- Specially trained nurses and an anesthesiologist will monitor your breathing, heart rate, blood pressure and pain management.
- When your recovery room team feels that you're able to move to your room in the Joint Replacement Center, your team will notify your family to meet you there.

# Step 9.

## The Joint Replacement Center After Surgery

Have your joint coach at your side any time of day and for every activity. Your coach will learn a lot, which will help make your recovery at home faster and easier. Your friends and family are welcome any time at the Joint Replacement Center as well.

### What to Expect When You First Arrive

- Your nurse will welcome you and your family to the Joint Replacement Center and will help you settle into your room, which will be equipped to help you get up and moving.
- You may have oxygen overnight and will have a monitor to track your oxygen level, heart rate and rhythm.
- Your vital signs (blood pressure, heart rate and temperature) will be checked often at first and then every four hours while you're at the Joint Replacement Center.
- You'll have fluids going through your IV following surgery.
- A catheter will drain your urine for the first night after surgery, and will be removed in the morning.
- You'll have a large dressing over your incision, which might feel bulky.
- Swelling is very common after surgery. Using ice or cold therapy will help keep the swelling and pain under control.
- When you feel more alert and awake the evening of your surgery, your physical therapist will help you get out of bed. After the first time out of bed, your nursing staff can help you to move around.

### Fall Prevention During Your Stay

You are at a higher risk for falling after your surgery because of medications and anesthesia, equipment and limited mobility.

- **Your safety is very important to us. Remember to ALWAYS call for help anytime you feel that you need to get up.**
- **Only the Orthopedic staff can help you get up. DO NOT get up out of bed alone or with family or friends during your stay.**

**Get Mobile with Memorial Alert:** Time for you and your joint coach to really get to work!

# Step 9.

## Pain Management

The pain you'll experience after surgery is usually different from the arthritic pain that you felt before. To gain full use of your new joint, you'll need to follow the accelerated therapy plan that we've custom designed for you. So during your therapy, you'll often be asked to rate your pain on a scale of 0 to 10 (please see the chart). Above all, we want you to be as comfortable as possible while you recover. So, let us know if your pain medication is doing its job, or if we need to adjust it: please communicate with our nursing staff about your pain level.

- **Multi-Modal Pain Medicine Therapy**

We will provide you with both scheduled pain medicine and medicine as needed to control your pain. The different types of pain medicine work together for better pain control. Your nurse will check on your pain level often.

- **Ice Packs**

Ice packs on the incision area can help relieve pain and swelling. We will provide you with an ice pack in the hospital that you can take home with you after your stay.

- **Repositioning**

Changing positions can help with pain control. Your nursing staff will help you to move from the bed to a chair and back. Please be sure to wait for our staff to help you before getting up!

# STOP!

### Call Your Nurse...

- When your pain is getting worse
- When you need pain medication
- When your pain is not being controlled



**0**  
No Pain

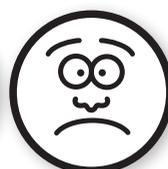
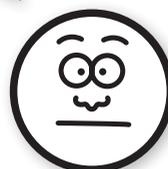
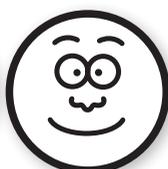
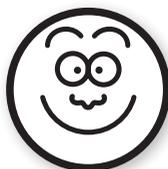
**2**  
Little Pain

**4**  
Mild Pain

**6**  
Moderate Pain

**8**  
Severe Pain

**10**  
Worst Pain



# Step 9.

## Activity

- Start moving with help from staff as soon as possible after surgery, which helps your breathing and digestion and will help you heal faster. It may hurt to move, but moving and being active will help lessen pain over time.
- Actively participate in your accelerated therapy course. Research shows that when you move as soon as possible after surgery, you'll recover faster and your new joint will work better.
- On the night of surgery, your Joint Replacement Center team will help you sit up or get out of bed; be sure you wait for your nurse's help.
- Your Joint Replacement Center team will get you up and moving very early during your stay in the Joint Replacement Center.

**Get Mobile with Memorial Alert:** Spend most of the daytime hours out of bed.



# Step 9.

**Get Mobile with Memorial Alert:** The harder you work, the faster you'll go home!

## Preventing Complications After Surgery

To help minimize the risk of developing a blood clot or pneumonia, your nurse or therapist will help you sit on the side of your bed the evening of your surgery. Every day, you'll be encouraged to get out of bed and move around. This will increase the range of motion of your new joint.

### **Preventing blood clots:**

Your surgeon and entire team will determine what treatments to use to help prevent blood clots, which are a serious condition:

- After surgery and until your discharge from the Joint Replacement Center, you'll take blood thinning medication.
- Additional preventive measures may include an intermittent massaging compression device on your feet or calves to help keep the blood flowing.
- The nursing staff will encourage you to paddle your feet and ankles, perform foot circles and move your legs to keep the blood flowing.

### **Preventing pneumonia:**

- You'll receive an incentive spirometer to help prevent the risk of pneumonia. It's a device that will help us assess the amount of air you use with each breath, and you'll need to use it at least 10 times every hour while you're awake.
- It's important to be out of bed and be active every day. This helps you take deeper breaths and decreases your risk for pneumonia.



# Step 9.

## Your Nutritional Needs

Your digestive system will need to 'wake up' after surgery, so you'll be on a restricted diet of clear liquids at first. Your nurse will help you decide how quickly you can start eating normally to avoid the nausea that sometimes comes after anesthesia or pain medication.

Shortly after you're admitted to the Joint Replacement Center, your nurse will introduce you to the diet recommended by your doctor and our menu selections. You will be able to place your meal order by telephone or through your nurse, and our dietary associates will help you select foods within the guidelines of any special restrictions made by your doctor.



It may take a few days before you have a bowel movement, because anesthesia, pain medication and not moving around can cause constipation. Please be sure to drink plenty of fluids (water is always best) and eat whole grains, fruits and vegetables. Your surgeon prescribes a stool softener or laxative as well.

## Physical Therapy

After surgery, your physical therapy team will instruct you in exercises to improve your range of motion and strength and help you walk. Some of these exercises will be familiar to you from the Physical Therapy Assessment Screening and some will be new. The team will also assist you with walking short distances and progress your therapy plan on an individual basis to help you achieve your therapy goals.

- Protecting your new joint is very important, so we'll tell you about any precautions or restrictions that will help reduce soreness, while strengthening your muscles around the joint.
- When you leave the Joint Replacement Center, you should be able to:
  - Walk safely with your walker and supervision.
  - Get safely in and out of bed without assistance.
  - Get safely in and out of a chair without assistance.
  - Get safely in and out of a vehicle.
  - Understand how to protect your new joint.
  - Perform exercises as instructed by your therapist to increase strength, mobility and balance
  - Move safely at home
  - Climb up and down stairs.

# Step 9.



## Occupational Therapy

The morning after surgery, you'll meet with your Occupational Therapist (OT) to learn how to become independent again. Your Occupational Therapist will get you up and moving to the toilet and assess potential equipment needs. When you leave the hospital, you should understand:

- How to get dressed
- How to safely get on/off of the toilet
- How to safely get in/out of the shower
- How to adhere to precautions while completing everyday activities

## Physician, Physician Assistant or Nurse Practitioner, and Care Coordinator

Your surgeon and the healthcare team will visit you regularly at the Joint Replacement Center to monitor your progress and overall health. At discharge, you'll receive your medication prescriptions, plus any equipment you need to help you move around while you recover.

Two to four weeks after surgery, you'll have a follow-up appointment with your surgeon. Your surgeon's office will direct you about scheduling periodic appointments after that.

# Step 9.



## Planning Your Discharge

From the minute you decided to have joint replacement surgery to today, the Joint Replacement Center team has been working with you to get you home and back to your daily activities as soon as possible. When you get to go home is based on:

- Evaluation before surgery
- Your progress with therapy
- Strength and endurance levels
- Your joint coach and other support resources.

Your surgeon and the Joint Replacement Center team will work with you to determine the level of care and follow-up you'll need after you go home to ensure a full recovery — and then your social worker and case manager will arrange it. Also, your nurses and therapists will advise you on how to perform in-home exercises to help you continue strengthening your new joint.

## Discharge Options

We also will work with you to determine your best option for continuing therapy after you leave the Joint Replacement Center. Your options include:

- Outpatient therapy at one of three Memorial outpatient therapy locations, including the Orthopedic and Neurosciences Center
- A combination of home-based therapy followed by outpatient therapy
- A skilled nursing rehabilitation facility.

Whatever the choice, we will make sure all of your discharge plans are taken care of after your surgery. Before you leave the Joint Replacement Center and are going home, our staff will ensure you have everything you need at home by calling your pharmacy of choice to check on availability of your blood thinner, and our social worker will obtain equipment (such as a walker) for you. If you are going to a skilled nursing facility, your equipment and medications will be arranged by the facility before you go home.

## Caring for Yourself at Home

### Going Home

Our goal is the same as yours: for you to go home as quickly as possible. The average stay at the Joint Replacement Center is 2 days. By taking advantage of the Joint Replacement Center and actively participating in your accelerated therapy program, you'll get better faster. You'll have more confidence in using your new joint. And you'll be ready to return to the active lifestyle you've been missing — until now.

But never forget: The work doesn't stop once you go home. *Keep moving* with these next steps.

### Care of Your Surgical Incision

- You and your Joint Coach should wash your hands before and after changing your dressing.
- Change your dressing according to your surgeon's discharge instructions.
- You and your Joint Coach should keep a close watch on your incision. There will be some swelling initially, especially after physical therapy or exercise. There should not be any redness, hotness, odor, increased drainage, or opening of the incision.
- Follow your orthopedic surgeon's instructions on caring for your incision, including how to take a shower. You may or may not be able to use an occlusive bandage.  
**In no case can you submerge your incision (in a tub, hot tub, pool, lake, river, etc.) until it's healed and your surgeon gives you clearance.**
- If you have staples, they will be removed when directed by your physician.



Hand washing goal:  
Wash hand for 15 seconds.

**This is the amount of time it takes to sing the "Happy Birthday" song.**

**Get Mobile with Memorial Alert:** Safety-proof your home! See the checklist on page 11.

# Step 10.

## Outpatient Therapy

A strong rehabilitation program is critical to the success of your joint replacement. After you go home, continue your therapy at the Orthopedic and Neurosciences Center, located right on our campus, to help you recover and return to your everyday activities faster.

While outpatient therapy isn't right for everyone, eligible patients should take advantage of it. Here's why:

- You'll work one-on-one with therapists already familiar with your stay at the Joint Replacement Center and who know your surgery and therapy plan inside and out. So, they can 'jump right in' and speed up your recovery.
- We'll also monitor your incision to ensure proper healing is taking place.
- Your outpatient therapists will have a direct line to your surgeon and other team members should you need more follow-up care from them.

So, what will happen during outpatient therapy? Two to three times a week, you'll visit our campus for:

- Progressive strength training
- Aquatic therapy after your incision is healed
- Increased range of motion
- Reduced pain and stiffness
- Improved balance, movement and control
- Improved ability to change direction and move easier.

What happens if outpatient therapy isn't right for you? Then we'll recommend other options to continue your therapy and help you make the most of your new joint.



**Get Mobile with Memorial Alert:** You're responsible for your care at home!

## Special Equipment for Total Joint Replacement Patients



Special equipment can be used to assist you do while you are recovering from your joint replacement.

- Getting Dressed

- Long handled reachers
- Dressing sticks
- Sock donners help you put on and take off your pants or socks



- Shoes

- Long shoe horns help you put on your shoes
- Elastic shoe laces make your laced shoes into slip-on shoes.



*Your therapist will help you get these items if your team thinks they would be helpful. He or she may also teach you how to use them as you follow your precautions.*

- Bathroom Safety

- Grab bars
- Tub or shower benches



# Things to **AVOID** Following Total Knee Replacement Surgery

## Things to Avoid Following Total Knee Replacement Surgery



# Step 10.



## If you develop chest pain, CALL 911 IMMEDIATELY.

- **Do not drive yourself** or a loved one to the emergency room. You can be treated faster and more effectively when the appropriate hospital is notified ahead of time by emergency services. **Quick treatment** can limit the damage to your heart.
- Note the time of your first symptoms.

### Contact your surgeon or nurse navigator immediately if:

- Your pain increases
- The incision becomes red or warm
- There's an opening in your incision
- There's increased draining from the incision
- The drainage from the incision has an odor
- The area around the incision becomes increasingly swollen or red
- You're unable to walk or put weight on your leg
- You have increased numbness or tingling of the leg
- Either calf becomes painful, swollen or tender
- You develop coughing, fever or shortness of breath.

# Step 10.



## Pain and Medication

You can expect to have some pain, and our goal is to make it manageable after you go home. Here's how:

- You'll receive prescriptions for your pain medications, which you can fill at your pharmacy.
- Start by taking your pain medication as prescribed. As your pain lessens, decrease your dosage.
- Remember to practice all of the other ways to manage pain:
  - Activity – being active helps lessen pain
  - Distraction – focus on something other than your pain
  - Ice/Cold Therapy – will help keep swelling and pain under control
  - Elevation – by raising your incision higher than your heart, you'll improve blood flow and reduce swelling.

# Step 10.

## Constipation

Many things can cause some degree of constipation, including pain medicine, iron supplements and a decrease in mobility caused by your surgery. This is normal, and your physician may prescribe a stool softener for you.

Some patients also may lose their appetite for several weeks after surgery. It's common and will improve with time.

- Until your appetite improves, try to eat smaller, more frequent and well-balanced meals — vs. three large meals a day.
- Drink plenty of non-alcoholic, non-caffeinated fluids throughout the day to keep your body hydrated. Water is ideal.

## Preventing Blood Clots at Home

Before you are discharged, your orthopedic nurse will review with you an individualized plan that your physician developed to help prevent blood clots.



# Step 10.



## Driving a Car

Once you can walk comfortably without a cane or any other support — and you're no longer taking prescription pain medication — your doctor may clear you to start driving again. That might take a couple of weeks, but don't rush it. If you don't feel you're ready, don't get behind the wheel. Have your Joint Coach or other family member or friend drive you.

## Sleeping

Getting enough rest will help you heal faster and feel better. You may need to use your pain medications one hour prior to bedtime to help you relax, control your pain and help you go to sleep easier. If you need pain medication before going to sleep, be sure to take it as directed by your physician. Do not take sleeping pills with your pain medication unless directed to do so by your physician.

## Home Exercises

Be sure to follow your home exercise plan regularly, so that you can regain your full range of motion and flexibility faster. Also, keep walking, because it will help your muscles get stronger. You'll need to use your walker at first and keep using it until your surgeon or therapist tells you that you no longer need it. After you no longer need the walker, you will temporarily walk with a cane for stability.

## Ice and Elevation

- Continue to use your ice pack; it helps to reduce swelling and pain.
- Use it for at least 10 to 15 minutes each time (or up to 20 minutes for pain control).
- Don't place the ice pack directly on your skin. Always have fabric (such as a clean pillow case or towel) between the pad and your skin.
- **Elevate your leg, but don't place a pillow under your knee.** Use a footrest when out of bed or place a pillow under your ankle when in bed.

# Step 10.

## Your Care-at-Home Checklist

- Don't wear open-toed slippers or shoes without backs. They don't provide adequate support and can lead to slips and falls.
- Rise slowly from either a sitting or lying-down position. This helps prevent feeling dizzy or light-headed as you get up.
- Change positions frequently to avoid stiffness.
- If you're in the car, get out every one to two hours for a short walk, to lessen stiffness.
- Don't lift heavy objects for the first few months — then only with your surgeon's permission.
- Avoid sitting on sofas or chairs that are low, deep or very soft — especially if you have restrictions on bending your hip.
- Remember to remove all obstacles at home, including rugs. Add handrails in the shower, bathroom or other passageways, if needed.
- Keep all appointments with your doctors, therapists and other healthcare providers!** You can keep track of them on page 2.



# Step 11.

## Staying Healthy

### Keep You and Your New Joint Healthy

***The work doesn't stop after your therapy program ends!***

Living a healthy lifestyle speeds up your recovery — maintaining that lifestyle will help ensure your new joint works well for years to come. In fact, studies show that hip and knee replacements improve quality of life more than any other surgery.

### Keep Exercising

It's the proven way to maintain strong and healthy muscles around your new joint. If your surgeon and family doctor say it's okay, try to exercise regularly: three to four times per week, 20-30 minutes at a time. Start with low-impact exercises, such as: taking one to three mile walks, using a treadmill or stationary bike, participating in an exercise program at a fitness center or an at-home program.

### Watch Your Weight

Eating right and exercising regularly will help you control your weight, which will put the least amount of stress on your new joint. A dietitian can design a healthy weight loss meal plan just for you. Just let us know if you'd like us to refer you to a dietitian that's close to your home.

***Remember: Your health is your responsibility.***

You'll want to keep eating a balanced and heart-healthy diet, manage your weight and more. For more information, please visit [americanheart.org](http://americanheart.org).

**Get Mobile with Memorial Alert:** Think healthy for life. It's your responsibility!

# Step 11.

## Continue to Stay Smoke-Free

If you quit smoking for your surgery, congratulations! By staying smoke-free, you are taking good care of yourself and practicing preventive medicine. Also, avoid smoky environments as secondhand smoke is not good for your health.

## Good Health — a Commitment You Make to Yourself

Good health is a commitment you make to yourself and also to your family. It means living a healthy lifestyle and knowing your risk factors — blood pressure, blood glucose, blood cholesterol and body weight. Being screened for your health risk gives you enormous power to make changes in your lifestyle and improve your overall health.

### *If you have any other surgery or dental work in the future...*

Be sure to tell your doctor or dentist that you have had a joint replacement, so that you can be taking the appropriate antibiotic medication prior to the procedure.

## Your health — MyMemorial Patient Portal

Memorial Hospital offers a patient portal called MyMemorial, which is accessible through **memhosp.com**. By logging in to MyMemorial, you can become more involved and educated about your health by viewing your patient profile and test results.

Signing up is easy:

1. Go to the Health Information Management department at Memorial Hospital Belleville with a photo ID and provide your e-mail.
2. Access your e-mail for your login ID, one-time password, and link to the MyMemorial Patient Portal. Follow the instructions, and start exploring the Portal!

For more information, please call (618) 257-5300.

**So get mobile online — and congratulations again for taking control of your health!**

# Step 11.

## Health Care Provider Phone Numbers

HEALTH CARE PROVIDER	NAME	PHONE NUMBER	EXCHANGE NUMBER
Orthopedic Surgeon		(618) 234-9884	
Primary Care Physician			
Care Coordinator		(618) 767-2194 (Hospital Number)	
Home Health Agency			
The Orthopedic and Neurosciences Center		(618) 257-5250	
Physical Therapy		(618) 257-5250	
Admission and Testing Center		(618) 257-5460 (Belleville)	
Memorial Hospital Belleville		(618) 233-7700	
Smoking Cessation Help Line		1-800-QUIT-NOW	
American Heart Association		1-800-AHA-USA-1	





For a referral to a Memorial Medical Group physician, or for more information about our Community Education Programs, please call **(618) 767-7000** or **(618) 233-7750** or visit our website *[mymemorialnetwork.com](http://mymemorialnetwork.com)*

Memorial Hospital Belleville complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

Atención: hay servicios de asistencia de idiomas disponibles a su disposición sin costo. Llame al 618-257-5420 (TTY: 1-800-735-2966).

注意：免费提供语言协助服务，如有需要敬请致电 618-257-5420 (TTY: 1-800-735-2966)。

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