



Preparing For Your Total Joint Replacement:

A Pre-surgical Education Class

Presented by:

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Narrated by:

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Welcome to:

The Joint Center at Clifton Springs Hospital & Clinic!

- Congratulations on making the decision to have your total knee, hip, or shoulder completed at The Joint Center at Clifton Springs Hospital & Clinic!
- We will take the some time to cover vital pre-operative education so that you can best prepare for your surgery!
- Please email any questions to alex.metcalfe@rochesterregional.org

Agenda Topics:



- Pre-surgical testing appointment
- Preparation at home: what to bring & infection prevention
- Day-of-Surgery preparation
- The operation
- Post-operative plan and pain management
- Visitors
- Physical and Occupational Therapy
- Discharge process
- Recovery and need for therapy
- Questions

Infection Prevention: Pre-surgery

- Chlorhexidine wipes and/or wash:
 - Antiseptic body wash or wipes
 - Please follow instructions given at pre-surgical testing appointment!



What to Bring to the Hospital:



- Shoes or sneakers with a good tread and closed-back
- Socks
- Loose-fitting shorts, pants or sweats; “lounge clothes”
- Loose-fitting shirt or button-up (total shoulders)
- Personal toiletries
- **Front-wheeled walker**
- A cell phone or tablet if you wish*



*The hospital is not responsible for your valuables. Please leave them at home or have security lock them up for you.



Day-of-Surgery Preparation:



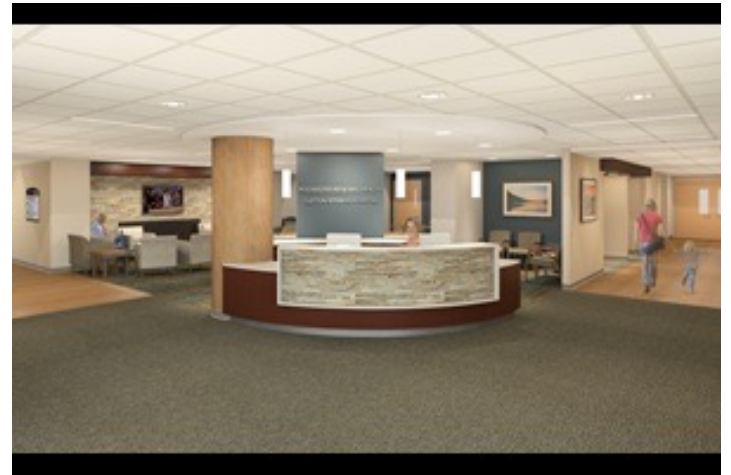
- Please call **ONE DAY** ahead to find out what time your surgery is scheduled for!
 - (315) 462-1800 for operation scheduling
- Please arrive at the time given to you during your phone call.
- Please arrive at the **SOUTH ENTRANCE**
- At this time, we are still allowing **ONE** visitor to accompany you and wait with you prior to surgery.



At The Hospital:



- Once you arrive at the hospital, you will be taken to a pre-surgical waiting area.
- Your surgeon will see you and ask you to provide consent for the surgery.
- Your anesthesiologist will see you to discuss what type of anesthesia is best for you, and you will be asked to sign a consent for anesthesia.



In the Operating Room



- You will be in the operating room for approximately 2 hours.
- This includes the time for anesthesia to take effect and for you to wake up after surgery.

Post Operative Phase: PACU



- You will wake up in the Post-Anesthesia Care Unit (PACU) recovery room and remain there for approximately 1 hour or until you are considered ready to go to your room.
- PACU staff will work to help control your post-surgical pain
- You will then be transferred to the unit you will stay on overnight (usually 1200 unit)

Pain Management



- Although pain is an individual experience, a total joint replacement surgery typically causes moderate pain, rated between 4/10 and 6/10.
- There are many ways to control pain, including medication, ice, rest, activity, exercises, positioning, etc.
- This is a team effort!



Visitor Policy

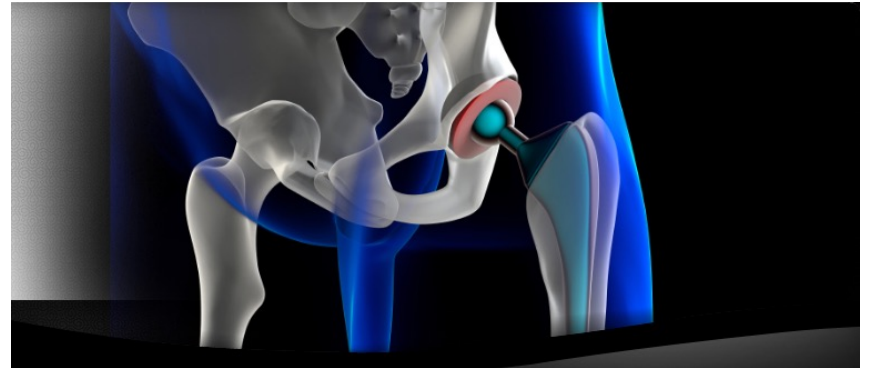


- Clifton Springs Hospital & Clinic allows **ONE** visitor at a time
- Visitors may be present from **12 p.m.** to **8 p.m.**
- Visitors must check in through the **SOUTH Entrance**
- Visitors must not have any symptoms of COVID-19 and must wear a mask in the room, while you wear a mask as well.



Physical Therapy (PT)

- The Physical Therapist will see you on the day of surgery, in your room
- Plan to get out of bed, and sit up in a chair, or walk to the bathroom!
- Getting out of bed after surgery is vital to controlling pain, and improving your outcomes!



Post-Op Day 1: The Day After Surgery

- The Physical Therapist will assess:
 - Bed Mobility
 - Transfers
 - Walking
 - Stair navigation
- You may have a chance to participate in a group exercise session



Occupational Therapy (OT)



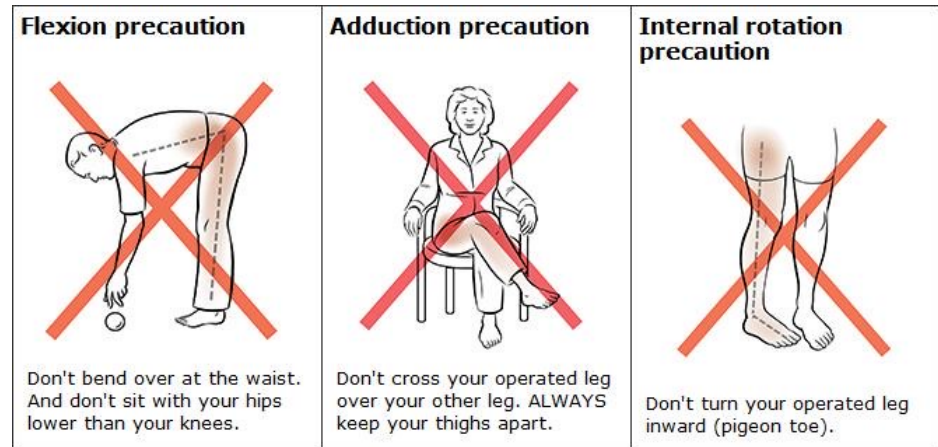
- Skills for dressing, bathing, toileting and self-care
- An occupational therapist will help you get dressed!
- Adaptive equipment (reachers/grabbers, shoe horns, sock aides)
- Special considerations for total hips and total shoulders...
- Hip Precautions and Shoulder Precautions

Hip Precautions:



Posterior Hip Precautions:

- No bending past 90 degrees
- No crossing legs at knees or ankles
- Do not turn leg in or twist
- Wear immobilizer in bed if provided one



Anterior Hip Precautions:

- Typically none!

Shoulder Precautions:



- No Extension (bringing arm behind back)
- No Adduction (bringing arm across body)
- No internal rotation (no twisting the arm inwards, like pouring water out of a glass)



Wear sling at all times for the first several weeks, as instructed by surgeon.

Discharge to Rehabilitation



- Physical Therapy, Occupational Therapy, and your surgeon will determine if you qualify for rehabilitation, based on several factors
- If you qualify, you most likely will go to a Skilled Nursing Facility (SNF) for a short time
- **If you do not qualify for rehabilitation, insurance will not cover your rehabilitation stay.**

Discharge to Home



- You will need a ride home after surgery
- You will receive written discharge information before being discharged from the hospital
- **You will be provided with a 24/7 “help-line” number to call, in case of any uncontrolled pain, swelling, bleeding, etc., though these are rare**
- The surgical bandage remains on for several days and is waterproof. You may shower immediately

Blood Clot Prevention



- Aspirin 81 m.g. to prevent blood clots after surgery
- If you cannot take aspirin or are already on another blood thinner, our medical team will work to provide you with a safe alternative
- You will be given specific instructions about how/when to take medications, in your written discharge instructions

Pain Control at Home: Narcotics

- Short term narcotic use: your surgeon will manage your available medication
- Some narcotics can cause constipation, so please remember to stay hydrated!
- Your surgeon will determine when you can drive again, and usually this means that you must not be taking narcotic pain medications anymore

Home Discharge Plan: Equipment



- Possible need for 2-3 pieces:
 - Front-wheeled walker (for hips and knees)
 - Adjustable-height commode or raised toilet seat
 - Tub transfer bench
- Purchase vs. Loan closet/Fireman's supply

Outpatient Physical Therapy



- You should plan to attend outpatient PT
 - If you have transportation from friends or family
 - Those with total shoulder replacements should wait until their two-week follow-up with Dr. Meyer before scheduling further therapy

Outpatient PT: Surgeon Preference

- **Dr. Klein's Knees:** start therapy the same week of surgery (Monday surgery = PT by Friday; Thursday surgery = PT by the following Tuesday)
- **Dr. Grimm's Knees:** wait about 7-10 days following surgery before your first PT appointment
- **Dr. Meyer's Hips and Knees:** wait about 7-10 days following surgery before your first PT appointment
- **Dr. Childs' Hips and Knees:** wait about 7-10 days following surgery before your first PT appointment

Home Physical Therapy



- Homecare services may be provided if you do not have consistent transport to outpatient therapy
- We try to reserve homecare for those who absolutely cannot get to outpatient therapy
- Several agencies available in the region (Lifetime Care, Finger Lakes VNS, HCR)

IMPORTANT!!!



- **Please answer the questions on the social information intake form included with your letter, and bring with you to your pre-surgical testing appointment. Your information will be kept private and confidential. It helps us to provide you with any services needed for your upcoming surgery.**
- **You may receive a phone call from Alex, the Joint Center Coordinator, if any of your information is missing or if we have questions for you.**

Questions?

- Please email Alex directly at alex.metcalf@rochesterregional.org or call (315)-573-2268 between the hours of 8am and 4pm on weekdays.

Thank you!



We look forward to seeing you!

Thank you for choosing

The Joint Center at Clifton Springs Hospital & Clinic

for your total joint replacement.