Preparing For Your Total Joint Replacement:

A Pre-surgical Education Class

Presented by:
Alex Metcalfe, PT, DPT,
Lead Physical Therapist and Coordinator
The Joint Center at Clifton Springs Hospital & Clinic

Narrated by:
Eric Wahl, Student Physical Therapist
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 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)
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.metcalfe@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.