

# Total Joint Preoperative Class

## Your Care Team

- David, Orthopedic Program Manager  
(303) 788 - 6682
- Laura, Director of Patient Care, Orthopedics  
(303) 788 - 3601
- Laurel, Orthopedic Nurse Practitioner  
(303) 788 - 8553
- Physical Therapists
- Occupational Therapists
- Your Surgeon
- Nursing Staff
- Your Coach – someone you designate to assist in your recovery in the hospital and once you go home

## Length of Stay

- Same Day Discharge vs Overnight Stay
  - Prior to your surgery, your surgeon will discuss your expected length of stay with you. Whether you leave same-day or spend the night, you will have the same goals.
  - For Same-Day Discharges
    - Physical Therapy will evaluate you in the recovery room. You will demonstrate safe walking and stair climbing in order to be cleared. Patients planning to discharge same-day must obtain **front wheeled walker ahead of time and have coach present for day of surgery.**
  - Overnight Stay
    - If your surgeon has informed you that you will be staying the night, we recommend you obtain your front wheeled walker ahead of time as well. You may work with Physical Therapy the day of surgery and will definitely work with Physical Therapy and Occupational Therapy on the morning after your surgery.

## Days leading up to Surgery

- Pre-Procedure Appointment (303) 788 - 6009
  - Must be completed no earlier than *30 days prior to surgery and no later than 7-10 days prior to surgery*
  - Can provide Fast-Pass
    - Allows you to bypass registration person and use phone in waiting room to connect you directly to Pre-Op desk and alert them you have arrived
- Do not shave legs for *5 days before surgery*
  - We do not want to risk you accidentally cutting yourself and opening possible area for infection
- No dental work *within 2 weeks of surgery and several months after your replacement* to decrease risk of infection. Ask your surgeon when you're cleared to return to dentist.
- Prepare your home
  - Remove any possible tripping or fall hazards (ex: loose throw rugs) and make sure your hallways can accommodate front-wheeled walker
- Designate your coach
  - We recommend all patients have a "coach" – a coach may be a family member, friend, someone from your church, etc. – this individual will work with you and your care team to assist you upon discharge
- Discontinue use of blood thinning medications
  - We ask you discontinue the use of Ibuprofen, Aleve, Mobic and Celebrex, as well as any vitamins two weeks prior to your surgery
  - IF YOU HAVE ANY QUESTIONS OR CONCERNS, please contact your surgeons office

- Showering
  - Start showering using Hibiclens soap (provided by Pre-Procedure Unit) around the same-time of day for *3 days prior to your surgery*
  - Use 1-2 pumps per shower
  - Once cleared by surgeon to return to showering, shower with Hibiclens until remaining soap is gone
- Schedule Post-Operative Physical Therapy Appointment
  - If your surgeon or care team has discussed outpatient physical therapy with you following your joint replacement, we recommend you reach out to a clinic of your choice and schedule a post-operative appointment for 3-4 days after your surgery. Scheduling ahead of time ensures the clinic will have openings
- Obtain your Assistive Device
  - For most of our individuals having a hip or knee surgery, we recommend you obtain a Front-Wheeled Walker prior to your surgery. These walkers have two wheels on the front and none on the back to provide increased stability. It is ok to have tennis balls or sliders on the back. They can be obtained from most retail stores (Walmart, Walgreens, etc.), online stores (Amazon), and secondhand stores (Goodwill/ARC) or through rental companies (Assistance League of Denver, Senior Assistance Center, etc.). For individuals leaving same-day, your assistive device must be present the day of your surgery. For individuals staying overnight, we recommend you have your “coach” bring the device in the day after your surgery so the Physical Therapist can appropriately adjust it. For individuals having shoulder surgeries, we do not anticipate you will need an assistive device unless you are already using one. For individuals having ankle surgery, your surgery team will discuss your options with you regarding recommended assistive devices.



### **Night before Surgery**

- No food or drink after midnight
- Double check your packed bag
  - Your Patient Guidebook
  - Comfortable, Loose Fit Clothing – you will be walking the halls, so something you’re able to easily put on and feel comfortable being seen in
  - Supportive Shoes – we recommend something with a back/heel to decrease fall risk
  - Toiletry Items – if you are staying overnight and want to bring your own toiletry items, you are welcome to do so
  - Glasses and Hearing Aids
  - CPAP or BIPAP – we do have devices here; however, we recommend you bring your personal devices as they are specific to you
  - Copayments or Deductibles if you did not prepay

### **Morning of Surgery**

- No food or drink (the exception to this rule is the Pre-Surgery Ensure (provided by Pre-Procedure) that may be consumed up to 4 hours prior to surgery ... if you have an early morning surgery and wish to consume it the night before, that is ok as well)
- If you want to shower, use Hibiclens
- No make-up, nail polish or lotion on the day of surgery
  - We use your faces as an assessment tool, make-up hinders our ability to truly assess you
  - We use your nail beds to assess oxygenation, nail polish can make this difficult and provide false reads
  - We use electrodes to monitor your heart during surgery and these will not stick if you have lotion on
- Leave any valuables that are not a necessity at home or your “coach” will be asked to manage them while you are in surgery

## **Arriving for your Procedure**

- Your surgery will be in the Swedish Orthopedic Center (SOC) located at **799 East Hampden Avenue, Suite 200**
  - o This is the same building that the OrthoONE office is located in
  - o You are asked to arrive two hours prior to your surgery
    - There is a roundabout that opens at 0500 if someone will be dropping you off
    - Valet arrives at the front of the building at 0730
    - Parking is available at the East Parking Garage and a walkway will connect you to the 799 building
- When you arrive at Suite 200 you will either:
  - o Follow the instructions on your Fast Pass
  - o If you do not have a fast-pass, check-in with registration
- If your surgery is being completed by Dr. Steve Morgan or Dr. Wade Smith, then your surgery will be at the Main Hospital and you will check-in at the main lobby in the 501 Building

## **Preparing for your Surgery**

- One of our pre-operative nurses will come receive you from the waiting area
- The nurse will take you back to the pre-operative area, change you into a yellow gown, start an IV and review your medical history with you
- Your Anesthesiologist and Anesthesia Team will introduce themselves
  - o They will address any questions or concerns and discuss which type of anesthesia they will be using
    - Regional/Spinal – medication administered to low back causing numbing effect in addition to deep sedation
    - General Anesthesia – uses anesthetic gases and IV medications to put you to sleep; your breathing, heart rate and blood pressure are continuously monitored
  - o The anesthesiologist will remain at the head of the bed throughout your procedure
- Your Surgeon will enter
  - o They will address any last minute questions or concerns and mark the surgical site

## **In the Operating Room**

- While in the operating room, your “coach” will be asked to either remain in the waiting area or provide a phone number so the team can reach out once your surgery is complete
- Most patients can expect to be in the Operating Room 1 ½ to 2 hours, then an additional 30 minutes of recovery before the “coach” is brought back to the recovery room to see you

## **In the Recovery Room**

- In the Recovery Room/PACU you will be cared for by a team of highly trained professionals until you are either safe to transfer to the Orthopedics Floor (9<sup>th</sup> Floor of the Main Hospital / 501 E Hampden Ave) or discharge to home
  - o If you are staying overnight, a staff member from our team will transport you through our glass walkways to your room on the 9<sup>th</sup> floor of the Main Hospital
  - o If you and your surgery team have agreed on a same-day discharge, you will remain in the recovery room
    - Physical Therapy will assess you in the recovery room
      - If you meet all the guidelines and feel comfortable to discharge to home, you will discharge directly from the recovery room
      - If you do not meet the guidelines or do not feel comfortable with a discharge to home, you will be transferred to the 9<sup>th</sup> floor of the Main Hospital

## **Physical Therapy**

- The Goal of Physical Therapy in the hospital is early and frequent ambulation
  - o Most individuals who had either a hip or knee surgery will have Physical Therapy the day of their surgery
    - If you have a late surgery or for some reason the Physical Therapist is not available to see you the day of your surgery, then your nursing staff can assist you when you have been deemed appropriate
- You can expect to be up and moving every day you are in the hospital (whether with therapies or nursing)
- Physical Therapy will discuss your home set-up with you and focus on mobility, transfers and stair training
- They will provide and educate you on exercises to complete following your surgery, physical therapy options after you leave the hospital and discuss the importance of using ice
- If you are having a shoulder replacement, you most likely will not see a physical therapist unless the Occupational Therapist believes it is necessary

## **Occupational Therapy**

- The Goal of Occupational Therapy in the hospital is to teach you how to perform day-to-day tasks while you recover from your recent surgery
  - o If you had a hip surgery, knee surgery, ankle surgery, or shoulder surgery and remain overnight, you can expect to see an occupational therapist the morning after your surgery
  - o If you are discharging the day of your surgery, you will not most likely see an Occupational Therapist
- The Occupational Therapist will help you get out of the hospital gown and dress in your own clothes
- They will discuss your home environment, techniques and safety with showering/toileting, and useful adaptive equipment that you may be interested in purchasing after your surgery. A lot of individuals ask about shower chairs, our recommendation is use it if you already own one or have one to borrow, but you do not have to go out and buy one before your surgery.

## **The Orthopedic Unit Experience**

- If you are an individual who is staying the night, you will be transferred from the recovery room in the 799 building to our 9<sup>th</sup> Floor Orthopedics Unit at Swedish Medical Center (501 East Hampden Avenue)
- Our team of highly trained, orthopedic clinicians will care for you during the duration of your stay
  - o Laurel, Orthopedic Nurse Practitioner – while on the 9<sup>th</sup> Floor, our Nurse Practitioner will work with you to manage your pain, educate you on your medications and discharge instructions
    - It is important that you understand that pain is expected following these surgeries; however, we will work together to get it to a manageable level
  - o Orthopedic Nursing Care
    - The goal of our Director of Patient Care/Orthopedics and staff is to manage your pain and make you as comfortable as possible while you are with us, while minimizing any risk of complications
    - Each day our team will complete safety rounds to assure your needs are met
    - You can expect an individual room and bathroom while you are here
    - Nurses will communicate with you regularly about your pain and will ensure you are well-prepared for discharge
    - Nurses will also assist in preventing complications by assuring that you have and are using an incentive spirometer (Pictured), are practicing blood clot prevention (wearing TED stockings and using SCDs/Sequential Compression Device) and assist in fall prevention

