

THE MONTEFIORE CENTER FOR JOINT REPLACEMENT SURGERY

YOUR JOURNEY THROUGH AMBULATORY TOTAL HIP AND KNEE
REPLACEMENT SURGERY PREOPERATIVE EDUCATION

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DIET AND NUTRITION

- Maintain a healthy weight.
- Healthy Eating starts with filling your plate with fresh ingredients and whole foods in the right amount.
- Healthy eating and good nutrition before surgery can have a beneficial effect on the healing process.
- **To contact a dietitian for an appointment call 929-263-3519.**

OUR GOALS FOR THIS PRESENTATION

We will help you to:

- Prepare for your ambulatory joint replacement surgery.
- ***Identify a CARE COACH. A care coach is a family member or a friend who you can count on through the journey, who will bring you to the hospital, stay with you until you are ready to go home and take you home from the hospital. The care coach will help you at home after surgery.***
- Understand the preoperative process.
- Prepare to care for yourself at home.
- Move forward after surgery.

OUR GOALS FOR YOU

- To provide the highest quality of medical care using the most up-to-date technology available.
- To improve your quality of life, returning each patient to the highest level of function possible.
- To decrease your level of pain with activities of daily living.
- To prevent complications.
- To encourage and maintain Healthy Life Styles.
- To help you achieve the goals you set for yourself.
- To maintain a safe environment

PATIENT- AND FAMILY-CENTERED CARE

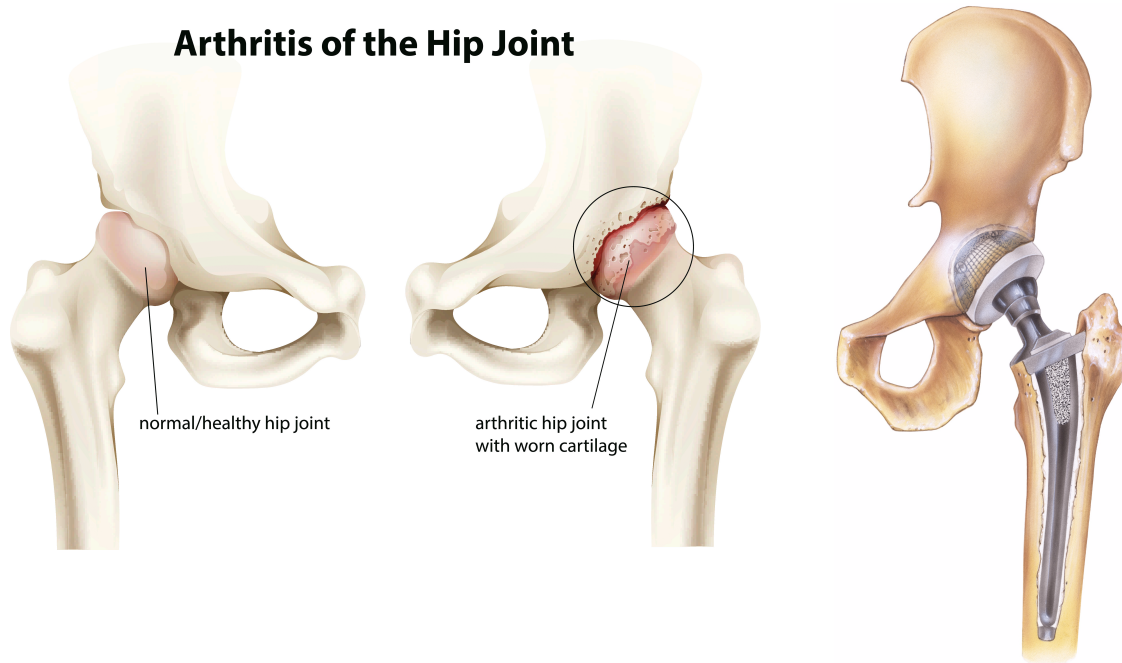
At The Montefiore Center for Ambulatory Joint Replacement Surgery, our Health Care Delivery System is based on a model that:

- Provides a supportive environment.
- Involves you, your care coach and family members in the decisions related to your care.
- Shows respect to you and your family.

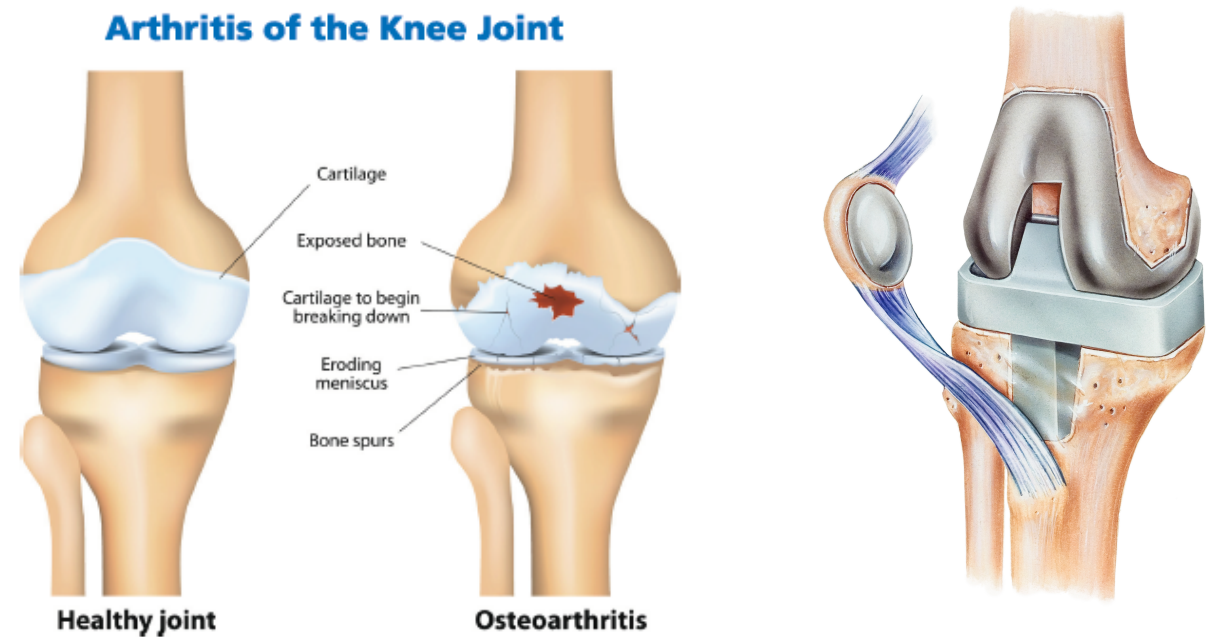
WHY TOTAL JOINT REPLACEMENT

Total joint replacement surgery involves replacing the worn out portions of the joint with artificial parts called the prosthesis. The new joint allows for smooth and comfortable movement.

Arthritis of the Hip Joint



Arthritis of the Knee Joint



CARING FOR YOURSELF BEFORE SURGERY

You will be scheduled for ambulatory joint replacement surgery when:

- You are physically and emotionally ready.
- You are ready to participate in the exercise program.
- You have identified a care coach.

BEFORE SURGERY LET US KNOW IF ANY OF THE FOLLOWING APPLY TO YOU

- Sleep apnea
- Alcohol use
- High body weight
- Smoking
- Heart disease or history of blood clots
- Complex medical or mental health issues

QUIT SMOKING BEFORE SURGERY

- Pick a date to quit.
- See your family doctor.
- Find local support groups.
- Enlist a family member or friend to help.
- **Call NY State Hotline 866-697-8487.**

MEET OUR JOINT REPLACEMENT TEAM

- **YOU** are the most important member of our team
- Orthopedic surgeons
- Anesthesiologists
- Medical doctors
- Nurse practitioners
- Physician assistants
- Registered nurses
- Certified nursing assistants
- Physical therapists
- Occupational therapists
- Social workers
- Dietitians
- Nutritionists
- Secretarial staff
- Administrators
- Housekeepers
- Patient experience leaders

APPOINTMENTS BEFORE SURGERY

- A pre-operative medical telehealth appointment with our team for medical clearance.
- Pre-op lab work will be completed before your surgery.
- Some medications may need to be stopped before surgery. Our medical team will discuss this with you. Our medical team will also tell you which medications to take with a sip of water on the day of surgery, if needed.
- You will receive a pre-op phone call from a social worker, a nurse, a financial representative and a home care agency, if applicable.
- The surgical coordinator will call you prior to surgery to inform you of what time to come to the hospital on the morning of your surgery.

THE DAY BEFORE SURGERY

- Complete your health care proxy.
- You will receive information on what time to come to the hospital.
- The night before surgery use your CHG skin wipes as directed. You have received the CHG wipes and directions for use.
- Nothing to eat or drink past midnight the night before surgery.
- Take any medications that you were told to take in the morning before coming to the hospital, if needed.

WHAT TO BRING TO THE HOSPITAL

- *YOUR CARE COACH*
- Legal photo ID and Insurance Cards
- Health care proxy form completed
- An up to date medication list
- Wear sneakers and comfortable loose clothing to the hospital
- Eyeglasses hearing aides and dentures if needed
- Bring a walker if you have one

DO NOT BRING TO THE HOSPITAL

- Jewelry, piercings and valuables
- Remove all make up before surgery
- Nail polish should be removed before surgery
- Remove contact lenses and wear eyeglasses if applicable

THE DAY OF SURGERY

- The address of the hospital is :

The Montefiore Hospital Wakefield Campus

600 East 233rd Street
Bronx, New York 10466

- If applicable, report to the finance office on the first floor in the hospital lobby.
- Proceed to the second floor surgery suite.

DAY OF SURGERY

- You will be seen by members of the anesthesia team who will discuss the type of anesthesia you will have, and pain management.
- You will meet your nurses who will review your medications and medical history.
- You will receive pre-op medications.
- You will see your surgeon.
- You will use skin wipes and nasal swabs to help prevent infection.
- You will go into the operating room. Surgery usually takes between 1 and 2 hours.
- After you surgery you will go to the recovery area and be discharged home with your care coach .

ABOUT PAIN MANAGEMENT

- Your pain management plan is tailored to best fit your specific needs.
- Our goal is for you to have a manageable amount of pain during the post-op period.
- Our protocols provide the most benefits while minimizing the side effects of medications.
- You will use ice therapy around your surgical site to help decrease pain and swelling.
- You will receive a phone call on post op day one from your anesthesia/pain management team.

POSTOPERATIVE HIP REPLACEMENT

- If you are having hip replacement surgery, you will be given a foam pillow for between your legs and be given instructions for home use.
- Hip precautions will be taught to you by the physical therapists.
- We will help you obtain a 3-in-1 commode .

PHYSICAL THERAPY AND REHABILITATION

You must take an active role in your physical therapy program. This begins on the day of surgery. The surgery itself is only part of the outcome. Your efforts with therapy have a large impact on the outcome after surgery.

- Physical therapy will be arranged for you either at home, at an outside center, or through a virtual physical therapy platform.
- Knee and Hip exercises can be found in Your Journey through Ambulatory Total Joint Replacement Surgery Guidebook.
- Instructions on Using a WALKER and Using a CANE can be found in Your Journey through Ambulatory Total Joint Replacement Surgery Guidebook.

CARING FOR YOURSELF AT HOME

- You will need a walker and a cane at home. We will assist you in obtaining these items if needed.
- Medications– On the day of surgery a prescription for medications will be sent to a pharmacy of your choice.
- You will be given instructions on caring for yourself at home.
- Your surgical team will give you a call on the evening of your surgery.
- You will also receive a call from your surgical team on post op day 1, day 2 and day 7.
- You will receive a call from your surgical team 2 weeks post op.
- Continue to follow the exercise program all day.

CARING FOR YOUR SURGICAL SITE

- At hospital discharge you will be given instructions on how to care for your surgical site and your specific dressing.
- **Please wash your hands before touching the surgical site.**
- Never apply creams, rubs or ointments to your surgical site until your surgeon allows.
- Apply ice around your surgical site to reduce pain and swelling. Do not apply ice directly to the skin. Wrap the ice in cloth, like a pillow case.

SHOWERING AFTER SURGERY

- Most dressings are waterproof and you will be able to shower with the dressing on.
- You will be given specific instructions for showering after surgery.

PREPARING YOUR HOME CHECKLIST

- Make sure you have the Montefiore First App
- Make sure all rooms are well lit; install night lights where needed.
- Remove clutter.
- Move electrical cords out of the way.
- Remove all throw rugs.
- Arrange furniture so pathways are wide to accommodate a walker and a cane.
- Use sturdy chairs with arms and avoid low seats.
- Keep items within reach.
- Install a railing along stairs if needed.

CHECKLIST CONTINUED

- Watch for small pets.
- Prepare a bedroom on the main level if possible.
- Keep a cell phone or portable phone close by with a list of important phone numbers.
- Prepare and freeze food ahead of time.
- Stock up on groceries ahead of time.
- Prepare care for your pets ahead of time.
- For hip replacement patients, a 3-in-1 commode.
- Consider grab bars for your shower.

MOVING FORWARD YOUR NEW JOINT REPLACEMENT

- EXERCISING – maintaining some form of exercise will help keep your new joint as well as the rest of your body in good shape.
- We discourage you from high impact and extreme twisting exercises.
- Your new implant contains a **non-magnetic** metal. You can have a MRI scan.
- You will have several appointments with your surgeon within the first year after surgery.

MOVING FORWARD CONTINUED

- **DRIVING** – most people return to driving between 4–8 weeks. You must be off opioids, able to brake successfully and able to get in and out of the car easily. Speak with your surgeon before returning to driving.
- **SEX** – most patients are able to return to sexual activity in about 6–8 weeks after surgery. You must feel comfortable. Hip replacement patients must maintain their specific hip precautions.

RISKS OF SURGERY

Complications are uncommon but as with any surgery there are risks and potential for complications.

These include but are not limited to:

- Infection
- Blood clots
- Knee stiffness
- Lack of pain relief
- Implant wear and implant failure
- Reaction to materials
- Blood loss
- Anesthesia complications
- Nerve damage and damage to structures
- Hip dislocation
- Leg length inequality
- Other complications
- Covid-19

PREVENTING INFECTION

Some patients are at an increased risk of developing an infection in their new joint. Undergoing certain procedures can increase this risk. For 2 years after surgery before some procedures, antibiotics will be prescribed for you to take. Specific guidelines for preventing infections after total joint replacement can be found in Your Journey Through Ambulatory Total Joint Replacement Surgery Guidebook. Your surgeon can give you a copy of the guidelines as well.

PREVENTING COMPLICATIONS AFTER SURGERY: PREVENTING BLOOD CLOTS

- To decrease the risk of blood clots forming after surgery your medical team will prescribe medications for you that have been demonstrated to lower these risks.
- Your medication plan is tailored to best fit your specific needs
- Walking and exercise helps prevent blood clots.

PREVENTING COMPLICATIONS AFTER SURGERY: WHEN TO CALL YOUR SURGEON (718) 920-2060

- Fever over 101 Fahrenheit
- Drainage around the surgical site
- Increased swelling or redness around the surgical site
- Pain and or swelling, heat or tenderness in either calf

WHEN TO CALL 911

Signs of Pulmonary Embolism (Blood clot in the lung):

- Difficulty breathing
- Shortness of breath
- Sudden onset of chest pains
- Delirium or confusion

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