Welcome to the Joint Solutions Pre-Op Class
Preparing for Surgery

• Designate a family member/friend to be your “coach”
• See your PMD for pre-op clearance
• Review current medications with PMD
• Complete preadmission testing
• Provide accurate past medical/surgical history to surgeon and hospital staff
• Refer to list of medications to stop prior to surgery in your guidebook; always consult your doctor
Coach’s Responsibilities

- Family member / Friend
- To support you in your journey
Preparing for Surgery

- Shower with Hibiclens soap once a day starting two days prior to your surgical date; follow directions in guide book
- Take nothing by mouth after midnight the day before surgery unless directed by doctor
- Prepare a list of things to bring to the hospital
- Stop smoking; speak to PMD for assistance
Peri-operative Diet

- Eat a well-balanced diet pre- and postoperatively to promote a successful recovery
- Eat foods rich in protein and iron to reduce your risk of anemia
- Medical issues may require diet restrictions – i.e., patients with hypertension may need a salt-restrictive diet, and diabetic patients should follow a diabetic diet
- Maintain adequate hydration
Physical Therapy

• The goal is to obtain the best possible outcome after your joint replacement surgery and enable you to return to many of the activities you enjoy

• You may begin “prehab” – physical therapy prior to surgery – as instructed by your surgeon
Day of Surgery

- Arrive to AMS at designated time
- Meet with anesthesiologist and surgeon
- Time out procedure completed
- IV started – you will be transferred to OR recovery room until ready to transfer to 3 North
- Family and/or coaches may wait for you in the designated surgical waiting area; ambulatory nurse will instruct you where to go
Preoperative Pain Management

- Initially seen by the Attending Anesthesiologist in the Ambulatory Surgery Unit
- Anesthesia options will be discussed (general, spinal)
- Pain control options will be discussed (IV PCA, epidural PCA, nerve blocks)
Preoperative Pain Management

Medications given before surgery:

- Celebrex (or another anti-inflammatory if sulfa allergy)
- Oxycontin one hour prior to surgery
- Spinal or general anesthesia
- In the operating room, an injection into the joint with combination of pain medicines
- Total knee replacements: femoral and sciatic nerve block in the recovery room
Postoperative Care

• You wake up in the recovery room / PACU
• Expect many tubes to be attached to you – i.e., IV, PCA, hemovac drain, Foley catheter, oxygen, SCD, blood pressure cuff, heart monitor, bandage at op site, ankle rolls, use incentive spirometer, cough and deep breathe
• Hip patients have abductor pillow
Pain Management

• Goal: Minimal and manageable pain
• Our team members take the management of your pain very seriously
• If your pain is not well controlled, then your ability to participate in physical therapy is hampered
Pain Management in PACU

- PCA will be initiated in the recovery room
- PCA continues until the morning of the first postoperative day
Pain Management

- PCA pump:
  1. What is it?
  2. How does it work?
  3. Side effects
Postoperative Care

- When the PACU RN decides you are medically stable
- You will be transferred to 3 North
- Orthopedic Unit / clean unit
Joint Solutions Amenities

- WiFi access on inpatient unit
- Individual flat-screen TVs with over 30 channels
- Private rooms when available
- Patients engage in multiple group therapy sessions to promote the best possible outcome
- Patients encouraged to wear their own loose-fitting clothing once catheter is removed
More members of the Joint Solutions Team

- The JS patient… YOU
- Peggy Coll, NP, JS Program Coordinator
- Jennifer Fox, RN, ANCC
- Laurie Vallardares, ANCC
- Rita Eng, Director of Physical Therapy
- Sonila Seema, NP, Pain Management
- Elaine Podszus, RN, Case Manager
- VNA of Hudson Valley Representative
More members of the Joint Solutions Team

- Donna Bellizzi, NP (white lab coat)
- Craig Steinberg, PA (green scrubs)
- Dedicated Physical Therapist (white lab coat)
- Dedicated Physicians Assistants (green scrubs)
- Dedicated Registered Nurses (blue scrubs)
- Dedicated Certified Nurses Aides (cranberry scrubs)
Hospital Stay

- Usually stay in hospital 3–4 days, including day of surgery
- An RN will care for you around the clock; nursing assistant on unit to help you with ADLs
- Orthopedic PA or NP will round on you frequently throughout the day
- Blood work done each morning
- Vital signs taken every 4 hours via monitoring system, including continuous heart monitor
- Ice application to operative site for 20 minutes every 4 hours and after therapy sessions
- Medications administered per MD orders
Pain Management

After surgery:

- Celebrex (or another anti-inflammatory if sulfa allergy)
- Oxycontin (Long Acting) around the clock for 2 days – opioid for pain
- Oxycodone (Short Acting) as needed – opioid for pain
- Acetaminophen around the clock – non-opioid pain medicine
- Tramadol as needed – opioid for pain
- Lyrica around the clock for nerve pain

Above adjusted according to medical history and allergies
Pain Management

Main side effects of opioids (Oxycontin, Oxycodone, Tramadol):

- Sedation
- Nausea / Vomiting
- Itchiness
- Constipation

You will receive medicines to control the nausea and itchiness. For sedation, the opioid will be decreased.
Physical Therapy Daily Routine

Day of surgery:

- May have initial physical therapy evaluation to assist out of bed to chair
- Joint Solutions patients may dangle at bedside on the evening of surgery
Physical Therapy Daily Routine

Post-op day 1:

- Patients out of bed to chair in morning for individual physical therapy evaluation
- Continue exercises every hour, coaches to help
- Afternoon group therapy session, coaches encouraged to attend
- Walk with team member in the hallway
- Return to room
- Cold pack is applied to the knee/hip for pain and swelling
Physical Therapy Daily Routine

Post-op day 2:

• Morning group therapy session; coaches encouraged to attend
• Review previous day’s exercises and add new ones
• Walk back to room with team member, continue exercises every hour
• Group lunch around 11:30 am in physical therapy room; coaches or selected individual to join patient for lunch
• Afternoon group therapy session, review exercises
• Complete 6-minute walk with team member
• Return to room
Physical Therapy Daily Routine

Post-op day 3:

- Patients out of bed to chair in morning
- Morning group therapy session
- Prepare for discharge
- Review exercises and discuss rehab progression
- Afternoon individual sessions if not discharged in morning
Case Management

Case manager will meet with you on post-op day 1

Patients planning on going home:
- Many patients recover well enough to go directly home from the hospital
- If you require a visiting nurse, your case manager will arrange one for you
- Make note of number of stairs inside and outside of house
- Arrangements will be made for equipment needed in home prior to discharge
- Arrange for ride home by family member/friend for discharge day
Case Management

Patients planning on going to a short-term rehab facility:

• Please have three choices for rehab planned
• Arrange preadmission tours now!
• List of local rehabs frequently used is provided in guide book
• Case manager will work with your insurance and rehab choices to facilitate your post-hospital care
• Will arrange for transport to facility if necessary
Hospital Discharge

- Continue daily exercises as instructed by your physical therapist
- Continue prescribed anticoagulation therapy in addition to other prescribed medications
- Continue with Rx pain medication as needed
- Maintain precautions, hip and knee
- Continue physical therapy either in home or at an outpatient facility
- Continue ice therapy as directed
Hospital Discharge

- Bring pillows for car ride home
- Prepare your house for your return home:
  - Clear pathways, inside and outside home – no loose cords or rugs
- Make sure items are easily accessible
- Consider preparing meals ahead of time
- Schedule a follow-up doctor visit
Items you should purchase prior to going home

- Thermometer
- Gauze dressings
- Tape
- Occlusive dressings / to cover your surgical incision when bathing
- Hip Kit (Amazon.com)
Good Luck!
See you soon. We will keep the light on for you!