



Orthopaedic and Rehabilitation Services

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www.ohsuhealth.com/ortho

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OHSU Orthopaedic and Rehabilitation Services

Joint Surgery Guide

For patients having total hip, mini hip, hip resurfacing or total knee replacement surgery.



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Thank you for choosing OHSU for your joint surgery.

We want your stay with us to be as comfortable as possible. This easy-to-use guide contains general information about your surgery, your rehabilitation program and precautions you and your loved ones need to know to make your recovery go smoothly.

General Information

Please keep in mind that individual experiences with surgery vary according to age, general health and the physical state of your joint. Your surgeon and rehabilitation team will develop a plan for your specific needs. This guide is not meant to replace your doctor's or rehabilitation team's orders. It is intended to introduce you to joint surgery and to address common concerns for patients. If you have any questions or concerns about your surgery at any time, please be sure to talk to your doctor or anyone on your healthcare team.

Appointments before your surgery

You will have three appointments to prepare for your surgery:

- A pre-surgery appointment with a member of your care team
- A pre-anesthesia testing (PMC) clinic appointment pre-operative medicine clinic appointment (PMC/PMC)
- A physical therapy pre-op appointment

These appointments require 2-4 hours total to complete. Please be sure to allow enough time for them in your day.

To prepare for these appointments:

- Complete the Medication form on page 10 and bring the medicines you are currently taking with you to your pre-surgery appointment.
- Bring this guide (including your completed forms) with you to both appointments.

Pre-surgery appointment

Your pre-surgery appointment is very important to the success of your surgery. What to expect during this appointment:

- We will ask you about your past and present medical history.
- You will have a physical exam.

Pre-surgery appointment (cont.)

- You will meet the members of your care team who will work closely with your orthopaedic surgeon. Your team may include a physician assistant, a nurse practitioner and/or a surgical resident.
- We will talk with you about managing your pain after your surgery.

Your pre-surgery appointment is also a good time for you to ask questions you may have about your surgery, hospital stay and recovery. You may want to ask how long you will be in the hospital and what you can do to improve your recovery. It may be helpful to write down your questions and bring them with you to your appointment.

Please remember to bring any medicine you are taking with you to your pre-surgery appointment.

Pre-operative Medicine Clinic appointment (PMC/PAT)

We will schedule an appointment for you with the PMC clinic, to occur 14 to 30 days before your surgery. Based on your medical health and current medical condition this appointment may be completed by phone or in person and usually takes about 30-60 minutes. Your surgeon will determine the type of appointment necessary before you can proceed with surgery. For your convenience, your surgeon will make every attempt to schedule this appointment on the same day as your pre-surgery appointment. This appointment ideally should occur within 1-2 weeks before your surgery.

What to expect during this appointment

- Based on your health you will be seen by a Nurse Practitioner (NP) or a Physician (as determined by your surgeon)
- The provider will review your medications, health history and current medical conditions.
- The provider will assess potential risks based on your medical health and make recommendations for your care in the perioperative period.
- The provider will make recommendations on your medication management prior to your surgery.
- Based on your medical health and type of surgery you will may have final blood work and any last minute tests, such as X-rays an EKG or other diagnostic studies performed at this appointment.

- If any additional testing or consultation is required the PMC provider will assist or make arrangements for you prior to your surgery.
- Home pain pump teaching if ordered by your surgeon.

If any additional testing or consultation is required, our hospital staff will help coordinate and explain these to you.

Preparing for your surgery

Plan ahead for your home recovery

Planning for your first few days at home can make your homecoming easier and more comfortable. Begin planning for your return home early to make your living space a safe place for your recovery.

Things to do two days before your surgery

- Call your surgeon's office to confirm the time you should arrive at the hospital the day of your surgery.
- Arrange to have someone bring you to the hospital the day of your surgery.
- Ask a friend or family member to be available to bring you home from the hospital.
- Collect the items you would like to bring to the hospital for your stay. Remember not to over-pack as you will only be with us a short time.
- Plan for your return from the hospital (see page 8).
- If you own a simple aluminum walker, please arrange for someone to bring this to the hospital on your first post-operative day. If you do not own one, we will work with your insurance company to provide you with one on the day you leave. Our Physical Therapy Department has walkers to borrow while you are at OHSU.

What to bring with you to the hospital

- Insurance billing information
- Money for any insurance co-pay or deductible your insurance plan requires
- Personal toiletries, if desired
- Robe and slip-on slippers with non-skid soles
- Comfortable or loose clothing for the trip home
- A copy of your Advance Directive, or durable power of attorney (if you have one)

The night before your surgery

Do not eat or drink after midnight the night before your surgery, unless your surgeon gives you other instructions. This is important to avoid problems during your surgery.

The day of your surgery

- Before leaving home, take your morning medications with sips of water as you were told during your pre-surgery appointment.
- Shower or bathe before you come to the hospital.
- Men: Shave or trim your beard or mustache, as you normally would do in the morning.
- Do not wear makeup or nail polish to the hospital. Nail polish can block the sensor that we will attach to your finger to measure your blood oxygen.
- Brush your teeth, but do not swallow any liquid.
- Remove any body jewelry and contact lenses.

What to leave at home

- Valuables, such as jewelry, watch and clothing items
- Any electronic appliances,
- Medications

Transportation and parking

- Plan to have someone drive you to the hospital or take a cab or public transportation. You should not drive yourself to the hospital.
- Your driver may park free of charge in the following parking areas:
 - *Long-term parking in Sam Jackson Parking Garage: The entrance to this garage is on S.W. Sam Jackson Park Road across the street from OHSU Hospital (see map on page 13).*
 - *Kohler Pavilion Parking Garage: As you approach the top of Marquam Hill, turn left off S.W. Sam Jackson Park Road onto S.W. Campus Drive. Turn right at the first driveway. The entrance to the Kohler Pavilion Garage will be on your right. Valet parking is available Monday through Friday, from 7 a.m. to 6 p.m. (see map on page 13).*
- TriMet stops in front of OHSU Hospital. Visit www.trimet.org for more information.

- Local cabs provide service to Marquam Hill. Tell your driver to bring you to the main entrance of OHSU Hospital.

Checking in at the hospital

- Arrive at OHSU Hospital at the time your surgeon's office told you.
- Check in with Admitting, which is located immediately to the left as you enter the lobby of OHSU Hospital (9th floor). If you need more information, please call **503 494-8111**.
- Once you are checked in, the Admitting representative will direct you to a waiting area.

Preparations for your surgery

- After you have checked in, a member of the surgical staff will escort you to the sixth floor. This is the pre-operative waiting area, and your family member may accompany you.
- One of our staff members will take your blood pressure, temperature and heart rate.
- You will change into a hospital gown. We will store your personal clothing.
- We will start an IV in your arm, which is how you will receive medicine during your surgery.
- Once everything is clear for surgery, the surgical nurse will show your family and friends where to wait and you will be taken into surgery.

Information for your family and friends

- During your surgery, family members and friends can wait in the main surgery waiting room, which is located near Treasures Gift Shop on the ninth floor of OHSU Hospital.
- There are several coffee bars and cafes at OHSU. The café on the third floor of OHSU Hospital is open 24 hours a day every day of the week.
- An ATM and public restrooms are located in the hallway next to Treasures Gift Shop on the ninth floor.
- The hospital volunteer in the surgery waiting area can provide directions to various services.

- After your surgery, a member of your surgery team will talk with your family members about the surgery and tell them the approximate time we will move you from the recovery room to your hospital room.

After your surgery

Moving from the recovery room to your hospital room

The Orthopaedic Unit is located in Area 10A on the tenth floor of the main hospital. Your room will be on this floor after surgery.

Monitoring your progress

After your surgery, the nursing and surgery teams will closely monitor you. They will:

- Check your breathing, heart rate, blood pressure and pain level.
- Help you change positions every two hours until you are able to move on your own.
- Ask you to take deep breaths regularly using a special device to help keep your lungs clear.

During your hospital stay

Caring for your incision

Your care team will regularly check the bandage or dressing covering your incision and will change it when needed. You may have a drain in your incision to help remove fluid and blood from the site and reduce the chance of developing an infection. Normally, we remove the drain 24 to 48 hours after your surgery.

Controlling your pain

Usually oral or intravenous pain medications will relieve pain for patients after orthopaedic surgery. Some patients may have a pain pump or an epidural to help control pain. These options will be discussed during your pre-anesthesia appointment and a decision will be made by you and your surgical team.

Rehabilitation and recovery

Physical and Occupational Therapy will work with you twice each day during your hospital stay. You will meet your team the day of your surgery or the day following your surgery. This team will help you learn how to:

- Safely and independently move in bed
- Walk, go up and down stairs and get in and out of chairs or a car
- Use a walker or other assistive devices
- Successfully transition home

Preventing blood clots

Lying down for long periods can increase your risk of developing a blood clot. Getting out of bed and walking helps reduce this risk. Your nurse also might give you special elastic socks to wear. In addition, your doctor might recommend special plastic sleeves to wear on your legs, which will automatically squeeze your legs to help circulate your blood.

Using assistive devices safely

Your occupational therapist will instruct you in the proper use of various long-handled devices for activities of daily living. These devices may include the following:

- A reacher to help you dress and pick things up from the floor
- A sock-aid for putting on socks
- A long-handled sponge to wash your legs and feet
- A leg-lifting device to move the operated leg in and out of the car or bed
- An elevated toilet seat to limit bending when using the bathroom
- An elevated bathtub chair to fit in the shower or tub

Strength-building exercises

It's a good idea to be familiar with these exercises prior to surgery

Ankle pumps:

- While lying down or sitting, point your toes as far as you can.
- Next, flex your foot up as far as you can.
- Repeat 10 times, or for as many as you can tolerate.

Quad sets:

- While lying down, stretch your legs out straight.
- Squeeze the muscles on the tops of your legs (your thigh muscle). Concentrate on pushing your knee down into the surface you're lying on.
- Hold for 5-10 seconds.
- Repeat 10 times, or for as many as you can tolerate.

Heel slides:

Only perform this exercise in a pain-free range.

- While lying down, bend one knee up toward your chest while gently dragging your heel toward your torso.
- Repeat with the other leg if desired.
- Repeat 10 times, or for as many as you can tolerate.

Glute sets:

- While lying down, stretch your legs out straight and squeeze your buttock muscles.
- Hold for 5-10 seconds.
- Repeat 10 times, or for as many as you can tolerate.

When it is time to go home

As soon as we know when you will leave the hospital, your nurse will ask you to tell the family member or friend who has agreed to drive you home, so they can arrive at the hospital on time. When it's time for you to leave, your driver can park temporarily in front of the entrance to OHSU Hospital.

One of our staff members will help you into a wheelchair and escort you to the entrance of OHSU Hospital.

Recovery at home

Safety precautions

These precautions should be followed the first 8-12 weeks after hip replacement surgery.

- Do not bend forward to reach your feet. You must maintain a 90 degree angle between your torso and legs.
- Do not lift your knee higher than your hip on the operated side.

- Do not cross your legs.
- Do not allow your legs to internally rotate (feet turned in).
- Do not twist while lying or standing.
- Sleep with a pillow between your knees to prevent crossing your legs.

Physical rehabilitation

If you and your surgeon have discussed going to a rehabilitation center to further your progress with your new joint, those arrangements will be made by our case manager and will be discussed with you and your family.

Physical Therapy

Your surgeon might prescribe physical activity supervised by a physical therapist. The therapy will depend on the type of joint surgery you had. It is important to work with your physical therapist to ensure you are doing the exercises correctly.

Pain medicine

Your doctor will give you a prescription for pain medicine when you are ready to go home from the hospital. You will have instructions to gradually reduce the amount of pain medication you take.

When to call the doctor

Call your doctor if you notice any of these signs of concern:

- Redness or heat around the incision
- Drainage from the incision
- Increasing pain
- Fever, chills or night sweats
- New weakness or lack of sensation in your arms or legs
- Shortness of breath
- Swelling of your calves
- Bowel or bladder incontinence

Important phone numbers

Department of Orthopaedics and Rehabilitation – 503 494-6400

Rehabilitation Services – 503 494-3151

Medication Form

Please complete this medication form with all medication names, dosages and frequency. Include prescription and herbal medications. Bring your *Surgery Guide*, with your completed form, and your medication bottles to your pre-surgery appointment.

Medication Name	Dosage	How Often	Reason for Medication

Home safety checklist

You will need a clear pathway between the bedroom, kitchen, bathroom and living room:

- Remove clutter and tripping hazards where you will be walking.
- Tape down loose carpet edges that stick up.
- Remove throw rugs until you recover and are more stable.
- If you have pets that like to walk next to you, we encourage you to consider having a neighbor babysit your pet(s) until you recover and are more stable on your feet.
- Arrange for someone to feed and water your pets until you are able to bend over.
- Place your chair, remote control, radio, telephone, medicine, tissues, wastebasket and water pitcher / glass in the place where you will spend most of your time while you recover.

Furniture:

- Put a chair with armrests in each room you intend to use after surgery.
- Avoid chairs that are lower than 24 inches, trying to stand up after sitting in a low chair is difficult.
- NO furniture on wheels! Store it away for now. All furniture must be secure so it will not roll away from you (including your bed).

Considerations for your bathroom:

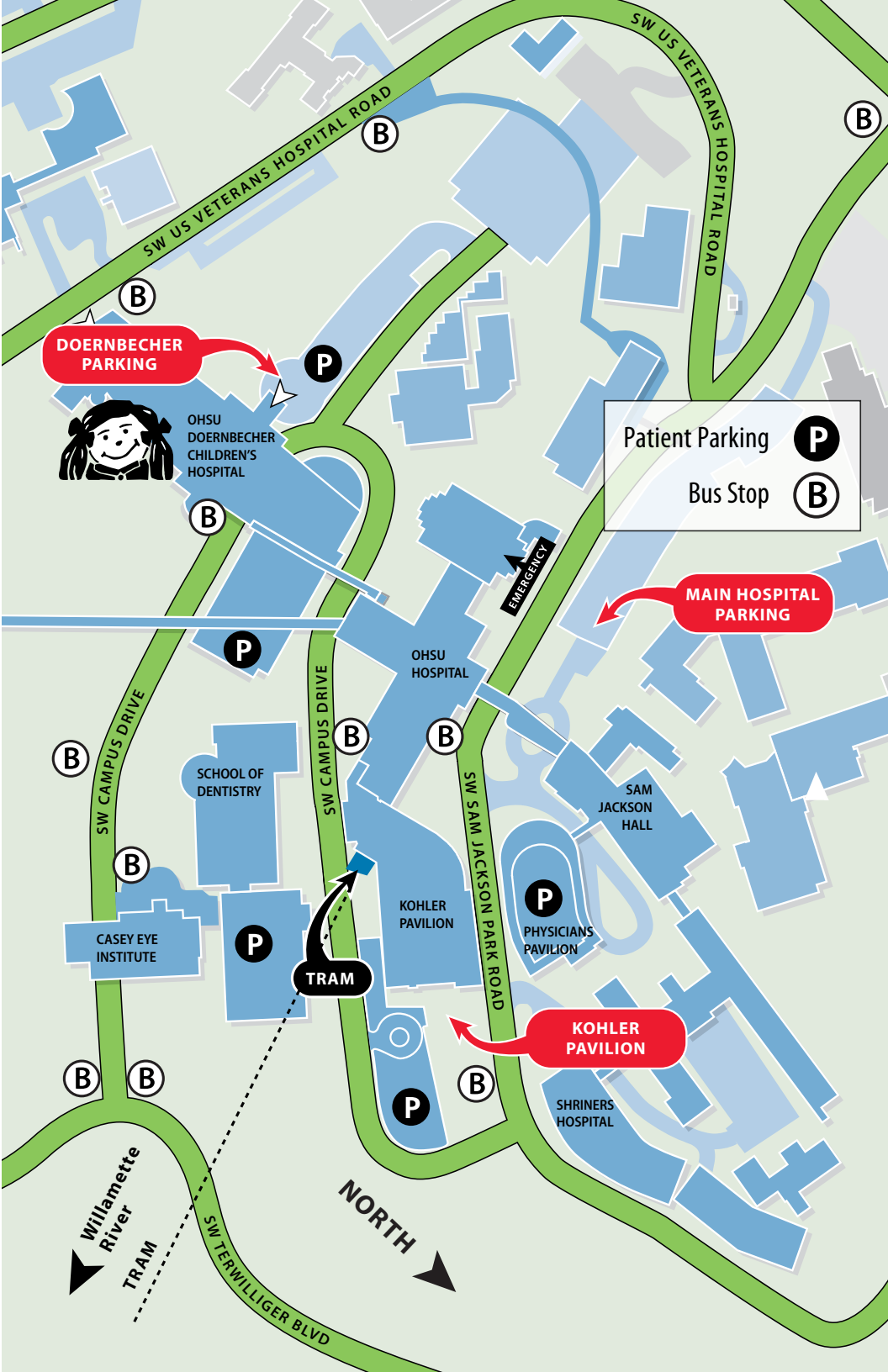
- Raised toilet seat. If your toilet seat is less than 20 inches high, or if you have trouble rising from your seat now, you may need a raised toilet seat after surgery.
- Commode (portable toilet chair). If your bathroom is small and using a walker would be difficult, you may wish to consider a commode that is located outside your bathroom.
- Non-slip rubber mat in the bathtub.
- Grab bars by the toilet.

Considerations for your bathroom (cont.):

- Hand held showerhead and shower bench or seat. Many people find it is easier if they sit on a shower bench and use a hand held showerhead. This equipment gives you more independence in bathing.

Other considerations:

- If you live in a multi-level home, consider arranging to stay on one level if possible.



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PARKING**



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DOERNBECHER
CHILDREN'S
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Patient Parking **P**

Bus Stop **B**

**MAIN HOSPITAL
PARKING**

OHSU
HOSPITAL

SCHOOL OF
DENTISTRY

CASEY EYE
INSTITUTE

KOHLER
PAVILION

PHYSICIANS
PAVILION

SAM
JACKSON
HALL

**KOHLER
PAVILION**

SHRINERS
HOSPITAL

TRAM

Willamette
River
TRAM

NORTH