



Community Memorial Health System

Total Hip Replacement Program

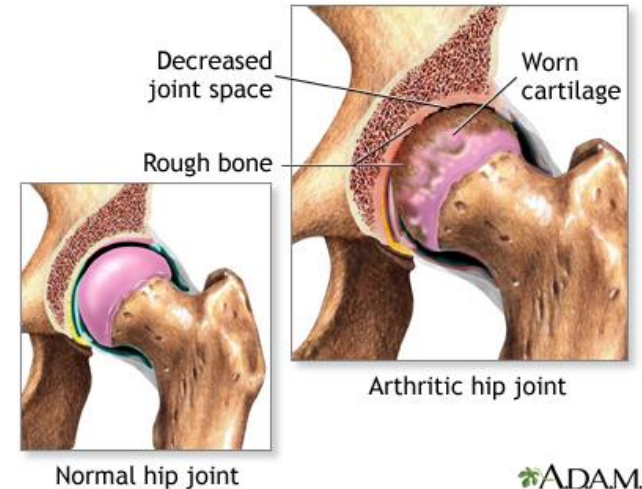
Preparing for your Surgery

Class Agenda

1. Welcome and Introduction
2. Your Health Care Team
3. Anatomy of the Hip and prosthetic: THR Surgery
4. Preparing for surgery – Timeline
5. What to expect when you're in the **Hospital**
6. What to expect when you're **Home**
7. Pain Management
8. Home Physical Therapy

Anatomy of the Hip and Prosthetic

- Remove the damaged cartilage and bone
- Replaces them with metal or ceramic and plastic
 - **Femoral Component-titanium stem** placed in the bone
 - **Ball-Cobalt Chromium or Ceramic**
 - **Plastic Insert**- placed between the two



Preparing For Surgery

Outcomes of your surgery are in your hands.

- A hip replacement is like getting a new pair of shoes. It will take a few months to become comfortable with it, and how far you can walk or bend your hip is dependent on **YOU**.
- Working hard with physical and occupational therapy in the ***first 6 weeks after surgery*** is key to achieving the best the outcome of your hip for the rest of your life.

Before Surgery

We Get you “TUNED UP”

- Get medical clearance: ECG, labs, x-rays, etc..
- Let your primary care doctor know about your planned surgery, review your medications

Things You Should Do:

- Exercise daily, even if it hurts a bit - (handouts provided)
- Eat a healthy diet - plenty of protein, low in excess sugar
- Drink lots of fluids – 3 glasses of water each day
- Avoid alcohol and Stop smoking - increases risk of infection-slows recovery time
- Complete Advance Directives: may include a living will and/or durable power of attorney for health care.

Pre-op Appointment With Surgeon Days Before Surgery

- Write down your questions for your surgeon
- Go over details of events in the coming days and post-operative care plans

Before Surgery

7 to 10 Days before Surgery:

Insurance Benefit Review – Admitting Office will contact you:

- Review insurance coverage
- Tell you of any Co-payment due at time of surgery
- Check that we have all information needed



3 to 7 Days before Surgery:

Pre-Operative Assessment – Nurse will call you to discuss:

- Your health history & status
- Medications you are taking
- Plans for post-operative care



Case Management

- You may be contacted by Case Management to arrange for your post-operative needs

Before Surgery

Preparing in advance will make things easier and more comfortable

- **A family member or friend will need to be with you 24 hours a day for the first 3-7 days.**
- **Be aware that you will not be able to drive for an extended period of time.**
 - Usually no driving for 4 to 6 weeks
 - Must have safe use of your limb
 - Depends on Left or Right limb
 - Must be off of narcotics



Before Surgery

Preparing Your Home

- Get your house as free of clutter as possible
- Move electrical cords out of the way
- Night lights in the bedroom and hallways
- Have a path wide enough for a walker
- Remove loose throw rugs
- Stock up on items you'll need such as:
 - Toiletries,
 - Medications,
 - Easy-to-prepare meals
 - Pet needs

Before Surgery

Preparing Your Home

- Add pillows to low chairs so you don't have to bend too much to sit.
- Watch for small pets or objects on the floor.
- Wear anti-slip socks/shoes (rubber sole).
- Prepare a “recovery” table with a lamp, cell or cordless phone, bottle of water, pain medications, and any other necessary items.



Home Safety Devices



Front
Wheeled
Walker



3 in 1 Shower-
Commode Chair



Grab Bars and
Shower-head
Extension

Highly recommended but NOT covered by insurances.

They can be purchased through multiple sources:

Home Depot, Lowes, CVS, College Pharmacy and Amazon.

Loaners available at DuranCare and The Help of Ojai (for Ojai Residents)

Helpful Devices

1. Dressing stick

2. Reacher stick

3. Contoured scrub sponge

4. Long handled shoe horn

5. Elastic Shoe Laces

6. Sock assist



The Day Before Surgery

Get your Skin Ready

- Shower before going to bed with Chlorhexidine cleansing solution (i.e. Hibiclens) or Anti-Bacterial soap
 - Use a clean towel
 - Wear clean pajamas. Sleep on clean sheets.
 - Shower again with Chlorhexidine cleansing solution (i.e. Hibiclens) or Anti-Bacterial soap before coming to the hospital.
 - Use a clean towel
 - Put on clean clothes to come to hospital
-
- **If you have any signs of infection prior to surgery, please call your doctor to discuss.**



The Day Before Surgery

- Surgeon office will call to tell you what time to come to hospital
- ***Do not eat any food or drink milk or any non-clear liquids after midnight***
- ***Do not smoke or vape***
- ***Do not drink alcohol or use marijuana/THC***
- Go to bed early and get a good night's rest!

Day of Surgery

- Take your medications as directed by your surgeon.
- Drink 10 ounces of apple juice, Gatorade or 7-Up before you leave home.
- ***Do NOT drink milk, orange juice or coffee***
- Finish drinking any liquid at least 2 hours before your scheduled arrival time to hospital

Day of Surgery

What TO Bring With You

- No more than one family member - space is limited
- Your insurance card & picture ID
- List of your medications & vitamins/supplements
- Copy of Advance Directives - Durable Power of Attorney
- Wear LOOSE comfortable clothes:
 - Elastic waist pants,
 - T-shirts,
 - Closed toe - Slip on shoes, No flip flops!
 - Underwear
- Walker – if you have one, leave in car until after surgery

Day of Surgery

What NOT To Bring With You

- If you bring your mobile phone or tablet leave with family member until after surgery.
 - **We are not responsible for loss or damage to these items.**
- Do NOT bring your own medications.
 - We will give you your routine medications at the hospital
- Leave valuables at home:
 - Wallet-Cash
 - Jewelry
- Do not wear any metal products-hair clips, bobby pins, etc.

Day of Surgery

What To Do

- Report to Admitting Department on the first floor in the lobby of the hospital.
- You will be taken to the Surgical Admission Suite for preparation for your surgery.
- *The entire process from pre-op to recovery will take several hours.*

Your Health Care Team

- Orthopedic Surgeon
- Orthopedic Residents
- Anesthesiologist
- Hospitalist
- Nursing Team
- Case Managers
- Physical Therapist
- Occupational Therapist



Physicians

Orthopedic Surgeon & Residents

- Specializes in the care of bone diseases and injuries. Performs surgery on bones, joints and tissues.

Hospitalists

- Internal Medicine doctors at the hospital may assist in your care

Anesthesiologists

- Will provide Spinal and general sedation to go to sleep
- Will assist in initial post-operative pain management

Nursing Team

While in the hospital, your nursing team will consist of:

- Registered Nurse (RN)
- Nursing Assistants

Responsibilities include:

- Medication management
- Surgical dressing changes
- Monitoring your intravenous fluids
- Monitoring your pain control
- Patient Safety
- Coordinating your care with the multi-disciplinary team



Case Managers

Hospital Case Manager

- Help assist you and your family with discharge needs
- Arrange for medical equipment (walker)
- Assist physician in discharge planning either to home or skilled nursing facility

Insurance Case Manager

- Primary coordinator between your insurance company, orthopedic surgeon and/or hospital case manager
- Pre-operative and post-operative management to help identify potential financial concerns related to services not covered by your health plan

Physical Therapists

Trained health care professionals who will assist you with regaining your strength and mobility after surgery

Programs your physical therapist will assist you with include:

- Exercises to strengthen the muscles and improve motion
- Specific exercises and precautions to help you learn to use your new total joint properly
- Instructions in walking with a walker
 - If you have a walker bring it to the hospital and we can make sure it is set correctly for your height

If you are able to complete all of the activities that your therapist instructs you to do, you will likely have a quicker recovery and shorter hospital stay

Occupational Therapist

- Trained health care professional who will help you adjust to your new joint after surgery by helping you find ways to safely care for yourself at home
- Will show you how to use equipment to help you get dressed, bathe and do household activities with less effort to save your energy for other activities

After Surgery In the Hospital

- The goal is to get you moving as soon as possible.
- Expect to have pain.
- You may feel nauseated, weak, dizzy & tired.
 - This is likely from the anesthetic and anemia from surgery
- Remember, the implants are placed **permanently**.
 - You will not injure anything by putting weight on it.
- You can put **full weight** and walk as normal as possible.
- In fact, it heals faster if you put all your weight on it
 - With a walker and a therapist helping.

After Surgery In the Hospital

- You will use a walker and get adequate pain medications.
- You will be evaluated by a Physical and Occupational Therapist.
- Some patients MAY be able to go home the **same day** of the surgery, if you are functionally and medically stable.
- **Most patients go home within one day of surgery.**

Equipment You May See

- Intravenous fluids
- Respiration monitors
 - Although this equipment can be disturbing at times it is important
- Foley Catheter
 - A drainage tube inserted into the bladder.
Usually removed the morning after surgery or in recovery
- Sequential Compression Devices (SCDs)
- Incentive Spirometers

Preventing Post-Operative Complications

Blood Clots

- Sequential Compression Devices (SCDs)
- Perform ankle pumps while in bed
- Anticoagulant medications (Aspirin or Lovenox)
- Activity is the most important factor in preventing blood clots and infection



Atelectasis – Lung Collapse

- Incentive Spirometers
- Encourage coughing and deep breathing exercises
- Getting up and out of bed to facilitate deep breathing



After Surgery

Pain Management

You will have Pain.

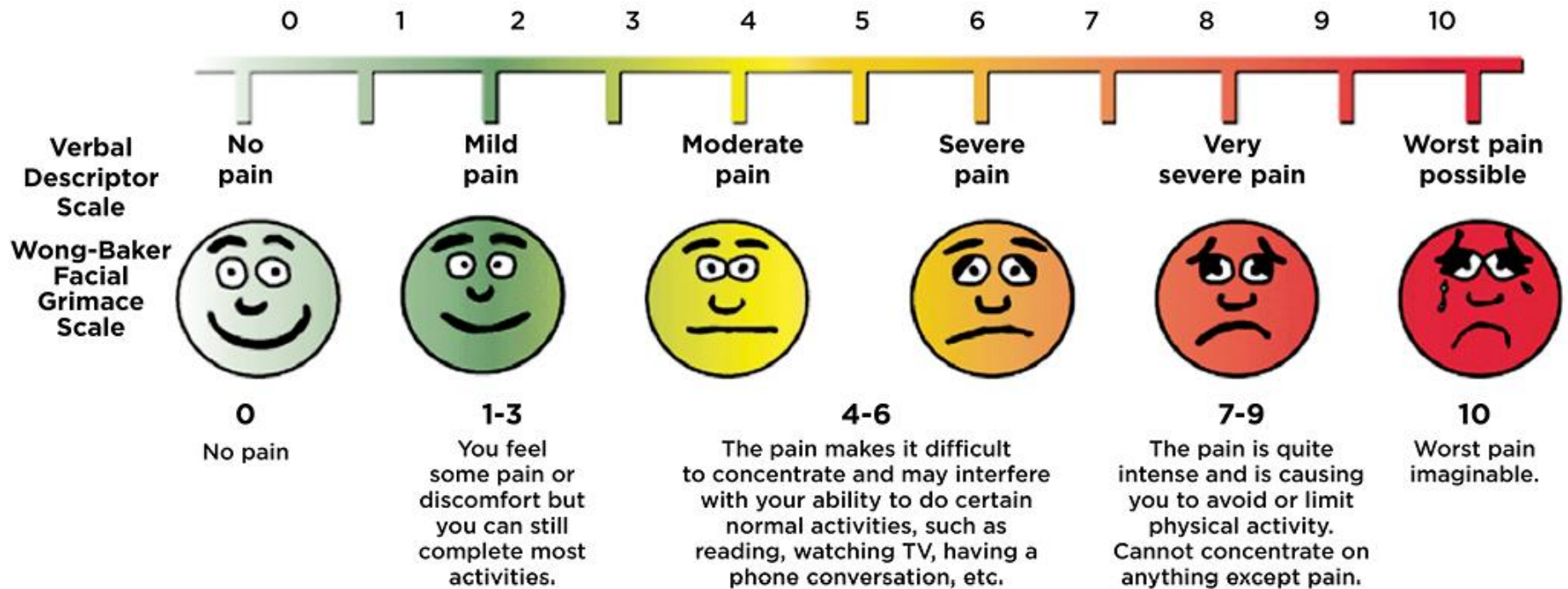
Pain doesn't mean something is wrong.

Medications that may be prescribed for you:

- Anti-inflammatory
- Narcotics
 - Common side effects: constipation, nausea, vomiting, dizziness, drowsiness, itchy skin
 - May cause addiction
- You may also get a prescription for constipation and nausea
- Your nurse will help you to start on oral pain medications as soon as possible
- Cold Packs – help to reduce pain and swelling

After Surgery

The Pain Scale



Patient Safety

Speak up if you have questions or concerns. You have the right to know.

Pay attention to the care you are receiving. Be an active participant.

Educate yourself about your diagnosis and your treatment plan.

Ask a trusted family member or friend to be your advocate.

Know what medications you are taking and why you take them.

Use your call light any time you need help or want to get out of bed.

Participate in all decisions about your treatment.

You are the center of the healthcare team.

If you have concerns about your care, please ask for the nursing director.

You can also use the Patient Safety Hotline at 805-948-5099

Please Call! Don't Fall!

Post-Operative Hospital Stay

- Blood tests (early in the morning)
- Your diet will be advanced to regular food as tolerated
- Begin blood thinners to prevent blood clots
 - Most patients go home on aspirin or Lovenox
- Discharge planning begins to ensure all your home needs are addressed before you leave:
 - Walker
 - Physical therapy
 - Home Health

Post-Operative Hospital Stay

Physical Therapy

- We highly recommend you have a family member or caregiver present during the first day of physical therapy, both morning & afternoon, to educate everyone on the expectations for optimal outcomes
 - **Therapists begin to see patients the day of surgery**
- Occupational therapy will assist you with use of your equipment to help you get dressed, bathe and do household activities with less effort to save your energy for other activities
- PT and RNs will work together to ensure you have had pain medication prior to participating

Post-Operative Hospital Stay

Physical Therapy

- Goals:
 - Getting in and out of bed
 - Transferring to Commode/Toilet
 - Walking (with walker) Independently
- Most patients go home between 1 and 2 days after surgery
- Some patients will go home the same day as surgery
- A walker will be sent home with you
 - If you have a walker – bring it to the hospital with you

Recovering at Home

- As long as you can get in and out of bed by yourself, walk using the walker by yourself, and go to the bathroom by yourself, then ***you are better off being at home than anywhere else***
- Some patients may need to go to a skilled nursing facility where they can get additional nursing care
 - May not be covered by insurance

You will recover safer and faster if you are home



Home Sweet Home

Recovering At Home

- Please arrange for a caregiver to be available for help for the first week after surgery.
- You will need help with meals and chores around the house.
- If you live alone and have no help, contact your surgeon and case manager **prior to surgery** to arrange a smooth transition upon discharge.



Recovering At Home

Physical Therapy

- Physical Therapy – 2-3 times a week for 2 weeks
 - You will be contacted within 48 hours by Home Health to arrange a Home Visit with a Physical Therapist.
- OR
- Outpatient Physical Therapy will be arranged
- The Physical Therapist will determine the frequency of future visits.

The most important factor in getting an excellent result is WALKING

Recovering At Home

What To Expect When You Are At Home

- Rest when you feel tired but do not stay in bed all day
- When you sit, use a firm chair with arms
- Do not sit on low chairs or couches
- Do not sit for longer than 30 to 45 minutes at a time.
- Use cold packs frequently to manage pain and control swelling.
- Use your pain medication as needed. Keeping your pain managed will help you to do your exercises.
- Increase activities gradually as instructed by your health care provider.
- **Do not stop using your walker until instructed to do so by your doctor or physical therapist**
- Limit household chores/activities for the first 1-2 weeks

Recovering At Home

What To Expect When You Are At Home

- Keep the dressing on your incision clean and dry at all times
- You may have light running showers – but your dressing must be kept clean and dry
 - Your doctor or nurse will give you instructions on showering
- Always wash your hands with soap and water for 20 seconds prior to touching your incision
- Change the dressing only as instructed by your doctor or nurse
- If your dressing becomes loose, wet, or dirty-replace with a clean, dry dressing
- NO BATHS, JACUZZIS, OR POOLS until your surgeon tells you otherwise.

Recovering At Home

When to Call Your Doctor

- You have trouble breathing
- You have shortness of breath or chest pain
- You are sick to your stomach and cannot keep fluids down
- You have signs of a blood clot:
 - Pain in your calf, back of the knee, thigh or groin.
 - Redness and swelling in your leg or groin.
- You have signs of infection:
 - Swelling, warmth or redness that's worsening.
 - Red streaks leading from the incision.
 - Pus draining from the incision.
- A fever of 101 degrees or higher.
- **It is normal for the hip to be swollen and warm, but should improve everyday, not get worse.**

Post-Operative Reminders

- Physical therapy is essential for maximizing recovery and to return to your daily activities sooner
- Your physical therapist and health care team will guide you through your specific post operative precautions.
- Working hard with physical therapy in the ***first 6 weeks after surgery*** is key to achieving the best the outcome of your hip for the rest of your life.

Importance of Exercising

Why do I have to exercise?

- Helps your joints heal faster
- Speeds up recovery
- Helps you **feel better sooner**
- You will be instructed on exercises designed to strengthen the muscles that will become weak after surgery and remain weak in the presence of pain or swelling

It is important that you try to control your pain and the swelling so that you are able to exercise

FREQUENTLY ASKED QUESTIONS

