

Outpatient Joint Replacement

PATIENT HANDBOOK



ORTHOPEDIC SURGERY CENTER
of Palm Beach County

AN AFFILIATE OF **SCA**



Total Joint
Replacement
Program

Rev. 9/14

Joint Replacement Program

We are pleased that you have selected **The Orthopedic Surgery Center of Palm Beach County** for your joint replacement surgery, and we are excited about the opportunity to serve you during the entire process. The team at **The Orthopedic Surgery Center** is completely focused on your success and return to a pain-free lifestyle. We believe in a comprehensive approach to joint replacement surgery, which means your surgeon, anesthesiologist, nurses, physical therapists, and other members of the health care team are completely focused on getting you healthy!

In selecting our center, you have chosen a facility that....

- Is committed to providing you with the highest quality health care
- Uses a team approach to your surgical care, ensuring a smooth transition from pre-op through recovery. You and your team of health care professionals work together toward a common goal: your good health
- Features a unique, comprehensive joint program developed by a team of orthopedic specialists. This program provides revolutionary improvements in surgical techniques, anesthesia, and joint technology
- Has fine-tuned regional anesthetic techniques and pain management protocols. These techniques allow patients to be waking up and walking within hours of their surgery

We have developed this booklet to help prepare you for what will happen before, during and after your joint replacement surgery. Please keep this with you throughout your journey, as it provides a wealth of information that you can use as a resource. We have even included some space for you to write your own questions, comments and notes so that you can reflect on your experiences as you go through the process of improving your motion and improving your life.

Again, thank you for trusting your surgical experience to the team at **The Orthopedic Surgery Center of Palm Beach County**.

Sincerely,

Lee Kortmansky, CEO
Heather Colón, SR Business Office Manager
Faimy Vanleeuwen, Director of Nursing
& Your Team at OSCPBC

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Preparing For Your Surgery

Steps in Preparing for Surgery:

1. Pre-screening blood work
2. Physical exam by your primary care physician
3. Selecting your support person.
4. Provide your health history information to the **Orthopedic Surgery Center of Palm Beach County** via One Medical Passport.
5. Contact your insurance company
6. Make payment of the patient responsibility portion of your bill on the day of surgery.
7. Discharge planning
8. What to bring

Pre-Screening Blood Work:

Your surgeon's office will provide instructions for your primary care physician regarding pre-screening blood tests. Diagnostic tests might be ordered closer to your procedure date.

Physical Exam by Primary Care Physician:

Two weeks before your scheduled procedure, you will need to undergo a complete physical examination by your primary care physician. Based on your health history and/or test results, you may require further evaluation. This will help identify any medical problems you may have that could put you at an increased risk during or after your surgery.

Selecting Your Support Person:

This is the most important member of your team. Your support person's commitment and active participation is the key to ensuring a successful, timely recovery. It is vital to select a support person that will be there for you during preparation, the Education Class, the day of surgery, and for several days after you are discharged home. It is critical and required that you have a support person to be with you for the first several days after the surgery.

Preparing For Your Surgery

Provide Your Health History Information:

We are a separate facility from your surgeon's office; therefore, we will need to obtain your health history information. In addition to your medical and surgical history, our pre-operative nursing staff will need to have a list of all your current medications /dosages and be aware of any allergies that you may have. This includes prescriptions, inhalers, over-the-counter medications, vitamins and herbal supplements. Our team will provide specific instructions to prepare for your visit, such as the time to arrive and eating/drinking restrictions.

Pre-admission Lab and Diagnostic Testing:

Your surgeon will order lab work and possibly an EKG. These tests may be done during your physical exam with your primary care physician. Results of these tests should be sent to your primary care physician, your surgeon, and **The Orthopedic Surgery Center** . If your physical exam shows that you have any risk factors, you may need additional testing.

Contact Your Insurance Company:

Please notify your insurance company to inform them of your upcoming procedure and to confirm details of your coverage.

Preparing For Your Surgery

Discharge Planning

Meal Planning:

- Prepare/purchase and freeze small portion meals for times you may be alone
- Stock up on items that can be frozen for later use such as bread, vegetables and fruits

Preparing Your Home Environment for a Safe Recovery:

- Remove scattered rugs and clutter around the house
- Make sure that all stairways have hand railings and are secure
- Tuck away long phone cords and lamp cords
- Arrange furniture so that you can easily move about your house with crutches or a walker
- Prepare a non-skid tub/shower mats
- Select a chair from your home with a back, firm seat cushion and arms that you can designate as “your chair” after you return home from surgery
- If your bedroom is upstairs, you may want to prepare a sleeping area downstairs for the first week or two after you return home from surgery

Help at Home:

To ensure your safety, you need to have a friend or family member available to help you for the first few days after you return home from the center

What to Bring

- Durable Medical Equipment (walkers, crutches, etc) prescribed by your physician
- Loose, comfortable clothing to wear to and from the surgery center
- Tennis shoes or flat rubber-soled shoes that tie or slip-on
- Eyeglasses and denture cases
- Picture ID, Insurance Card, Method of Payment (no personal checks)
- Leave jewelry, valuables, credit cards (except for payment method), and large sums of cash at home

Preparing For Your Surgery

Health Tips for the Weeks Before Your Surgery

Stop Smoking:

Studies have shown that tobacco and nicotine impair the body's ability to heal bones and wounds. Smoking also increases your risk of complications during and after surgery. Post-operative complications related to smoking can include pneumonia, surgical site infection, and joint replacement failure.

We encourage you to quit smoking. For more help, visit the American Lung Association website at <http://www.lung.org/stop-smoking>.

Exercise:

Exercise is key to your recovery! One of the goals of the pre-operative Education Class is to introduce you to a physical therapist and your exercise program. Your exercise program begins before surgery and continues while you are in the center and when you return home. New exercises will be added as your physical condition changes.

The Day Before Your Surgery

Arrival Time:

You will receive a text from **The Orthopedic Surgery Center of Palm Beach County** with your arrival time. Special instructions will be given to you at this time, including information about when you should stop eating and drinking to prepare for surgery. It is very important to follow all the instructions as directed by the nurse or your procedure may be canceled.

We apologize if there is an extended wait for your surgery. The operating room is a very dynamic place and the schedule can either speed up or slow down depending on the day. We want you to arrive in plenty of time for us to prepare you and answer any last minute questions. If the surgeon gets ahead of schedule we can get you in sooner, but please be aware that sometimes the opposite occurs and you may have to wait a little longer. We will be sure to keep you updated throughout the process as to your expected time of surgery.

Prepping Your Skin:

You will be given Chlorhexidine Wipes to prep the skin around the surgical area. Prepping skin before surgery can reduce the risk of infection at the surgical site. To make the process easier, your surgeon has chosen disposable cloths moistened with a rinse-free, 2% Chlorhexidine Gluconate (CHG) antiseptic solution. Please use these wipes around your surgical site for the 3 days prior to your surgery (the third time being the morning of surgery). **DO NOT** use any body lotion or shave around the surgical area for 24 hours before your procedure. If you have any scrapes, rash, scabs, infections, or breaks in the skin anywhere on your operative extremity, please contact your orthopedic surgeon immediately.

Report Any Cold/Flu Symptoms or Infections to Your Surgeon:

Symptoms to report may include:

- An elevated temperature
- Sore or scratchy throat
- Nasal drainage that is yellow or green
- Cough or chest congestion
- Earache
- Nausea, vomiting or diarrhea
- Problems with urination
- Open sores, scrapes, rash, scabs, bug bites or breaks in the skin anywhere on the body

Morning of Surgery

Follow Pre-Admission Instructions:

For your safety, please remember to follow all the instructions you were given by the scheduling coordinator and our Pre-Operative team. It is very important not to eat or drink after the time you were instructed. If you were instructed to take medications, please take them with a very small sip of water. No chewing gum, candy, mints or ice chips.

The Morning of Surgery:

- Once you wake up, please use your Chlorhexidine Wipes as instructed.
- Do not put any lotions, powders, perfumes, makeup or jewelry on your body the day of surgery.
- Put on clean, loose fitting clothing to wear to the surgery center
- Wear tennis shoes or flat rubber-soled shoes that tie or slip-on
- Leave jewelry, valuables, credit cards, and large sums of cash at home

Checklist of Items to Bring the Day of Surgery:

- Assistive device: walker or crutches
- Picture ID and Insurance Card
- Payment method
- Eyeglasses and denture cases

Arrival at the Center

Reception Area:

Upon arriving at the surgery center, you will check in at the reception desk. You will be asked to present your insurance card and photo identification, as well as make any payment for deductibles, co-pays or co-insurance responsibilities. In some cases, you may be asked to make payments prior to surgery day to mitigate unexpected anxiety.

Pre-Operative Area:

You will be escorted to the pre-operative holding area where we will start your admission process and you will meet your healthcare team. You will be weighed and your vital signs will be taken. The nurse will review your labs and allergies and you will be asked a series of questions about your health history. Your surgical procedure will be reviewed and you will sign your surgical consent. Your surgical site will be marked. The nurse will start an IV for administration of fluids and medication for your surgery. You may be given oral medications that your surgeon has ordered for you before your surgery.

Anesthesia Provider:

You will meet your anesthesia provider in the pre-op area. Your health history and past surgeries will be discussed. Tell the anesthesia provider if you have ever had any problems with anesthesia or medications. Your provider will explain the anesthesia you will receive and you may ask any questions you have.

Surgeon:

The surgeon will initial the operative area before your surgery. You will also have an opportunity to ask questions at this time.

OR Nurse:

The OR nurse will introduce herself and review your health history. You will have to answer questions that you have already been asked. This is part of our surgical safety checklist program to ensure your safety while at our facility.

Operating Room:

The OR nurse will escort you to the operating room and the rest of the health care staff will greet you and introduce themselves. You will be transferred to another bed and a blood pressure cuff, pulse oximeter and EKG patches will be applied. Medication will then be administered through the IV to start your anesthesia.

After Surgery

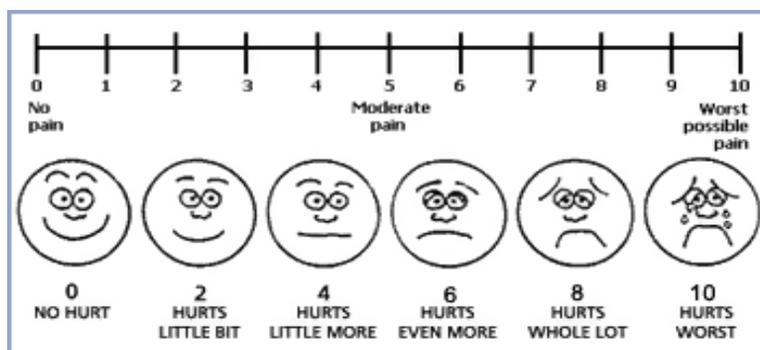
Recovery Area:

Once surgery is complete you will be taken to the recovery room. We will inform your family/caregiver when surgery is done and they will be able to join you in recovery once you are awake. Your surgeon will talk to them about the surgery and answer any questions they may have.

Pain Medications and Pain Control:

While you are in the surgery center, you will be asked to rate the intensity of pain you are experiencing through the use of a pain scale. A pain scale is a line numbered from 0 to 10, with each number representing a degree of pain.

Your surgeon will have ordered pain medications to help keep your pain at a tolerable level. Please feel free to communicate with your nurse if you are feeling discomfort or nausea, or if there is anything you need to make you feel more comfortable. A sample of a pain scale can be seen below.



Prescription Medications:

Depending on your health history and current medications, you will be prescribed medications for pain control and/or the treatment of nausea. In addition, you will be placed on aspirin or an alternative anti-coagulant medication. Narcotic medications and the lack of normal activity may cause constipation. If constipation becomes a problem, even after the use of Colace and Milk of Magnesia, please report this to your surgeon.

After Surgery

Intravenous Fluids:

You will be provided with fluids through an intravenous tube.

Dressing:

You will have a waterproof bandage over your surgical area. This bandage will stay on for 3-5 days after surgery.

Urinary Catheter:

You may have a catheter inserted into your bladder during surgery to empty your bladder. The catheter will be removed at the completion of your procedure. This will allow time for your bladder to fill so that you can urinate on your own before discharge.

Physical Therapy:

Participating in physical therapy strongly influences your recovery. The exercises you learned in the weeks before your surgery will be resumed by physical therapy. In the days following, you should progress to more advanced exercises and walking with the assistance of crutches or a walker. Your therapist will determine which of these is best for you.

For your safety, during your stay at our center it is very important that you do not get out of bed on your own or with family members. We do not want you to hurt yourself or fall, so our staff is ready to assist you.

Going Home

Discharge From the Center:

You may be discharged from the center 4-6 hours after surgery if your surgeons orders same day discharge.

Physical therapy will be arranged for you after discharge.

Prior to Going Home:

You will be given detailed instructions for your care at home and what to expect, as well as phone numbers to call if needed. Please call your surgeon's office if you have any questions or concerns that are not addressed in the instructions. We don't want you to worry and wonder at home.

Post-Surgery Follow-up:

A nurse from **The Orthopedic Surgery Center** will contact you the following day to see how you are doing and answer any questions.

Your first post-operative visit to your surgeon's office will generally occur about 2 weeks after your procedure. This appointment will be scheduled prior to surgery. Your second office visit will be determined by your surgeon and the progress you have made in physical therapy.

Going Home

What to Expect the Day After Surgery

Everyday Activities:

Showering- You may shower the day after surgery with antibacterial soap. You may not take a bath until 1 month after surgery.

Climbing stairs- When climbing stairs, go up using your good leg first; go down with your bad leg first. Please make sure to hold on to a railing when using stairs.

Sitting- Use chairs that have arms, backs and firm seats. You need the arms to help lift yourself out of the chair. Avoid low stools, low chairs or low toilets.

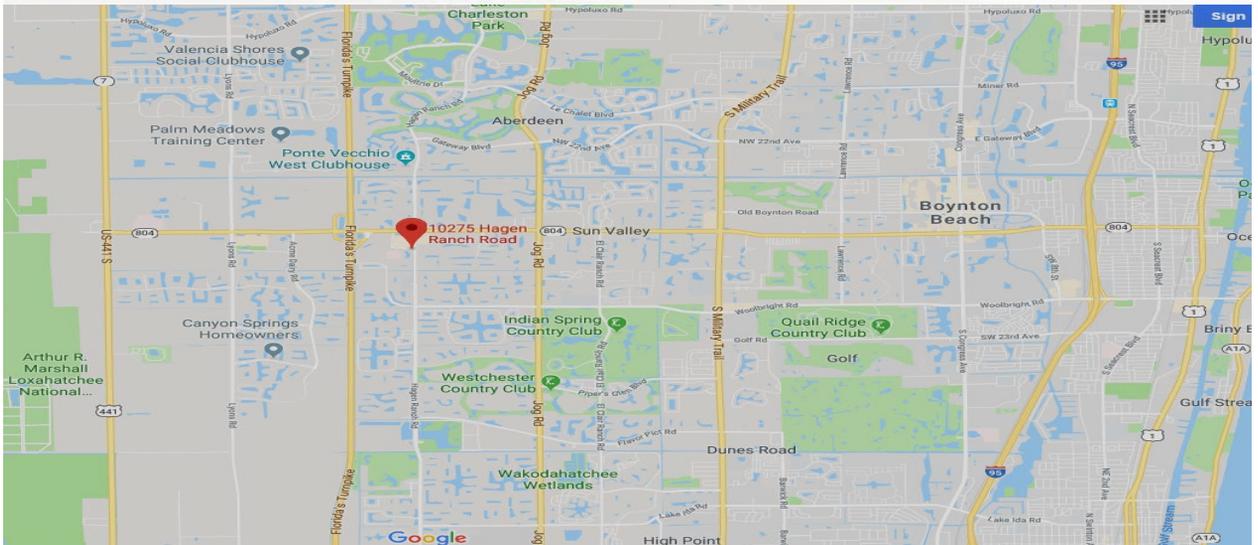
If you are sitting in one spot for more than 30 minutes you should do the following exercises to maintain good circulation:

- **Heel Raises** - Sit with feet flat on the floor, about hip-width apart. Lift heels so that only toes and the balls of the feet are on the floor. Hold for 5-10 seconds and lower feet back to the ground. Repeat 10 times.
- **Toe Lifts** - Sit with feet flat on the floor, about hip-width apart. Lift toes and balls of the feet so that only the heels are on the floor. Hold for 5-10 seconds and lower feet back to the ground. Repeat 10 times.
- **Ankle Circles** - While sitting, lift right leg slightly off the ground and rotate the foot clockwise, making a circle in the air. Do this 15 times clockwise, then 15 times counterclockwise. Repeat with left leg and foot.

Walking- You will begin walking the day of surgery. Each day, the distance you walk will be increased. You will learn how to walk to the bathroom, in the hallway, and climb stairs. Always use your walker or crutches and avoid over-exertion. DO NOT walk on uneven surfaces such as lawns or gravel. It is important to follow directions from your physical therapist. Physical therapy will teach you how to transfer out of bed. You may be weight bearing, as tolerated.

We recommend that you avoid extreme positions of your hip following surgery. Please discuss any limitations on specific movements with your surgeon prior to surgery. If you have any questions, please feel free to contact your surgeon after your surgery.

For more information about
The Orthopedic Surgery Center of Palm Beach County,
please visit our website at www.oscpbc.com



10275 Hagen Ranch Road, Suite 100
Boynton Beach, FL 33437
561.300.1400