



MERCY JOINT REPLACEMENT CENTER

Providing a comprehensive quality approach to Joint Replacement



Mercy Joint
Replacement Center



OUR GOALS FOR YOU

- Understand your disease process and surgery.
- Comfortable with your joint center experience.
- Have all of your questions answered.
- Return to your own home after 3 days.
- Have FUN!



WHAT IS YOUR GOAL?

GOLF?

WALKING?

VACATION WITH YOUR FAMILY?



Who is your Coach?

IT IS VERY IMPORTANT THAT YOUR COACH
BE PRESENT AT EACH THERAPY SESSION
AND DURING GRADUATION ON FRIDAY.



OSTEOARTHRITIS

- Most common type of arthritis.
- It occurs when the cartilage covering the end of the bones gradually wears away.
- Osteoarthritis can occur in any joint.
- Osteoarthritis is sometimes called degenerative joint disease.

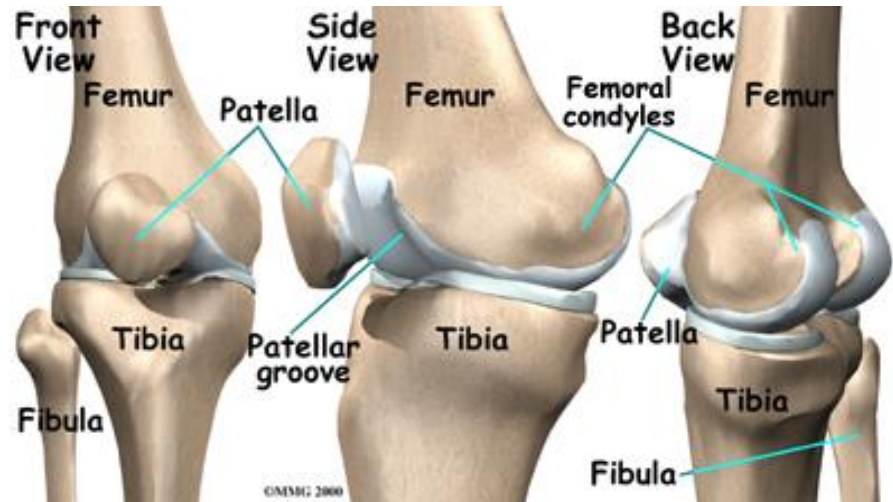
NORMAL AND ABNORMAL XRAYS



HOW DO MY KNEE JOINTS WORK?

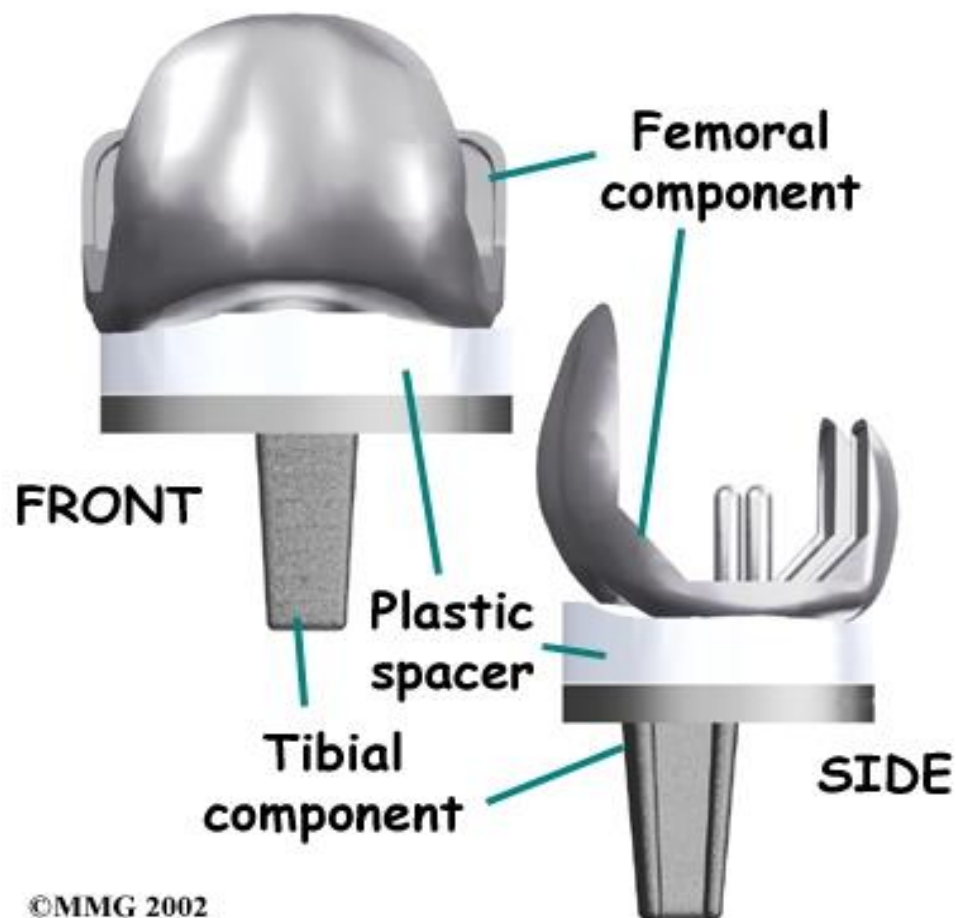
Knee:

- Hinge type of joint
- Muscles and ligaments provide support
- Cartilage between bones provide cushion



UNDERSTANDING YOUR SURGERY

TOTAL KNEE REPLACEMENT

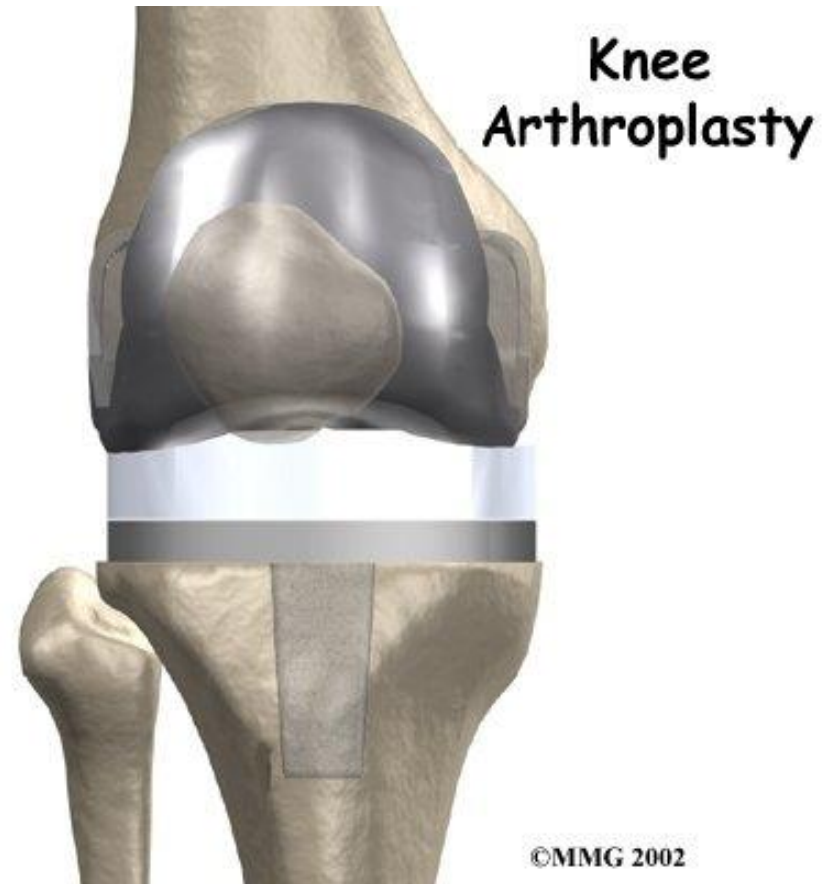
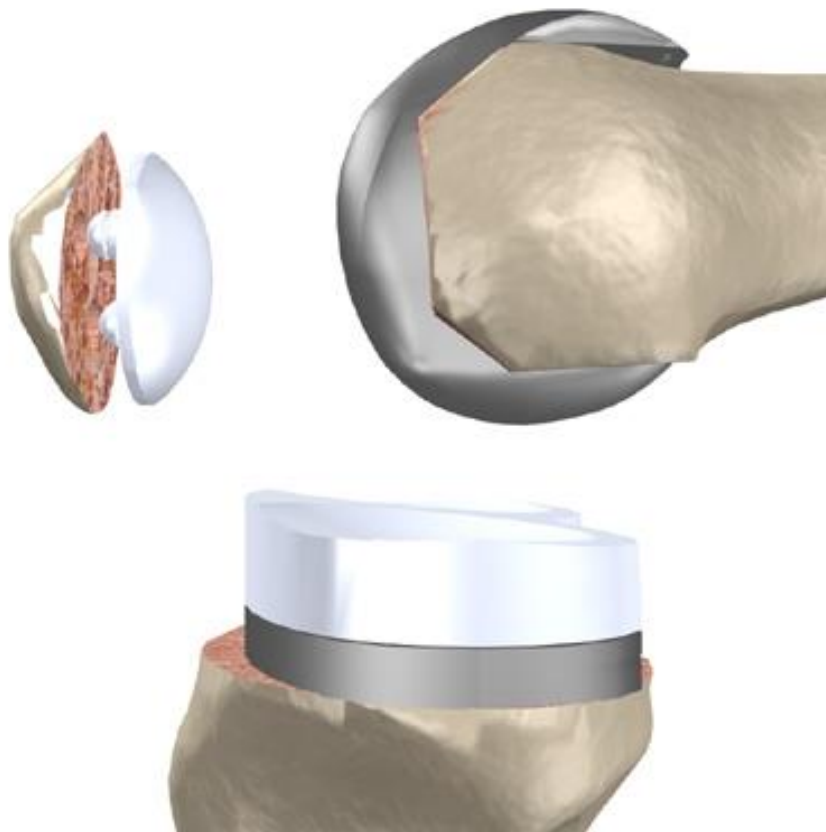


**Patellar
component**



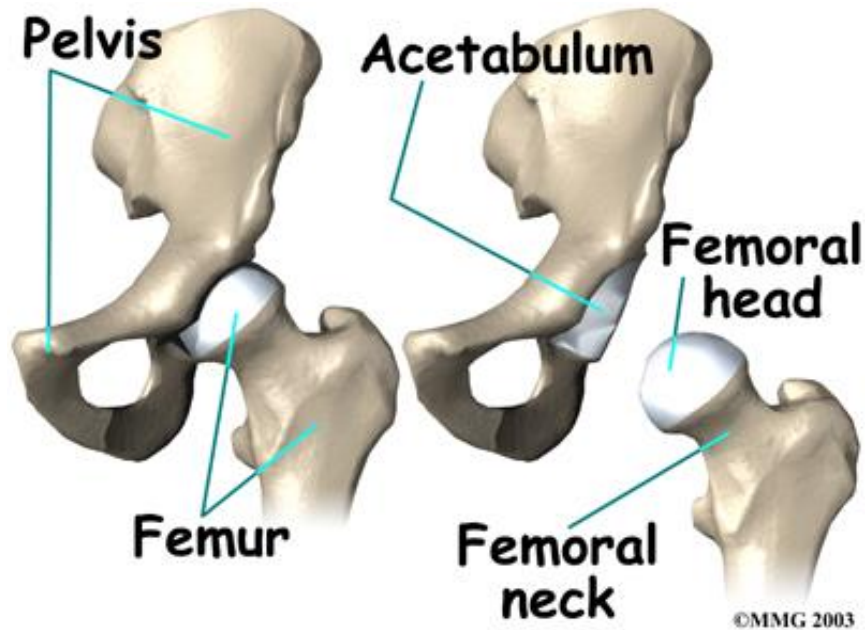
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TOTAL KNEE REPLACEMENT



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HOW DO MY HIP JOINTS WORK?



Hip:

- Ball and socket type of joint
- Smooth cartilage cover the ends of the bone
- Synovium surrounds the joint space and acts to lubricate the joint

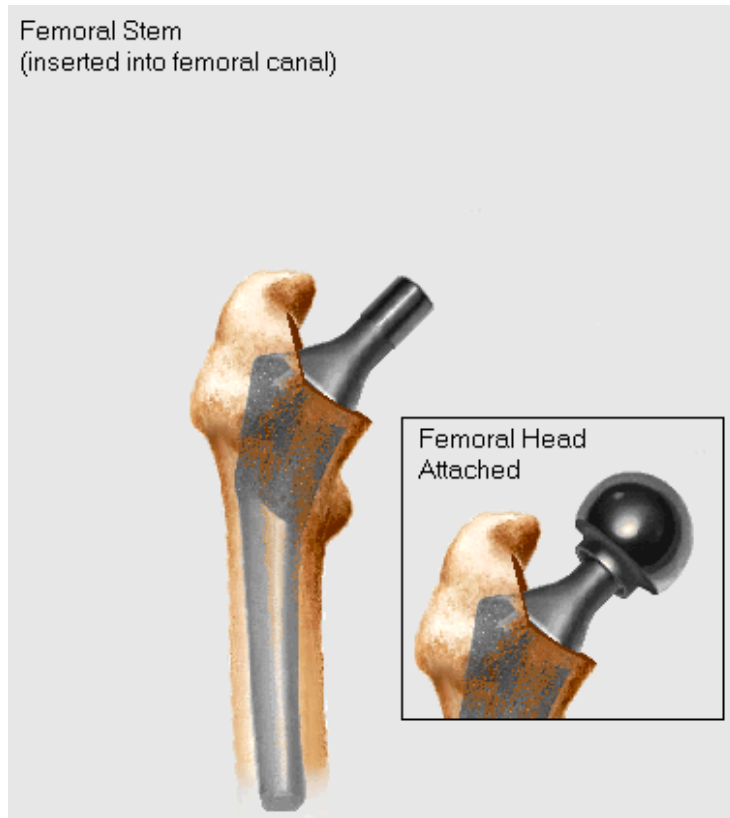
TOTAL HIP REPLACEMENT



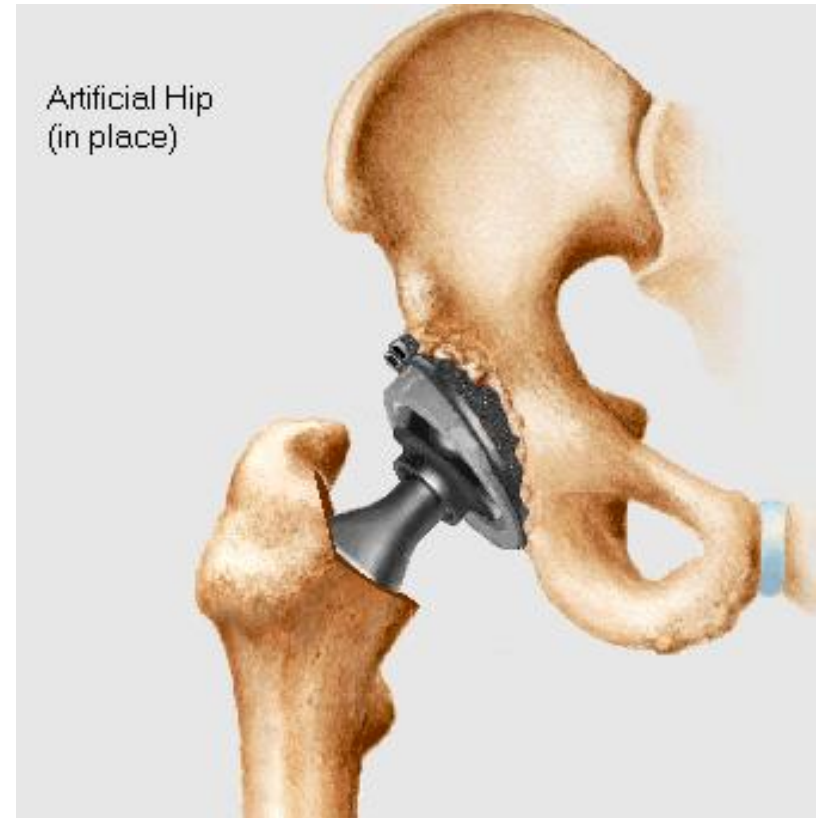
ADAM.

TOTAL HIP REPLACEMENT

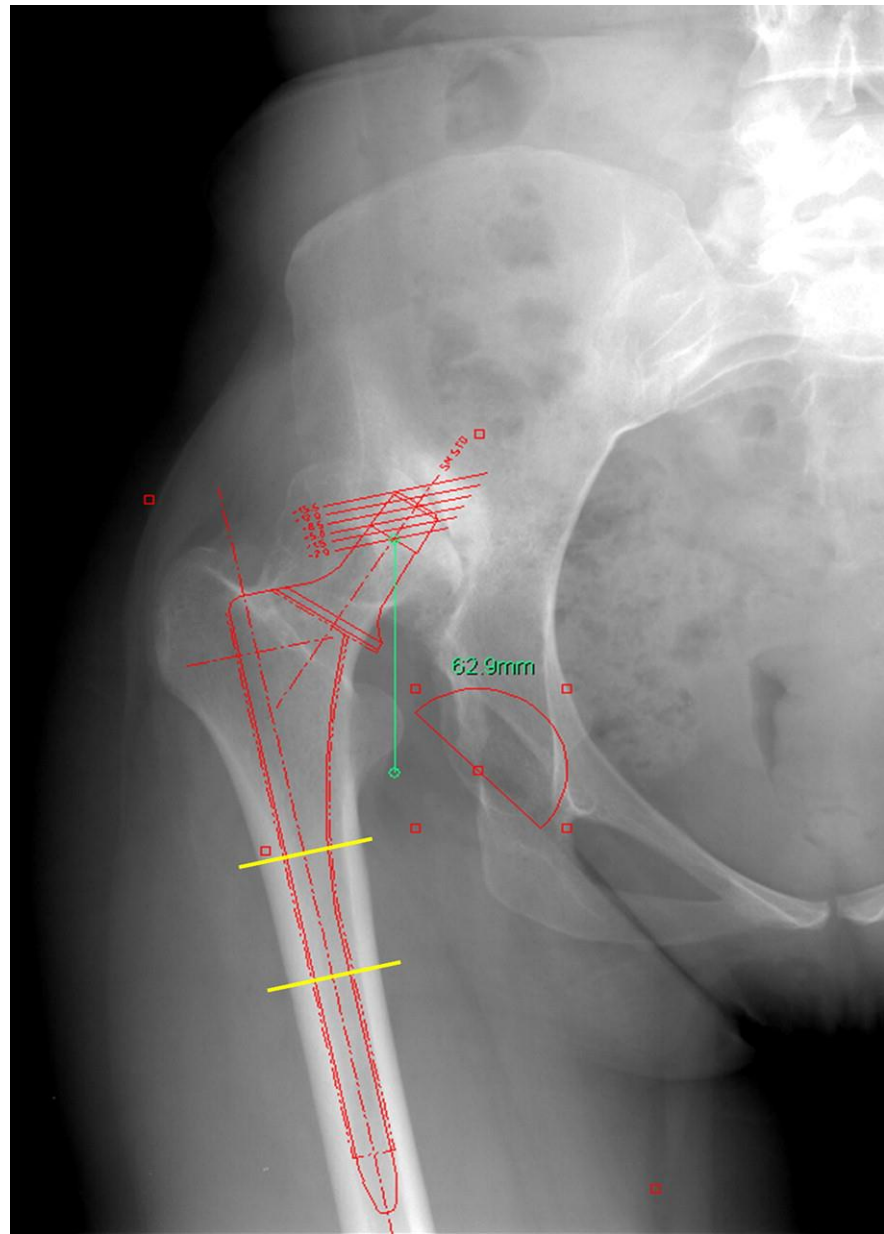
Femoral head impaction



Final implant

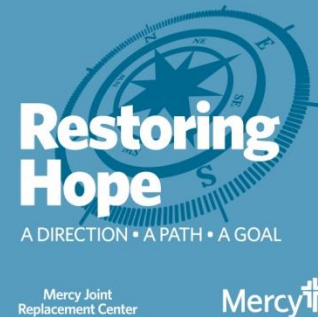


X-RAY TEMPLATE PRIOR TO SURGERY



Airport Security

- If you have an orthopedic implant in your body that is likely to trigger the Airport Metal Detector allow extra time (5-15 minutes) to pass through airport security.
- Identification card enough?
- How will I get through?



SPECIFIC RISKS OF HIP & KNEE SURGERY

Knee

- Blood Clot
- Dislocation
- Instability

Hip

- Blood Clot
- Dislocation
- Changes in leg length
- Intra-operative fracture



PREVENTING INFECTIONS

- No shaving of legs 4 days before surgery.
- Begin using antibacterial soap daily for 2 wks. before surgery.
- Cleanse the hip/knee with special soap the for a total of 3 showers including the night before & morning of surgery.
- See your dentist on a regular basis



Home Preparation

- ✓ Check for tripping hazards (remove cords & throw rugs)
- ✓ Dresser and cabinet items
- ✓ Cordless phone
- ✓ Stairs
- ✓ Shower/bath setup
- ✓ Designate a chair to spend most of your time
- ✓ May need to arrange sleeping on main level for 1-2 weeks
- ✓ Have nightlights in rooms and hallways
- ✓ Meal preparation and outdoor work



ITEMS NEEDED



PACKING FOR YOUR JOINT CRUISE

What to Bring on your Cruise:

- ✓ Your smile, patience and determination
- ✓ A positive attitude
- ✓ 3-4 outfits of loose-fitting clothing (T-shirts and shorts, sweatpants or loungewear with elastic waistbands or drawstrings work best) We encourage wearing shorts if you are having knee surgery. Both men and women will attend group therapy, so plan for modesty.
- ✓ A sweater or long-sleeved sweatshirt to layer for warmth.
- ✓ 4-5 pairs of underwear
- ✓ Tennis shoes or flat rubber sole shoes –loose fitting (no backless shoes, please).
- ✓ Personal hygiene toiletries, such as toothpaste, deodorant, shampoo, and electric razor.



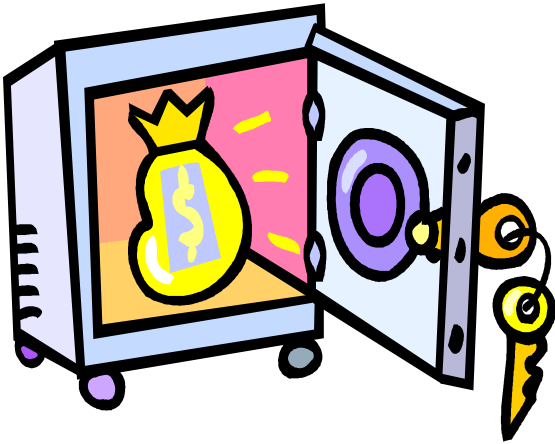
PACKING, CONT.

Also bring:

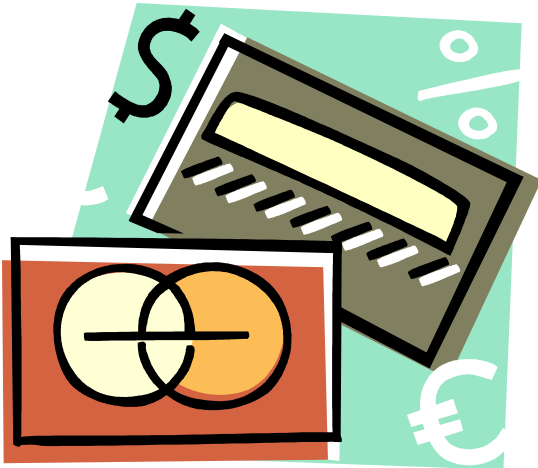
- ✓ Your walker
- ✓ “Hip Kit” if you have one
- ✓ Eyeglass, contact lens and denture cases, Bi-pap/C-pap machine
- ✓ Your Living Will / Advanced Medical Directive if you have one
- ✓ Your Patient Navigator Notebook



ITEMS TO LEAVE AT HOME



- ✓ Credit Cards, Checks or Cash
- ✓ Jewelry
- ✓ Valuables of any kind



COUNTDOWN TO SURGERY

- Stop taking arthritis medications, aspirins and blood thinners, vitamins and minerals as directed by your physician.
- Follow the instructions you received at your PAT visit.



Morning of surgery

- Take medications with a small sip of water (only the ones you have been instructed to take).
- Bathe with special soap. DO NOT use perfumes or any scented lotions.
- Do not wear make-up or nail polish (except clear).



ARRIVING TO MERCY

- Check in at Registration Desk on 2nd floor by accessing the elevator or escalator.
- Verify information/ID Bracelet
- Nurse reviews all medical history
- Prepare for surgery- hospital gown, remove dentures and glasses or contacts
- Pre-op area
- Family waiting area

ANESTHESIA



- A member of your anesthesia team will meet with you before surgery.
- Please inform them if you have ever had any problems with anesthesia.
- After examining you and discussing your medical history and desires, the best anesthetic plan will be determined for you.
- Total Knee Replacement patients will receive a pre-operative block



YOUR RECOVERY SCHEDULE

Day of Surgery

- Clear liquid diet; Advance as tolerated.
- Deep breathing and coughing exercises, incentive spirometer.
- Physical Therapy will come and evaluate you at the bedside the afternoon of your surgery.
- Knee patients-CPM after dinner



YOUR RECOVERY SCHEDULE POST OP DAY #1

- UP IN THE CHAIR BEFORE BREAKFAST
- WORKING ONE ON ONE WITH THE PT. IN THE MORNING
- STAY IN THE CHAIR WHEN NOT WORKING WITH PT
- REST TIME FROM 12:00 TO 1:30
- FIRST GROUP THERAPY CLASS THAT AFTERNOON
- KNEE PATIENTS – CPM AFTER DINNER

YOUR RECOVERY SCHEDULE

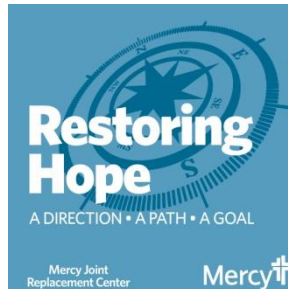
POST OP DAY #2

- UP IN THE CHAIR BEFORE BREAKFAST
- SOME PATIENT'S WILL RECEIVE A SHOWER WITH THE OT
- SOME PATIENTS HAVE MORE DISCOMFORT ON THIS DAY
- STAY UP IN THE CHAIR ALL DAY EXCEPT WHEN IN THERAPY
- DRESSING CHANGED
- GROUP THERAPY AT 10:00
- REST TIME FROM 12:00 TO 1:30
- GROUP THERAPY AT 2:00
- KNEE PATIENTS – CPM AFTER DINNER



Graduation Day!

- Every Friday Morning
- Gifts
- Review discharge instructions
- Coaches need to attend





YOUR RECOVERY SCHEDULE

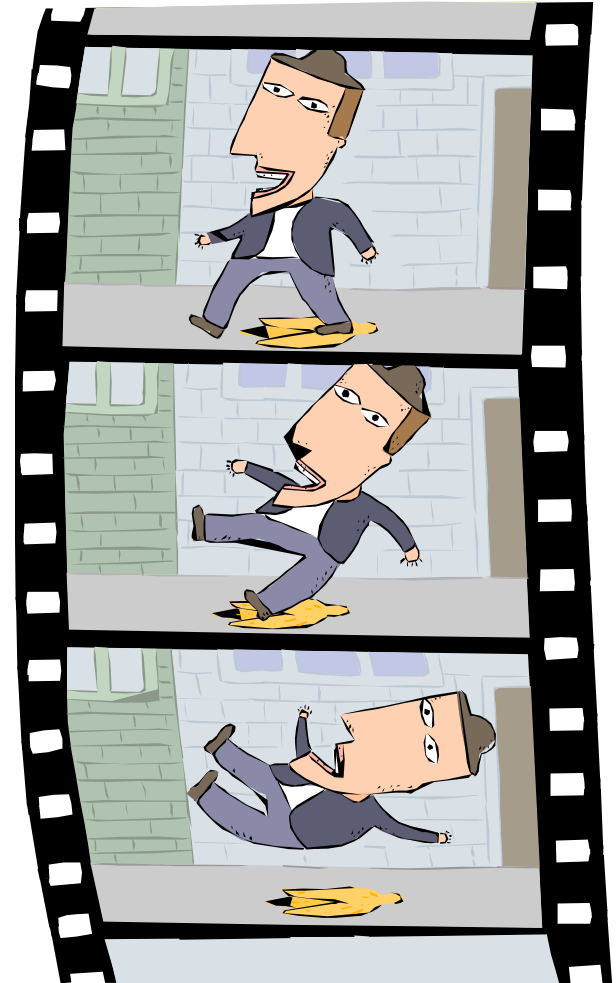
Post Op Day #3

- SHOWERED, DRESSED AND UP IN THE CHAIR BEFORE BREAKFAST
- GROUP THERAPY AT 10:00
- STAY IN CHAIR FOR THE DAY EXCEPT WHEN IN THERAPY
- DISCHARGE AFTER AM THERAPY

PATIENT SAFETY

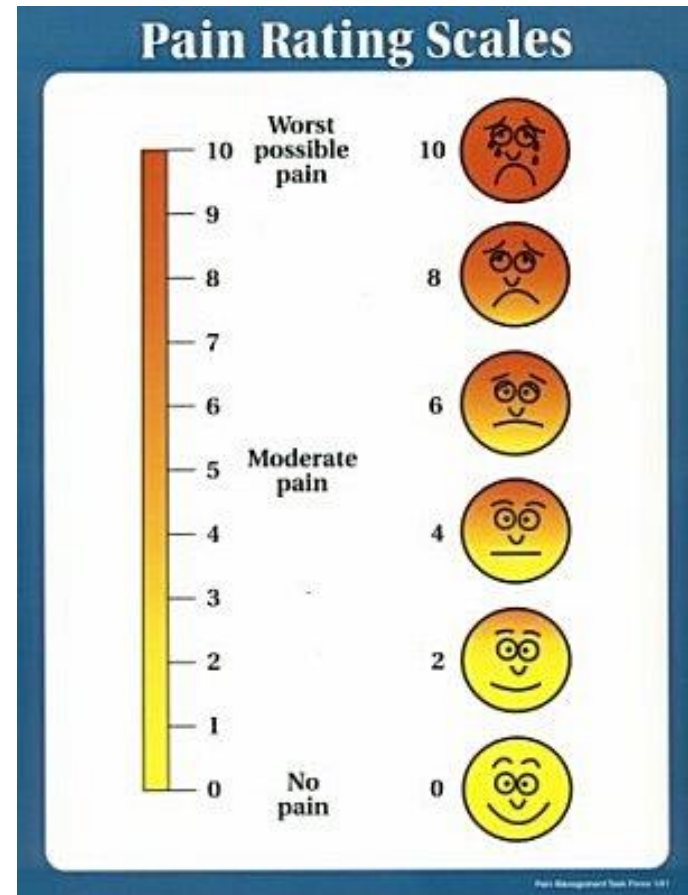
Fall Prevention

“Do not get up without the help of staff!”



MANAGING YOUR PAIN

- Communication is very important
- Share with nurses any pain you experience
- Be specific- use the pain scale (0-10)
- Take medicine before therapy sessions
- Don't expect to be pain free





How you can lessen your pain

- Start moving as soon as possible after surgery
- Focusing your attention on something other than your pain



GOING HOME



The skills you will learn prior to discharge:

- ✓ Get in and out of bed
- ✓ Get up and down from chair and toilet
- ✓ Get in and out of shower
- ✓ Walk with walker on level surface for 300 feet
- ✓ Be able to go up and down stairs
- ✓ Get dressed
- ✓ Perform your exercise program on your own

DISCHARGE NEEDS

You can expect:

- A prescription for pain medication
- Set up with Home Health
- A prescription for blood thinner
- Written instructions from your surgeon
- An appointment with your surgeon

Recovering at Home

Keys to Success:

- ✓ DO NOT go long periods of time without moving
- ✓ DO NOT drive a car until cleared to do so
- ✓ DO NOT take tub bath or swim until cleared to do so
- ✓ DO continue your exercise program as prescribed
- ✓ DO take pain medication 30 minutes before therapy
- ✓ DO continue ankle pump exercises when sitting
- ✓ DO take longer walks when cleared to do so



QUESTIONS?

