

Preparing for Your Total Joint Replacement

Getting ready for a total joint: Over the next month or so you will meet many people who will assist you in understanding the entire process. Your comfort and safety are our primary concern. We know getting you home quicker will speed up your recovery.

Take care of yourself: Eating properly with a diet full of fruits, vegetables and protein as well as getting enough sleep is important. Minimizing your risk for infections by limiting your exposure and practicing proper hand hygiene. Other suggestions to maintain your health include avoiding tobacco and alcohol. All dental work needs to be completed prior to your surgery. A positive mental attitude and post-operative support is key to a successful surgery.

1 month before surgery:

You and your doctor will be deciding on the best approach for you. This will include but not limited to the type of device and approach. Expect to go home within 2 days of your surgery. Studies show getting back to your home allows for improved mobility, and decreased infection.

Schedule to attend the Joint Replacement Class by calling 847.990.5555.

3 weeks before surgery:

• Schedule and meet with your primary care physician

- An evaluation called a history and physical is needed to make sure you are able to undergo surgery.
- It is often required to undergo some cardiac, respiratory and sleep tests to make sure you are healthy for surgery. Lab tests will be part of this process
- Understand what medications you will need to stop before surgery and which ones you will need to continue
- If you do not have a primary care physician, we will refer you to one of our Hospitalists to perform a history and physical and make sure you are ready for your surgery.

• Choose your coach

- Make arrangement for someone to stay with you 24 hours per day for 3 to 5 days after you get home
- Your coach should be physically able to help you at home
- Your joint coach needs to attend the joint class and be available day of surgery

• Contact your insurance company to understand your benefits

- You will be in the hospital for 2 days.
- Most of our patients go directly home with home care therapy and nursing services
- If you have stairs at home, and can't manage stairs by time of discharge you may need to go to a skilled nursing facility.
- Please check with your insurance to identify if a skilled nursing facility is part of your insurance coverage. If you do not have this as an option, please notify your physician.
- If you cannot go home and DO NOT qualify for a skilled nursing facility, you will be responsible for the daily fee at the facility. For planning purposes the average daily fee at a SNF is \$150.00 – \$300.00.

continued on reverse



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2 weeks before surgery:

- Attend the joint class (At least 2 weeks before if not sooner)
- Start any exercises your physician or therapists have instructed you to do.
- Complete the nurse navigator phone interview to review your medication and medical history.
- Monitor and record your blood sugars if you are diabetic

Prepare your home:

- Obtain the durable medical equipment you would need
- Secure handrails on all stairs
- Place no slip mat in the bathroom and shower
- Place frequently used kitchen objects within reach
- Start preparing and freezing nutritious meals and package in serving size portions
- Stock up on all household essentials
- Place a straight back chair without wheels and arms in the room you plan to spend the most time
- Assure your bed is at a height that you can get into and out of without steps or risers

5 to 7 days before surgery:

- Discontinue your blood thinners as instructed by your primary care physician
- Stop all medications as you were instructed by your primary care physician
- Stop dietary supplements if you were instructed to do so
- Have your prescriptions filled
- Pack for the hospital
 - Walking shoes
 - Comfortable clothes and robe
 - Personal care items

3 days before surgery:

- Call your physician if you become ill or have a rash or have last minute questions
- Follow all of the instructions given to you about your hospital arrival time
- Complete all medical clearances. If this is not complete, please contact your surgeon

Evening before:

- Shower with Hibiclens, the liquid provided to you at the joint class
- Remove all nail polish
- Nothing to eat or drink 12 hours before your surgery date/time

Morning of:

- Shower again with the Hibiclens
- Arrive on time
- Bring or take the medications as you have been instructed
- *DO NOT take medication that you were told to stop on the day of surgery*
- Bring your coach

After surgery checklist

Hospital recovery:

- Tell your nurse when you are in pain
- Pain with movement is expected, take pain medications 30 minutes before each therapy session
- Expect to have therapy the day of your surgery and twice daily when in the hospital
- Plan to be discharged to home within 2-3 days of your surgery
- Plan to get up for all meals
- Someone will be with you in the bathroom during your stay to keep you safe

Home care:

- Your home care nurse will start usually the day after you are discharged from the hospital
- Expect to have 5 therapy sessions per week for a knee and 3 therapy sessions per week for a hip.

If you have any questions regarding preparing for your surgery, please call the Advocate Condell Medical Center Orthopedic Institute Liaison at **847.990.5555**. Visit advocatehealth.com/Condell/orthopedics for more information on orthopedic services.