

# TOTAL JOINT REPLACEMENT EDUCATION



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PRESENTED BY: NORTHPOINTE SURGICAL SUITES

# NORTHPOINTE SURGICAL SUITES

*YOUR GOALS AND QUALITY OF LIFE ARE IMPORTANT TO  
EACH MEMBER OF OUR TEAM*

We are committed to:

- Excellence in surgical techniques, pre-operative and post-operative
- Providing a safe, efficient, and compassionate environment
- Providing comprehensive education for you and your family/coach

# CLASS CONTENT

- Joint Replacement Team
- Understanding Your Surgery
- Preparing for Joint Replacement Surgery
- The Day Before Surgery
- The Day of Surgery
- Pre-Operative Care at NPSS
- Anesthesia
- Post-Operative Care at NPSS
- Recovering at Home
- Life After Your surgery
- Community Resources
- Using the Worksheet
- Pre/Post-Op Exercises



# MEET YOUR TEAM

- SUPPORT PERSON/SYSTEM
- ORTHOPEDIC SURGEON
- PHYSICIAN ASSISTANT
- PRE-ADMISSION TEAM
  - PCP
  - CARDIOLOGIST
  - SCHEDULER/OFFICE STAFF
  - PRE-ADMISSION NURSE



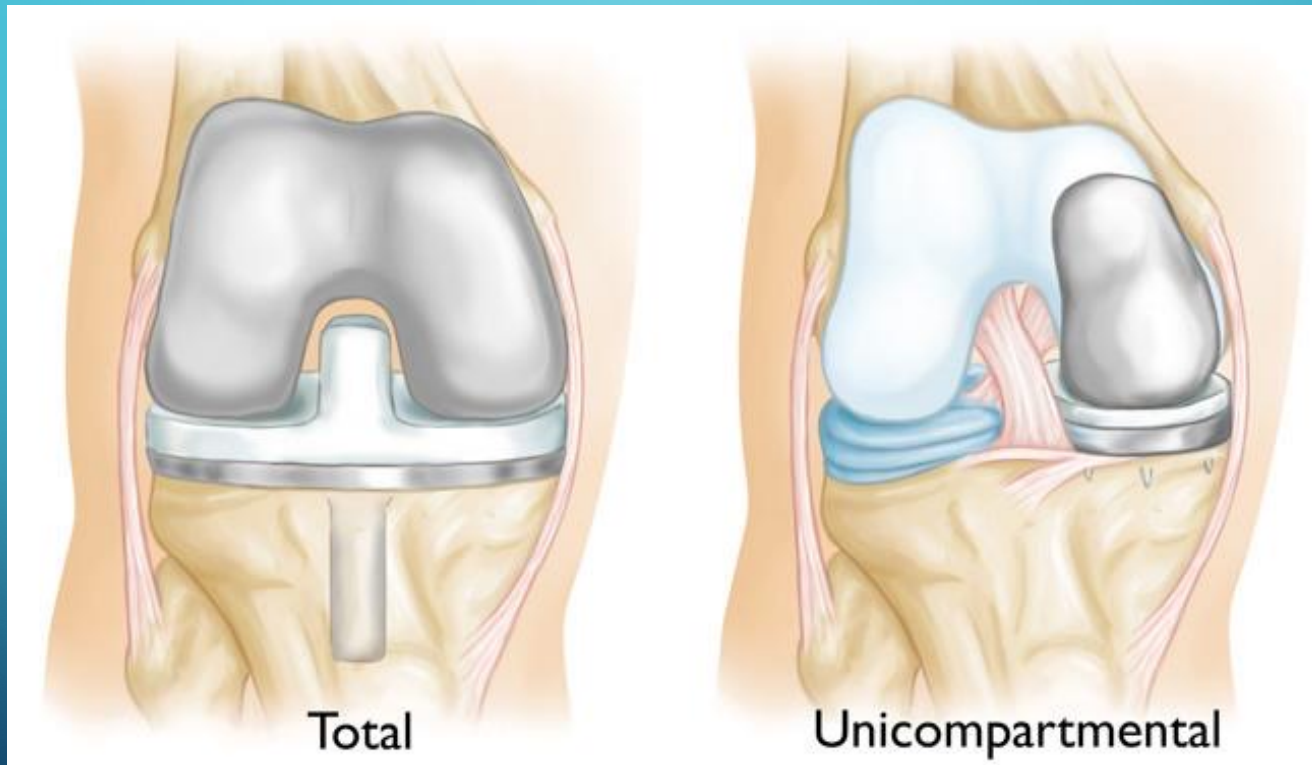
- PHYSICAL THERAPY
- ANESTHESIOLOGIST
- CERTIFIED NURSE ANESTHETIST
- NPSS STAFF
  - Receptionist
  - Registered Nurse
  - Scrub Technicians
  - X-Ray Technicians

# TYPES OF JOINT REPLACEMENT SURGERIES

- PARTIAL KNEE REPLACEMENT SURGERY/ UNILATERAL KNEE SURGERY
- TOTAL KNEE REPLACEMENT
- TOTAL HIP REPLACEMENT
- TOTAL SHOULDER REPLACEMENT/REVERSE TOTAL SHOULDER

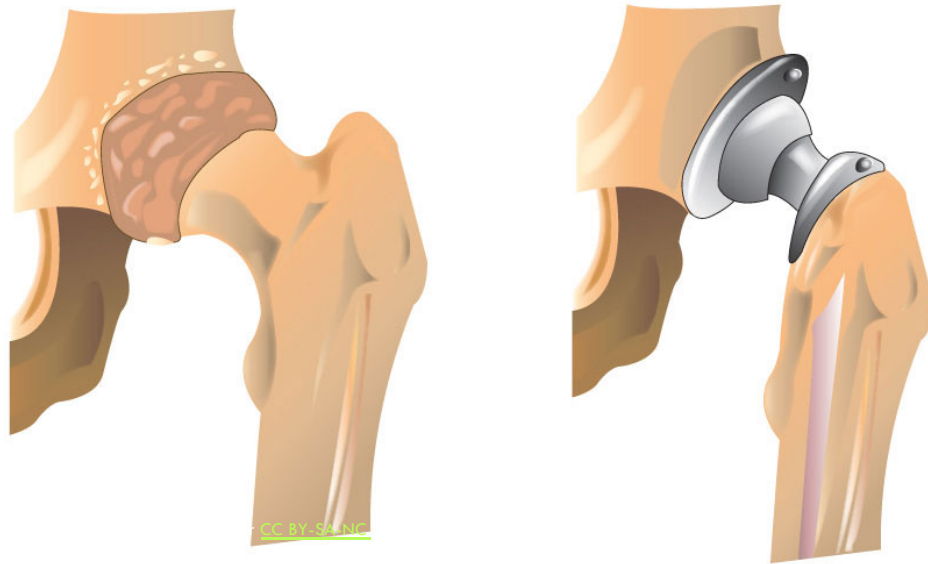


# KNEE ARTHROPLASTY





# HIP ARTHROPLASTY

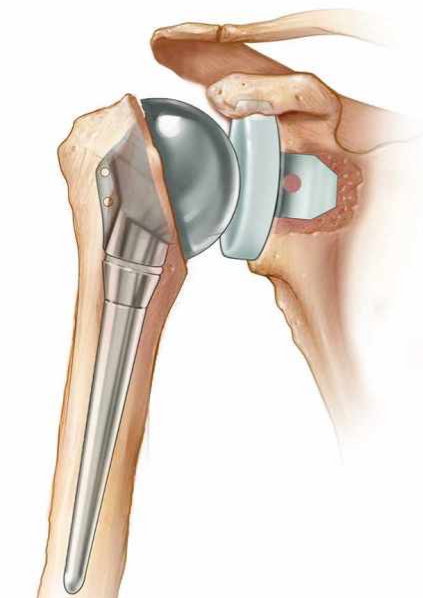


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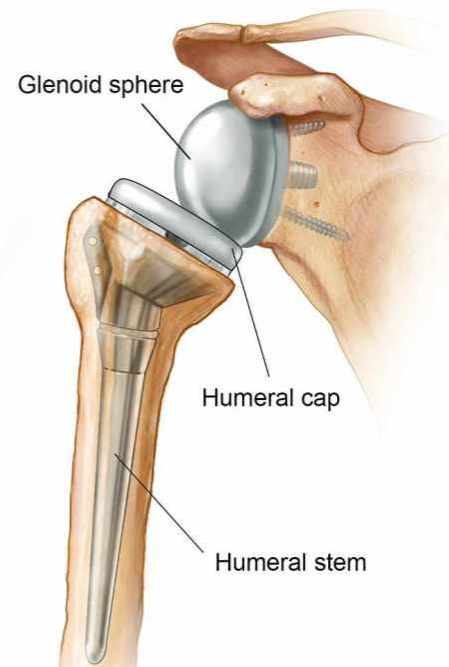
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# SHOULDER ARTHROPLASTY

Total shoulder arthroplasty



Reverse shoulder arthroplasty



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MAYO



# WHY DO I NEED A JOINT REPLACEMENT?

## OSTEOARTHRITIS

- Most Common form of Arthritis
- Affects Nearly 21 Million Americans
- Breakdown of Cartilage

## SYMPTOMS

- Sore and Achy Joints
- Joint Swelling
- Stiffness
- Limited Range of Motion

## DEVELOPING OSTEOARTHRITIS

- Aging Process
- Family History
- Obesity
- Injury
- Previous Surgery
- Overuse

# RISKS OF JOINT REPLACEMENT SURGERY

*EVERY JOINT REPLACEMENT IS A MAJOR SURGERY*

- Blood Clots
- Hematoma
- Infection
- Nerve, Blood Vessel and Ligament Injuries
- Wound Healing
- Limited Range of Motion
- Wearing of the Joint
- Loosening of the Joint

## HOW CAN YOU REDUCE YOUR RISKS/COMPLICATIONS

- Reduce or eliminate the use of tobacco
- Compliance with diabetes management
- Maintaining a healthy diet and ideal weight
- Use good hand washing techniques
- Exercise – practice your conditioning exercises
- Limiting high impact activities



# PREVENTING SURGICAL SITE INFECTION

- DENTAL WORK
- SHAVING
- HANDWASHING
- ILLNESSES
- SKIN INTEGRITY
- PRE-SURGERY BATHING

## PREPARING FOR YOUR OUTPATIENT JOINT REPLACEMENT SURGERY

- Help from you coach and family is important
- Scheduling your surgery
- Scheduling your appointments
- Arrange for Durable Medical Equipment (DME)

# TIPS FOR PREPARING YOUR HOME

## MAKE YOUR ENVIRONMENT SAFE

- REMOVE TRIPPING HAZARDS, OBSTACLES, SECURE HANDRAILS, INSTALL NIGHT LIGHTS,
- INSTALL NON-SLIP BATHMAT FOR TUB/SHOWER, AND KEEP YOUR CELL PHONE NEAR YOU
- PLAN AHEAD WITH MEAL PREPARATION, CLEAN LINENS/LAUNDRY, HOUSE WORK ECT...
- BE CAUTIOUS OF YOUR PETS
- USE CHAIRS WITH STURDY BACK AND ARM RESTS - DO NOT USE CHAIRS WITH WHEELS



## PRACTICING EXERCISES BEFORE SURGERY

- Performing your exercises regularly and properly before and after surgery is perhaps the most important factor in speeding recovery and determining long-term success of your new joint. Ankles, Knees, Butt and Breathing!
- A physical therapy plan will be discussed at your pre-op orthopedic visit. Restoring your joint to a less painful and more functional level after surgery is achieved through the use of PT

# EXERCISES

## TOTAL SHOULDER

- Shoulder Pendulums
- Elbow Flexion and Extension
- Wrist Flexion and Extension

## TOTAL HIP AND KNEE

- Leg Lifts (8-10 inches)
- Heel Slides
- Quad Sets
- Ankle Pumps
- Gluteal Sets
- Hip Abduction (6-8 inches)

## MEDICATIONS BEFORE SURGERY

- REVIEW AND DISCUSS ALL MEDICATIONS WITH YOUR SURGEON, PRIMARY CARE PHYSICIAN, CARDIOLOGIST AND ANESTHESIOLOGIST PRIOR TO SURGERY
- A NURSE WILL CALL YOU BEFORE YOUR SURGERY AND REVIEW WHICH MEDICATIONS TO TAKE THE DAY OF SURGERY
- PLEASE INFORM US OF ANY OVER THE COUNTER MEDICATIONS, HERBAL MEDICATIONS AND SUPPLMENTS YOU MAY TAKE.



# MEDICATIONS TO STOP PRIOR TO SURGERY

- Diabetic Medications
  - Insulin dosing should be discussed with doctor at surgical clearance
- Blood Thinners
  - All should be stopped
  - Discuss with the prescribing provider
- 2 Weeks Prior to Surgery
  - All herbals, vitamins, supplements, RA medications
- 7 Days Prior to Surgery
  - Anti-inflammatories
- 2 Days Prior to Surgery
  - Oral diabetic medications

## THE DAY BEFORE SURGERY

- NPSS nurse will call you between 4pm – 5pm with your surgery time. Be prepared to arrive as early at 5:00 am.
- Drink plenty of fluids the day before surgery.
- Pick up your medications for after surgery.
- Do not eat solid food after midnight the night before your surgery, you can drink water up to 4 hours prior to your surgery.
  - Avoid a heavy greasy meal the evening before.
- Shower the night before and morning of surgery.
- Do not shave the operative site for 5 days prior to your surgery.
- Do not wear any lotion, fragrances or deodorant on the operative site.
- Please get a good nights sleep. This will help with recovering from the anesthesia.

# YOUR JOINT REPLACEMENT SURGERY DAY BEFORE YOU LEAVE HOME

## REMEMBER TO:

- Shower
- Dress comfortably
- No valuables, jewelry, contacts, etc.
- No fragrance, deodorant, lotions
- Do NOT eat mints or chew gum
- Do use any type of tobacco

## REMEMBER TO:

- Complete the PROMS survey
- Take the medications you were instructed to take with a TINY sip of WATER
- Bring your drivers license and insurance card
- Bring CPAP/BIPAP
- Bring your walker
- Bring a pillow and trash bag for the car



# YOUR JOINT REPLACEMENT SURGERY DAY

## ARRIVING @ NPSS

- ALLOW 10 MINUTES FOR CHECK IN
- ID BAND, ALLERGY BAND
- DURATION OF STAY
- 23 HOUR MONITORING

## SURGERY PRE-OP

- VERIFICATION
- PRE-OP NURSING ROLE
- WHAT YOU CAN EXPECT
- SURGEON AND ANESTHESIA PRE-OP VISIT

## FAMILY WAITING

- ONE OR TWO FAMILY MEMBERS PERMITTED (15 YOA)
- RECEPTION AREA
- MEETING WITH THE SURGEON
- REUNITING WITH FAMILY

# ANESTHESIA

- ANESTHESIOLOGIST/CRNA
- PRE-OPERATIVE CONSULT
- GOALS OF ANESTHESIA
- PAIN CONTROL, MANAGEMENT OF NAUSEA
- NERVE BLOCK/SPINAL

# POST-OPERATIVE RECOVERY AT NPSS

- MEDICATIONS
  - ANTIBIOTIC
  - PAIN MEDICATION
  - MEDICATION TO TREAT NAUSEA/VOMITING
- BLOOD CLOT PREVENTION
  - SCD'S
  - TED HOSE
- PHYSICAL THERAPY





HOME



SWEET HOME

### TRANSITIONING HOME

- YOU WILL BE READY TO GO HOME ONCE YOU'RE ABLE TO....
- BEFORE YOU GO HOME WE WILL.....

### THE TRIP HOME

- A FAMILY MEMBER OR FRIEND MUST DRIVE YOU HOME
- GETTING IN THE CAR



# RECOVERY AT HOME

- MEDICATIONS
  - PAIN MANAGEMENT
  - ANTIBIOTICS
  - ASA/BLOOD THINNERS
- MANAGE SWELLING
- INCISION CARE
- DIET
- ACTIVITY
- PLEASE HAVE SOMEONE WITH YOU FOR 7 DAYS AFTER SURGERY

## WHEN TO CALL YOUR SURGEON

- FALL
- UNCONTROLLED PAIN
- CHANGE IN COLOR, COOLNESS OF EXTREMITY
- SWELLING, REDNESS OF CALF
- NUMBNESS, TINGLING
- ACTIVE BLEEDING OR YELLOW DRAINAGE FROM INCISION
- FEVER OF 101 OR GREATER
- INABILITY TO WALK OR DO EXERCISES



# LIFE AFTER YOUR JOINT REPLACEMENT

- TRAVELING
- EXERCISES AND ACTIVITY
- DENTAL CARE
  - Antibiotic use is individually determined per the doctor
- REDUCING RISKS OF INFECTION IN YOUR NEW JOINT
- FOLLOW-UP CARE
- COMMUNITY RESOURCES



## COMMUNITY RESOURCES

- Weight Management
- Smoking Cessation
- Diabetes Management







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