

***WE ARE WITH YOU
EVERY STEP OF THE WAY***

**PREPARING FOR
JOINT REPLACEMENT**

BARNES-JEWISH
St. Peters Hospital



ProgressWest
Hospital

BJC HealthCare

Welcome

Congratulations on your decision. We
are here to support you
Every Step of the Way.

What We will Talk About Today!

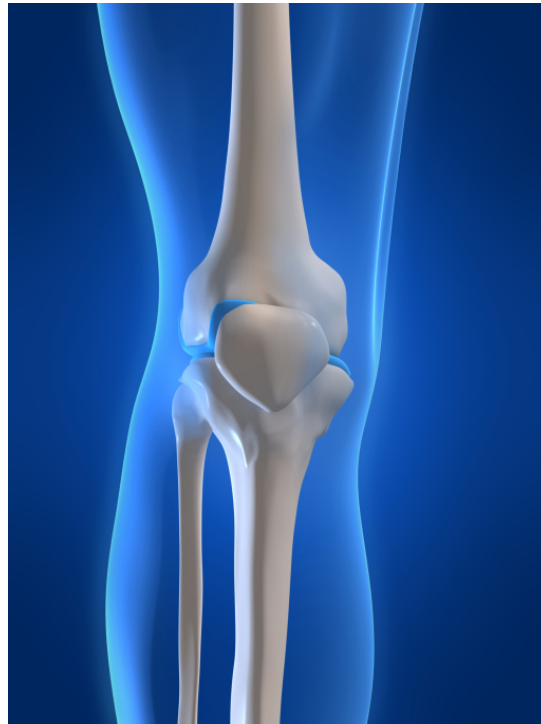
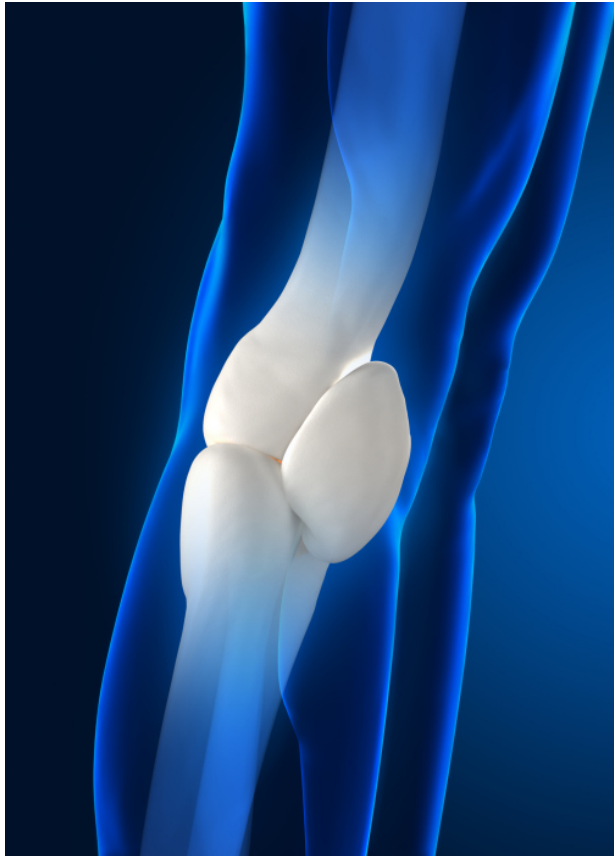
- What is joint surgery?
- What do you have to do to get ready for surgery?
- What can you expect at the hospital?
- What can you expect after surgery when you leave the hospital?
- How will your preparation help you have a better experience?
- What will be different after joint surgery?
- What questions or concerns do you have?

Why Joint Surgery is Needed

- Arthritis
 - Degenerative Joint Disease
 - Affects the cartilage or lining on the ends of the bones
 - Bone on bone grinding causes pain
 - Stiffness and loss of function

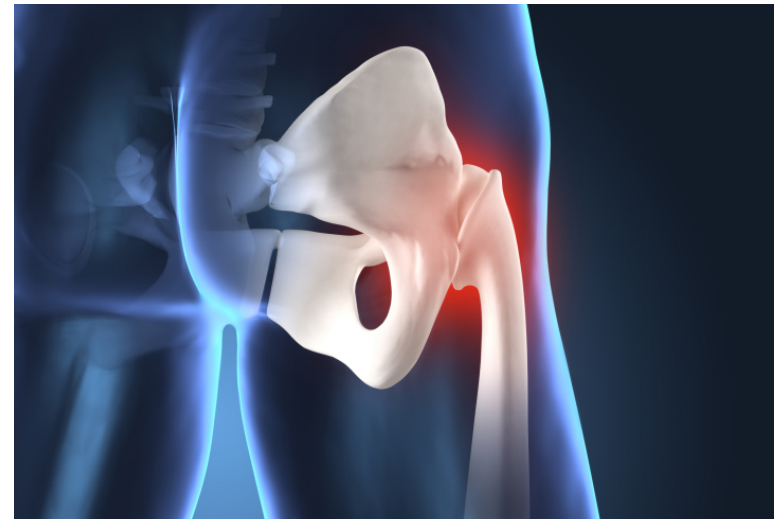
The Knee Joint

(hinge joint)



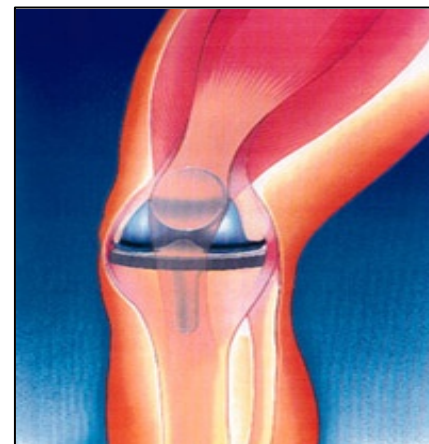
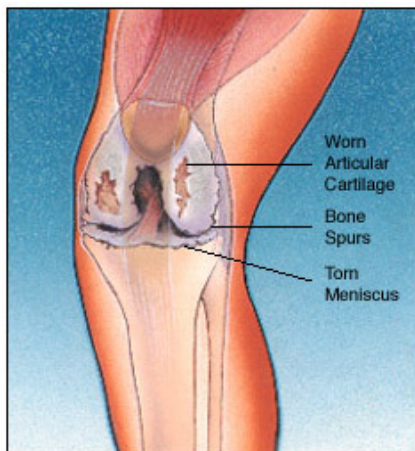
The Hip Joint

(ball and socket joint)



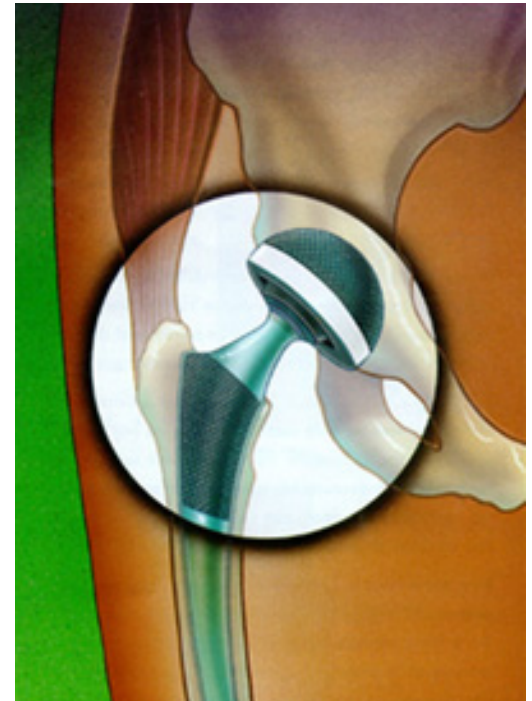
Total Knee Replacement

- Replaces parts of the tibia and femur where they meet
- Replaced with artificial parts called prosthesis



Total Hip Replacement

- Incision made in the side of the thigh
- Removal of the neck of the femur (thighbone) and insertion of a stem deep inside the bone to connect with the pelvic socket and liner



Preparing for Joint Surgery

Now that Surgery is Scheduled

- Lab work and tests
- Primary doctor visit
- Diabetes
- Dental care
- Quit smoking



Preadmission Testing Nurse

Barnes-Jewish St. Peters Hospital

636.916.9334

Progress West HealthCare Center

636.344.2219

The nurse will discuss:

- Preadmission visit to see the anesthesiologist
- Your medical history
- Your medications
- Estimated surgery time
- Dental work
- Other specific medication instructions

Preadmission Visit – Nurse

- Medical information and vital signs
- Hibiclens
- Medications
- Blood Transfusions
- Surgery instructions

Preadmission Visit – Anesthesiologist

- Will recommend which type of anesthesia is best considering your age, surgery and medical history
- Types of anesthesia

Preadmission Visit – Case Manager

- Help with discharge options
 - Return to home or home of a family/friend
 - Skilled care facility
 - Acute rehabilitation hospital
 - Therapy needs
- Equipment needs



Preparing your Home

- Remove trip hazards
- Create wide paths
- Move items in cabinets and closets
- Adapt your furniture

Night Before Surgery

- Put clean sheets on your bed
- Shower using Hibiclens
- Do NOT shave your legs
- No lotions, creams, petroleum jelly or powder
- Underarm deodorant okay but without powder
- Nothing to eat or drink after midnight
- Take medication as directed

Morning of Surgery

- Nothing to eat or drink
- Medicine as directed with a sip of water
- Repeat shower
- Do NOT shave legs
- Brush teeth
- Wear clean clothes
- Bring insurance cards and your ID
- Bring the small bag you packed
- Leave valuables at home

Arriving at the Hospital

Arrive at the hospital at the time you were instructed.

Barnes-Jewish St. Peters Hospital

Main Entrance A – Main Registration

Progress West HealthCare Center

Second Floor Surgical Registration

Preoperative Area

- Your nurse
- Preparing you for surgery
- Armband
- Staff will ask your name and birthday
- Surgery consent
- The team
- Marking the surgery site

Preoperative Area cont.

- Pain Management and the Pain Scales
- IV
 - Antibiotics
 - Relaxing medicine
 - Fluids
- Operating room
- Keeping your family informed

After Surgery – Recovery Area

- Keeping family informed
- Waking up
- Dressings, tubes, IV, possibly a urinary catheter and other equipment
- Foot pumps and/or mechanical pumps may be used to prevent blood clots
- Tell your nurse if you feel pain
- Ice packs to decrease swelling and relieve pain

The Hospital Stay

- Private rooms
- Wifi throughout the hospital
- Open visiting hours
- Family accommodations
- Dining on call at PW
- Catering Associates

Same Day of Surgery

- Arriving in your hospital room
- Your nurse
- Monitoring your condition
- Deep breathing and coughing
- Turning in bed
- Ice chips, water and food
- Blood thinning medications
- Getting up into a chair
- Pain Scale 0-10 with pain pills

Day One after Surgery

- IV fluids will be discontinued if you are eating and drinking
- Foley catheter will be discontinued in the morning
- Hemovac drain will be discontinued
- Physical therapy for strengthening exercises and walking with assistance

Day One after Surgery cont.

- Getting up into a chair with a goal of 6 times
- Activities of daily living
- Pain scale and pain pills
- Your Care Team will talk with you about your needs after discharge

Day Two after Surgery

- Surgery site dressing will be changed
- Physical therapy in the morning
- Discharge Criteria

Incision Care

- Stitches and staples
- Steri-strip care
- Cleaning the incision
- Hand washing
- Dressings
- Showers
- Ointments

Preparing for Therapy

- Wear comfortable clothing and non-skid shoes
- Talk with your nurse about pain control
- Ask questions

Occupational Therapy

- To help you become safely independent in performing activities of daily living

Physical Therapy

- To help you regain mobility
- Exercises
- Using a walker or crutches
- Weight bearing on your surgical side

Discharge Planning

- Your progress and readiness for discharge will be reviewed daily
- Typically it is:
 - Knee surgery
 - Hip surgery
- Your case manager
 - Visits with you the day after surgery
 - Assists the team and you with the discharge plan
 - Makes arrangements for needed medical equipment

Discharge Planning cont.

- Home Health Care
- Skilled Nursing/Rehabilitation Units
- Transportation
- Discharge medications
- Exercises
- Return visit to the surgeon

Day of Discharge

- Your nurse will review discharge instructions with you and your care partner
- Your appointment to see the surgeon within 7 to 10 days
- Ask questions

Getting Around at Home

- Exercises
- Precautions
 - Knee
 - Hip
- Walker Use
 - Knee
 - Hip
- General information

Getting Around at Home cont.

- No baths, only showers, until the incision is thoroughly healed
- Eat a balanced diet
- You will continue therapy

Call the Doctor

- Signs and symptoms of an infection
 - Temperature
 - Incision has yellow, bloody or foul odor; becomes red or warm to touch
 - Increased pain
 - Fast heart rate without exercising
 - Sudden loss of appetite

Living with a New Joint

- Pain diminished
- Full range of motion is not expected
- Future dental procedures
 - Tell your dentist about your joint
 - You will need to take antibiotics before dental procedures
- Preventing infections
 - Do not share eating utensils, towels or linens
 - Wash your hands
 - Get a flu shot



Activities

- When to expect to get back to activities
 - Knee
 - Hip
- Avoid high impact activities



Activities

- Dangerous
 - Jogging or running
 - Contact sports
 - High impact aerobics
- Exceeds recommendations
 - Vigorous walking
 - Skiing
 - Tennis
 - Lifting 50 lbs. or more
- Expected
 - Recreational walking
 - Golf
 - Light hiking
 - Ballroom dancing
 - Normal stair climbing

Complications

- Less than 2% of patients develop a surgical site infection.
- Heart attack or stroke occurs even less frequently.
- Pneumonia risk is reduced with coughing and deep breathing.
- Chronic illnesses can increase the risk for complications and can cause a longer recovery period.
- Blood thinners are given to help prevent blood clots from forming.
- Rarely, damage to nerves or blood vessels around the surgery site can occur.

We Are With You Every Step of the Way



- Your success is very important to us.
- We strive to provide an excellent patient experience.
- Please let us know if there is anything that we can do to improve your care.

What questions do you have?