

Patient Care Guide – Mooresville

BEFORE AND AFTER SURGERY GUIDELINES

See chart on the next page for your guidelines.

	Day of Surgery	
	<i>Before Surgery</i>	<i>After Surgery</i>
Diet and Elimination	<ul style="list-style-type: none"> Do not eat, drink, smoke (including e-cigarettes), chew gum, eat mints or take medication after midnight unless your surgeon or hospitalist tells you that you can. 	<ul style="list-style-type: none"> You will be on IV fluids until you are able to eat and drink. You will start drinking clear liquids and progress to solid food as you are able.
Comfort and Pain Control	<ul style="list-style-type: none"> Relax and get a good night's sleep. Wear comfortable clothing. Plan to arrive two hours before your scheduled surgery time. 	<ul style="list-style-type: none"> You may have a pain pump inserted in your operative leg that will reduce pain signals from the surgical site. You must inform the nurse if and when your pain begins to increase. It's a good idea to take pain medication as your anesthesia wears off, before pain becomes intolerable. Oral pain medicine will be available at regular intervals. Ice packs will be applied to help ease pain and swelling.
Safety and Activity	<ul style="list-style-type: none"> Prepare your home so that you will be able to move safely after surgery. Refer to the "Home Safety Tips" section behind the Pre-Operative Preparation tab in this manual. Your surgeon will visit you prior to surgery and will ask you to verify which side is being operated on. He will write "YES" with a black marker on the operative side. 	<ul style="list-style-type: none"> Pump your ankles up and down often. You will have a thick bandage around your surgical site and possibly a drain from your new joint. The nursing staff will help you turn to your side. Most patients begin physical therapy today.
Going Home	<ul style="list-style-type: none"> Arrange for transportation home from the hospital. Plan to have help at home for at least one week after you are discharged. 	<p>One of our orthopedic case managers will meet with you to discuss discharge needs with you and your family.</p>

Day 1	Days 2 and 3	Discharge Day*
<ul style="list-style-type: none"> • Continue to increase your fluid intake. • You may return to your normal diet. Call 49600 to order your meals. • Call your nurse to get up to go to the bathroom. 	<ul style="list-style-type: none"> • Continue your normal diet. • Call your nurse to get up to go to the bathroom. • You may need a laxative or stool softener if you have not had a bowel movement. 	<p>Once you are medically stable and have met your therapy goals, it's time to leave the hospital.</p> <p>Your schedule for the day:</p> <ul style="list-style-type: none"> • Take your pain medicine. • Get cleaned up and dressed in regular clothes. • Do your final physical therapy session.
<ul style="list-style-type: none"> • Your IV will likely be removed today. • Oral pain medications will be given at regular intervals upon request. • Let your nurse know as soon as you begin to notice increased pain. • Pain can improve during and after walking with your nurse or physical therapist. 	<ul style="list-style-type: none"> • You will continue your oral pain medications as requested on a regular basis. • Once your IV is out, you are encouraged to get dressed in your own clothes to participate in activities. 	<p>Once you are medically stable and have met your therapy goals, it's time to leave the hospital.</p> <p>Your schedule for the day:</p> <ul style="list-style-type: none"> • Take your pain medicine. • Get cleaned up and dressed in regular clothes. • Do your final physical therapy session.
<ul style="list-style-type: none"> • Physical Therapy will be in to work with you twice today. • You are encouraged to sit up in a chair for meals. • Do your exercises as shown to you by your physical therapist. • You must call for your nurse to get up to go to the bathroom until you are independent with physical therapy. • If you are going home, your therapist will help you learn to go up and down stairs. 	<ul style="list-style-type: none"> • Physical Therapy will be in to work with you twice today. • You are encouraged to sit up in a chair for meals. • Do your exercises as shown to you by your physical therapist. • You must call for your nurse to get up to go to the bathroom until you are independent with physical therapy. • If you are going home, your therapist will help you learn to go up and down stairs. 	<ul style="list-style-type: none"> • Your incision sutures or staples will be removed at your first physician office visit or by your home care team. • Faithfully continue your home exercises. • Physical Therapy will be in to work with you 1-2x today.
<ul style="list-style-type: none"> • One of our orthopedic case managers will meet with you to discuss discharge needs with you and your family. • Be sure to have transportation and help at home arranged. 	<ul style="list-style-type: none"> • One of our orthopedic case managers will meet with you to discuss discharge needs with you and your family. • Be sure to have transportation and help at home arranged. 	<ul style="list-style-type: none"> • Be sure to have transportation and help at home arranged. • If you are not able to go home after surgery, skilled nursing and rehab facilities are considered.

**Patients may be discharged on day 1, 2 or 3.*

Patient Care Guide – Carmel

BEFORE AND AFTER SURGERY GUIDELINES

Healing after joint replacement surgery should be personal, peaceful and successful.

At Franciscan St. Francis Health – Carmel, you will have good company on your journey to wellness. You'll be accompanied by nationally recognized surgeons, all leaders in joint replacement techniques and technology. Each surgeon is dedicated to providing personalized care, ensuring that you will resume an active, pain-free lifestyle as soon as possible.

To help you understand what you can expect during surgery and recovery, we've developed an itinerary for your journey.

DAY BEFORE SURGERY

Rest and relax and get a good night's sleep. Make sure that you have prepared your home as instructed in this binder and as you have learned in your preoperative evaluation with the physical therapist. Confirm you have transportation to and from the hospital. Do not eat, drink, smoke or take medication after midnight unless your doctor tells you to.

Review the **Discharge Instructions** in this binder. These instructions are an important reference for you over the next several weeks. If you think of any last minute questions, now is a good time to call Dr. Pierson's nurses at the office, (317) 706-2361. The day of surgery is filled with lots of activity and not always the easiest time to remember your questions.

Please shower or bathe and shampoo your hair.

DAY OF SURGERY

Prior to Leaving Home

The day is here and rest assured that all the preparation you have done up to this point will guide you through your smooth recovery. Our team has also done much preparation for you and your surgery. We are ready and waiting to take excellent care of you!

Do not shower, bathe, or shampoo hair. Follow the instructions on the "prepping your skin" instruction sheet you received with the CHG skin antiseptic prep packages. These instructions are also provided in the preoperative section of this binder.

Do not eat, drink, smoke or take any medications you were not specifically instructed to take. Many patients will receive instructions on taking the medications gabapentin and celecoxib the morning of surgery.

Admission

During your admission to Franciscan St. Francis Health, we will ask you to sign a few surgery- and insurance-related forms. You will be issued an identification bracelet which should be worn at all times during your stay, because it enables our health care team to quickly and positively identify you. Your bracelet will be checked when medication is administered, blood is drawn for lab work or a procedure is performed.

Nursing Assessment

Once you are in the preoperative holding area, the nursing staff will assist you with preparation for surgery, including checking and monitoring your vital signs and starting an IV (intravenous) line. The IV may sting, but there is no needle left in your arm, only a very small, flexible plastic tube. You will be given fluids and medicines through your IV.

Surgeon and Anesthesiologist Visits

Dr. Pierson and your anesthesiologist will confirm your surgery and anesthesia plan.

Final Preparations

Before surgery you will be asked to empty your bladder. Dentures, hearing aids, contact lenses, jewelry and glasses must be removed before surgery. They will be kept with you or your family. Once you are fully prepared for surgery, your family may wait with you in the Preoperative Holding Area until you are taken to the operating room.

Your family will be shown to the Surgery Waiting Area when you are taken to the operating room. If your family leaves the waiting area prior to speaking with your surgeon or before you are taken to your room, they should notify the surgery receptionist.

JOINT SURGERY

Surgery takes about an hour and then you will spend time in the recovery room, or PACU (Post Anesthesia Care Unit). The nurse will be monitoring your blood pressure and your pain level. You will be attached to a heart monitor and an oxygen level monitor which make beeping noises during their use. You will have compression stockings for your legs and a thick bandage around your surgical site. You will spend 1-2 hours in the PACU before you are released to go to your hospital room.

Once you arrive at the Orthopedics Unit at Franciscan St. Franciscan Health – Carmel, your nurse will perform an overall assessment and serve as your primary contact person and caregiver throughout your stay. Your family may visit you once you are in this stage after surgery.

You will begin physical therapy the day of your surgery. The physical therapist will assist you in sitting up, some bed exercises and walking with assistance. It is important to rest, drink plenty of liquids to stay hydrated, and recover from the anesthesia so that you are ready for physical therapy.

Our team will work with you to manage pain, order meals, ice and elevate your leg and whatever else is necessary to make your stay as comfortable as possible.

POSTOPERATIVE DAY 1

You will continue to use your new joint to help you walk and stand. In the morning, one of our physical therapists will visit to help you through exercises. They will return in the afternoon to repeat the process. You will sit up in a chair for your meals today.

Your nurse will distribute your medications and tend to your needs throughout the day. Your surgeon will check in with you and answer any questions you might have. Your nurse will continue to assist you with pain management, ordering meals and other requests you may have.

One of the IMPACT Center doctors will evaluate your general medical status to ensure that your body's systems are functioning properly.

A case manager or social worker will meet with you to confirm your plans for discharge.

POSTOPERATIVE DAY 2: DISCHARGE DAY

You will be discharged from the Orthopedics Unit to continue recovering at home or another facility. Your surgeon and one of the IMPACT Center doctors will evaluate your progress and medical status.

At this point, you will be able to walk independently with your walker or crutches and you will be able to get in and out of bed on your own or with some light assistance. You will continue your exercises to improve your recovery and continue use of your new joints. You also will receive discharge instructions, **including prescriptions to fill at your pharmacy**. Again, review our discharge instructions in this binder and keep them close by over the next few days.

POSTOPERATIVE DAYS 3 TO 33: ROAD TO RECOVERY

Whether you are at home, an extended care facility, or at home with home health care visits, this time period often brings about questions. **Please call our office at (317) 706-2361 with any questions.** This is the phone number even for after-hours emergency issues. We want to be your first call when questions or problems arise. Our team has helped thousands of patients successfully through the process of joint replacement. Use us as often as you need to — we are here to make sure this healing process is as smooth and quick as possible.

POSTOPERATIVE DAYS 33 TO 9999: WE ARE HERE TO SUPPORT YOU

We are here to support you not only in the immediate recovery after surgery, but from this point forward. From time to time there will be questions and we are here for you to call on.