



Total Joint Replacement Surgery Guide



Welcome to Ochsner!

Thank you for choosing us for your surgical

healthcare needs. Before, during, and after your surgery, you will be cared for by some of the most skilled and experienced medical professionals

This guide is designed to assist you and your family in understanding the care you will receive and what you can do to aid in your recovery. This information is general and applies to most patients. However, since each person has special needs, you may receive slightly different instructions to follow.

Please review this guide before your surgery. It provides you with important information you and your family should know about your upcoming surgery. Your family and friends will also play a role in your recovery. Be sure to share this information with them as well.

If you have any questions, call 504-842-3970 and speak with your Orthopedic Surgeon. Also, here are some other frequently called numbers to keep handy:

Orthopedic Surgery	504-842-3970
Ochsner Medical Center	504-842-3000
Admit/Authorization	504-842-3297
Pre-Operative Center	504-842-4526
Second Floor Surgery Center	504-842-3033

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Confirming Your Arrival Time

If you have not been contacted by your surgeon's office with the arrival time for your scheduled surgery, call 504-842-3970 between 8:00 a.m. and 4:00 p.m. Also, it is important for Ochsner to have your correct phone numbers. Be sure to confirm this information with your surgeon's office.

Write down your surgery day and time here:

Patient Name: _____

Date of Surgery: _____

Arrival Time: _____

Surgery Type: ☐ Total Knee Replacement ☐ Left ☐ Right

☐ Total Hip Replacement ☐ Left ☐ Right

Financial and Insurance Information

At Ochsner, we realize the financial aspects of hospital services are often complicated and difficult to understand. But you should not worry, because Ochsner personnel will contact your insurance company for detailed information about your surgical coverage.

We want to make sure we meet your insurance company's billing requirements and, when needed, get their authorization for our services. Your insurance company will tell us what your out-of-pocket payment will be according to your policy. Your payment may include co-payments,

deductibles, coinsurance, non-covered services or other insurance limitations. Call the phone number on your insurance card if you have additional questions about your coverage.

Ochsner financial counselors are available to assist you, whether you have insurance or not. If your surgery is at Ochsner Medical Center, you can pay your out-of-pocket fee prior to surgery to the cashier on the first floor of the Clinic Tower.

You may want to contact your insurance company to;

- Better understand your insurance policy(s) for the expected hospital services.
- Make sure the Ochsner Health System facilities and physicians caring for you are approved by your insurance company.
- Identify any out-of-pocket payments you will have to make.
- Know and be able to pay your “out-of-pocket” payment before services are provided.

Ochsner Admit/Authorization staff will contact your insurance company to:

- Obtain insurance coverage and benefit information.
- Ask for authorization requirements and take the steps necessary to obtain authorization.
- Take steps necessary to get authorization for healthcare services.
- Determine your out-of-pocket payment.

You may receive a telephone call from an Ochsner representative prior to your admission to let you know the amount of your out-of-pocket payment. If you have any questions, call the Admit/Authorization Department at 504-842-3297.

Pre-Operative Testing

Your physician and a member of the perioperative medical team will discuss your procedure and any pre-testing that must be completed prior to your surgery. Pre-testing may include such procedures as blood work, urinalysis, x-rays or electrocardiogram (EKG) depending on your age, health status, and other recent tests.

If you have a primary care physician not associated with Ochsner, you may be asked to fill out a form to release your medical information to Ochsner. If this is necessary, provide any lab tests, x-rays, heart study results or other tests related to your care.

Pre-Operative Center

The Pre-Op Center prepares you for your hospital experience and helps you understand what to expect during your stay. The Pre-Op Center will contact you and arrange tests and an appointment to ensure that all aspects of your health have been evaluated. You will have time to ask questions and discuss your concerns. You are the most important part of the healthcare team.

Anesthesia for Adults

Anesthesia provides relief and protection from pain and anxiety during your surgical procedure and is administered according to individualized need. At Ochsner, an anesthesia provider is at your side to monitor vital functions, such as heart rate and blood pressure, throughout your procedure. An anesthesia questionnaire and instructions for anesthesia and surgery will be reviewed, with an opportunity for you to ask questions about the anesthetic procedure and risks. You will be asked to sign an anesthesia consent form with the anesthesia physician.

If you are not scheduled for a Pre-Operative Center appointment and would like to speak with an anesthesiologist before the day of surgery, call the Pre-Operative Center at 504-842-3297.

Preparing For Surgery

Below are instructions to follow as you prepare for your surgery. If you develop a cold, persistent cough, sore throat, fever or any other illness within two days of your surgery or after your preoperative visit, call your surgeon's office.

Medications

If you have not already done so, bring a list of all prescribed and over-the-counter medications you take, including dosage and strength, on the day of your Pre-Operative visit. If you do not have an appointment with the Pre-Operative center, make sure to bring a list with you the day of your procedure. Check with your surgeon or anesthesiologist about which medications to take on your day of surgery. If you are advised to take your medication, swallow only the smallest amount of water and be sure to inform the anesthesiologist or nurse on the day of surgery. If you are allergic to any medications, please inform your doctor or the nurse responsible for your care. Be sure to tell the doctor if you take aspirin, products containing aspirin, or blood thinners, such as Coumadin, Ticlid, or Plavix. You should notify your doctor if you are diabetic and provide information about the medications you take.

Herbal Products

Herbal products are available as tablets, liquids, granules, or powders, and are commonly contained in herbal teas. They are not regulated by the FDA. There are few instructions on proper use, dosage requirements, possible side effects, toxicity, and possible drug interactions. This makes it difficult to predict a patient's reaction to the herbal product. Tell your doctor about any vitamins, supplements, or herbal products that you are

taking. If you take these products prior to surgery, there is significant risk of real problems during and after your surgery. You may need to stop taking these products 7-10 days before your surgery. Ask your doctor for instructions.

Patients who Smoke

If you smoke, you are strongly encouraged to stop. This will reduce your risk of respiratory and anesthesia complications after your operation. You may want to speak with your primary care physician about smoking cessation programs.

Patients who drink Alcohol

If you are scheduled for surgery, it is important to be honest with your healthcare providers about your alcohol use. Your recovery from anesthesia and surgery may not proceed as planned if your healthcare providers are not aware of your history of alcohol use. Tell your healthcare provider how many drinks you have per day or per week. Any information you share is held in strict confidence. We want to help you prepare and recover from your surgery as quickly and safely as possible.

Patients with Diabetes

On the morning of surgery, follow the instructions given to you by your doctor or the Pre-op Center. If your arrival time is after 9:00 a.m., or you are not feeling well, immediately notify the check-in staff that you are an insulin dependent diabetic.

Patients with Asthma

You should bring your inhalers with you to the hospital. If needed, you may use your inhaler as directed by your physician.

Also, here are some other ways to be prepared for your surgery

- **Clothing.** You will be most comfortable with a button front shirt and loose fitting clothes. For your safety, low-heeled shoes are recommended.

- **Hair.** Wear your hair loose, avoiding buns or ponytails or hairpieces at the back of the head and avoiding the use of clips, or pins and bands that bind hair. Do not use hairspray. A head covering will be provided for you during surgery. Before going to surgery, you will be asked to remove any wigs or hairpieces and given a head cover. We will respect your privacy with regards to your personal appearance.
- **Fingernails.** All nail polish should be removed before your arrival for surgery. We understand that tips, wraps, gels, etc., are expensive; however, we ask these products be removed. Your fingertips are used to accurately monitor your oxygen level during surgery by a device called an oximeter.
- **Glasses and Contact Lenses.** Wear glasses when possible. If contact lenses must be worn, bring your lens case and solution. If glasses are worn, bring a case for them.
- **Hearing Aids.** If you rely on a hearing aid, you should wear it to the hospital on the day of surgery so that you can hear and understand everything we need to communicate with you.
- **Dentures.** You may be asked to remove all non-permanent dental work before your surgery. We will provide you with a denture cup.
- **Valuables.** Jewelry, including body piercings, money, and credit cards should be left at home. Ochsner is not responsible for valuables that are not secured in our service center.
- **Makeup, Perfume, Creams, Lotions, and Deodorants.** Do not use any of these products on your day of surgery.

Before Surgery Checklists

Before Your Surgery

- ☑ Stop taking all herbal medications 14 days prior to surgery.
- ☑ Stop taking aspirin and products containing aspirin as instructed by your doctor.
- ☑ Stop taking blood thinners as instructed by your doctor.
- ☑ Stop drinking alcoholic beverages for 24 hours before and after surgery.
- ☑ Stop or limit smoking as instructed by your doctor.

Night Before Surgery

- ☑ Eat a light supper on the night before your surgery.
- ☑ DO NOT eat or drink anything after midnight, including gum, hard candy, mints, or chewing tobacco.
- ☑ DO NOT take any laxatives or stool softeners.
- ☑ Take a complete shower or bath (shower is recommended) and wash your body from the neck down with Hibiclens (chlorhexidine gluconate) soap--Hibiclens soap may be purchased over the counter at your pharmacy. Keep the soap away from your eyes, ears and mouth. After washing with Hibiclens, rinse thoroughly.
- ☑ Shampoo your hair with your regular shampoo.
- ☑ Sleep in clean clothes on clean sheets.

Day Of Surgery

- ☑ Take another bath or shower with Hibiclens to reduce the chance of infection.
- ☑ Take any medications that you were instructed by the Pre-Op Center.
- ☑ Take heart and blood pressure medications as advised by the perioperative team with a small sip of water. Do not take diuretics or fluid pills.
- ☑ You may brush your teeth and rinse your mouth, but do not swallow any water.

- ☑ Do not apply perfume, powder, body lotions or deodorant on the day of surgery.
- ☑ No false eyelashes. Nail polish should be removed.
- ☑ Wear comfortable clothes, such as a button front shirt and loose-fitting pants.
- ☑ Leave all jewelry, including body piercings and valuables at home.
- ☑ Hairpins and clasps must be removed before you enter the operating room.
- ☑ If you have sleep apnea, bring your CPAP machine.
- ☑ If you have an implantable device, such as a pacemaker or AICD, bring the device information card, if you have one.

In the event that your physical condition changes including the onset of a cold or respiratory illness, or if you have to delay or cancel your surgery, notify your surgeon. If it is after hours the day before OR the day of your surgery, notify the center where your surgery is scheduled.

Here are some things to bring with you to the hospital.

- ☑ Insurance card
- ☑ Copy of Advance Directives
- ☑ List of medications and allergies, if not already provided
- ☑ Forms or x-rays your physician has given you
- ☑ Name and phone number of person to contact should your condition change significantly
- ☑ Case for eye glasses, contact lenses, hearing aids
- ☑ Crutches, cane, CPAP machine, and other equipment you may need after surgery
- ☑ Pacemaker or AICD information card

Be sure to arrange for a responsible person to drive you home, if you are going home on the same day as surgery.

Family and Visitor Information

The following are available to all patients. Please ask your nurse if you want more information, need assistance or wish to arrange for certain services.

Family Waiting Areas

Two family members or visitors may wait in the family waiting rooms while you are in surgery. Additional relatives and friends may call Second Floor Surgery at 504-842-3549 to check on your progress. To protect patients requiring certain medical monitoring, we do not allow mobile phone use on patient floors; these devices are permitted in family waiting areas.

In consideration of patients waiting for surgery and their families in the room, eating is not allowed in the waiting areas. However, soft drinks, water, and coffee are permitted. For the protection of all patients, people who are sick should not visit. All children must always be accompanied by an adult. Adults and children with fever, cough, rash, sore throat, nausea, diarrhea or recent exposure to illness should not visit. At any time, visitation may be limited to ensure continuity and quality of care. Ask the nurse for more detailed information and visiting guidelines.

Dining Venues and Vending Machines

Southport Café is located on the hospital first floor serving breakfast, lunch and dinner. This cafeteria offers many choices, including a grill, salad bar and hot food. Also, Bistro '42 and PJ's Coffee are located on the first floor of the Atrium Tower, each serving a variety of food and beverages. Vending machines can be found near the parking garage elevators.

Gift Shop

Our store has a unique selection of cards, magazines, baby items, jewelry and decorative home accessories. Located on the first floor of the Atrium Tower, the Gift Shop also offers a flower preparation and delivery service to Ochsner patients. For more details, call 504-842-4438.

Pharmacy

Prescriptions given at discharge may be filled at the Ochsner Retail Pharmacy or at the pharmacy of your choice. Ochsner Retail Pharmacy is located in the first floor of the Atrium Tower and is open from 7:00 a.m. to 7:00 p.m. Monday through Friday and 10:00 a.m. to 4:00 p.m. on Saturday. To speak with a pharmacy team member, call 504-842-3205.

Discharge Options

The usual length of stay in the hospital is 2 to 3 days after surgery. The options after discharge are as follows:

Home

You may return home with the assistance of family, friends, a home health care nurse and therapists. All home care services are ordered by your physician and are usually reimbursed by Medicare and most insurance companies. Your Home Health nurse will visit you after you are discharged from the hospital. The nurse will continue to visit you once or twice per week to monitor the status of your incision and draw your blood if you are taking blood thinner medication. Your Home Health physical therapist will see you three times a week for two weeks. Physical therapy typically continues at 2 to 3 visits per week until you have achieved goals and/ or are no longer homebound. If indicated, you will be progressed to an out-patient physical therapy facility, pending your physician's orders.

Skilled Nursing Facility

You may be discharged to a skilled nursing facility if needed. After your stay at the skilled nursing facility, home health services are usually ordered to progress you to independent mobility in the home setting.

Out-Patient Facility

You may receive out-patient therapy services if you are not considered homebound. Your Home Health Agency can provide out-patient services in your home or you may go to an out-patient facility.

Daily Activities After Surgery

When you undergo surgery, your ability to be mobile is limited. As you begin to feel better and return home from the hospital, you may have a tendency to begin too many activities too soon. It is very important to pace your activities, increasing them slowly and not overdoing it.

Use a pillow between your legs when lying on your side. Physical/ Occupational Therapy will instruct you how to get out of your bed properly. It will be easier to get up from a sitting position if you are sitting on an elevated surface. Using armrests also makes it easier to stand from a seated position.

Do your exercises several times a day. Many of the exercises that your therapist has taught you will strengthen the muscles and ligaments surrounding your joint. Strengthening these muscles and ligaments will help you perform activities properly and decrease your risk of dislocation.

Activity Do's

- Return to your normal pace of activity slowly.
- Start with less strenuous activities such as walking short distances in the house, and increasing to a short walk outdoors, or as directed by your therapist.
- Wait 1 to 2 hours after eating before exercising.
- Avoid temperature changes immediately before or after exercise. Wear loose, comfortable clothing that is not restrictive.
- Dress in layers and remove articles of clothing as you warm up.
- Stop exercising if you experience shortness of breath, have muscle cramps, fatigue, chest pain, irregular heartbeat, dizziness, nausea, begin feeling unusual or just tired.

Activity Don'ts

- Do not exercise in extreme hot or cold weather.
- Never exercise if you have a fever or do not feel well.

Symptoms To Report

After returning home, take precautions so your body heals properly. If you experience any of the symptoms below, contact your doctor right away.

Bleeding

It is important to report any signs and symptoms of bleeding because you may be taking a blood thinner. Examples of what to report: bleeding gums; blood in urine; blood or the appearance of coffee grounds in stool; vomit with bright red blood; bleeding with brushing teeth or with minor trauma; or a bloody nose that is difficult to stop.

Prevention of Bleeding Complications

Keep walkways clear and uncluttered to avoid falls or trauma to lower extremities. Use an electric razor to shave to eliminate the risk of razor nicks and bleeding. File, rather than clip, toenails to avoid nicking the skin and causing bleeding.

Infection

Although rare, infection can occur in the wound or around the joint prosthesis. It could happen within a day or two following placement of your new joint or years following your surgery. Minor infections in the incision are generally treated with antibiotics. Major deep infections may require more surgery or removal of the joint prosthesis.

Signs of infection include:

- Pain – especially an increase in pain or a different kind of pain
- Fever above 100 degrees for a 24 hour period
- Redness and an increase in swelling around the wound
- Drainage from the wound that is milky, brown, or green and has a foul odor.

It is normal to experience some drainage for the first few days following surgery. That drainage is usually blood tinged, clear, or yellow. Keep incision clean and dry. Once staples have been removed, do not get the incision site wet for 24 to 48 hours. Eat a well balanced diet and drink lots of water and fluids. Take vitamins and iron as directed. If you experience any of the signs of infection notify your doctor right away.

Blood Clots

You may be at risk for developing a blood clot because of the trauma to the tissue and bones from the surgery and your immobility. Blood clots can break loose and travel to another part of your body, like your heart, lungs, or brain, and can be life threatening. Most blood clots occur in the first few weeks following injury or surgery, but can happen at any time. Signs and symptoms of blood clots include: pain in the calf or thigh; an increase in swelling in your calf or thigh; redness and/or streaking along a vein in calf or thigh; pain in your calf with walking or flexing your foot; or a lump in your calf, thigh, or groin area.

Prevention of Blood Clot Complications

Take your anticoagulant medicine as directed, and keep your dietary intake of Vitamin K consistent. Get up and walk some every hour or two during the day and follow your exercise program as instructed by your physical therapist.

Long-Term Prevention

When you have your teeth cleaned or other dental work done, tell your dentist that you have a total joint replacement. Your dentist should give you antibiotics to prevent infection. Any time you have any type of surgical procedure (including the use of scopes to look at your bladder, colon, etc), let the doctor and nurse(s) know that you have a total joint replacement so they can give you antibiotics as needed. If you have pain, redness, or increased swelling in your joint, do not wait! Report it to your doctor immediately.

Medications

Your physician may have prescribed medications for you to continue taking after you return home. It is important that you take your medications as your doctor has instructed you. Listed below are some common medications.

Narcotic Analgesics

Narcotic Analgesics are pain relievers used for moderate to severe pain. Examples include, but are not limited to, Percocet (Oxycodone) and Norco (Hydrocodone). When experiencing moderate to severe pain, it is best to take this medication on a regular schedule every 4 to 6 hours.

Side Effects	Precautions
Narcotic Analgesics may cause constipation, lightheadedness, dizziness, drowsiness, stomach upset, nausea, or flushing the first few days as your body adjusts to the medication.	Alcohol may increase the drowsiness caused by this drug. Do not drink alcoholic beverages while taking this medication. Tell your doctor about any other drugs you are taking, including over-the-counter drugs.
To prevent over-sedation, avoid using alcohol and other sedative type medications while taking this drug. Long-term use of narcotic analgesics can lead to dependence.	Do not take sleeping pills, tranquilizers sedatives, antidepressants, or other pain relievers without consulting your doctor.
Do not take this medication longer than prescribed.	To prevent constipation, increase your intake of fiber and drink plenty of water. You may be given a medication to help. Call your doctor if you become constipated.
	Store your medications at room temperature away from sunlight and moisture.

Coumadin (Warfarin)

Coumadin is a very potent anticoagulant that acts by blocking the activity of Vitamin K. Vitamin K is required to produce certain blood clotting factors. Coumadin is used to prevent blood clots, pulmonary embolism, and coronary occlusion.

When taking Coumadin, it is important to keep your dietary intake of Vitamin K to a minimum but most important, keep it consistent. Foods that are high in Vitamin K are leafy green vegetables, mayonnaise, canola oil, salad oil and soybean oil.

Notify your physician of all medications you are taking, both prescription and over-the-counter. Contents of some medications may increase or decrease the effectiveness of Coumadin. Do not take aspirin products while taking Coumadin, unless directed by a doctor.

Side Effects	Precautions
<p>The most common side effect is bleeding; other side effects are rare.</p> <p>Evidence of bleeding includes small red spots on the skin, red or brown tinged urine, black tarry stools, bleeding gums, or bruising following minor trauma.</p> <p>Side Effects to Report</p> <ul style="list-style-type: none">• Bleeding – inspect the skin and mucous membranes for signs of bleeding; increased menstrual flow.• Urine that is red or brownish; stool that is black or tarry Vomit that is bright red or looks like coffee grounds• Bruising following minor trauma• Nose bleeds that are difficult to stop	<p>The medication is taken by mouth. The amount of medication you will need to take depends on the results of a blood test called a “protime” and “INR” that measures the time needed for your blood to clot.</p> <p>It is very important to take the medication at the same time each day. The evening is the best time to take the medication to get the best blood test results.</p> <p>Do not skip doses or double up on this medication. If a dose is forgotten, notify the Coumadin Clinic.</p>

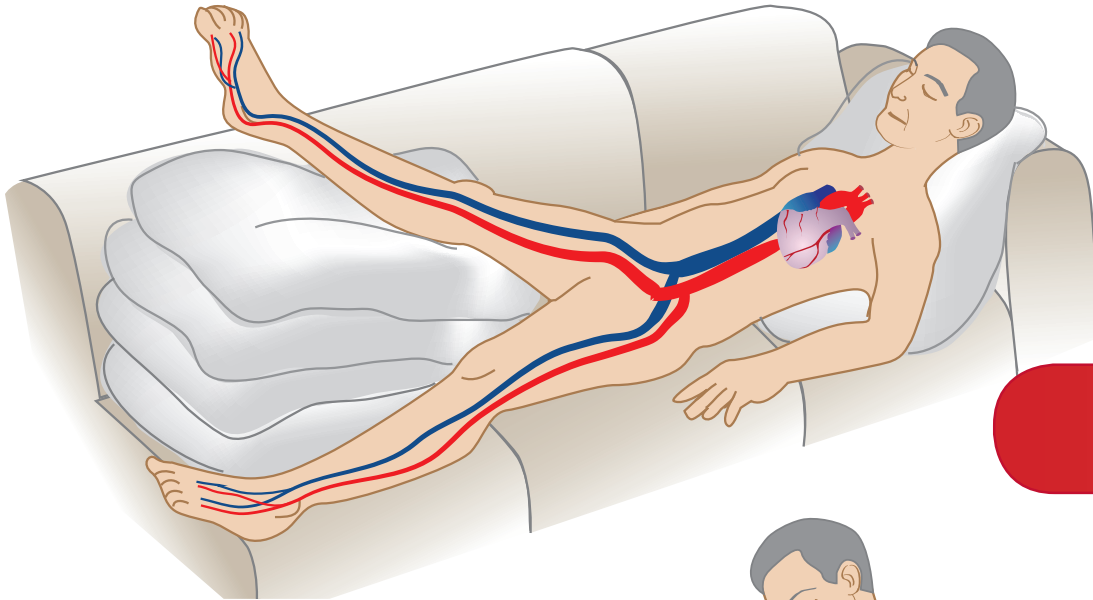
Home Care Instructions

It is important to remember that you have had surgery that will require time to properly heal. Be sure to follow the instructions you have been given on how to care for yourself once you are home. Below is additional information for your complete recovery.

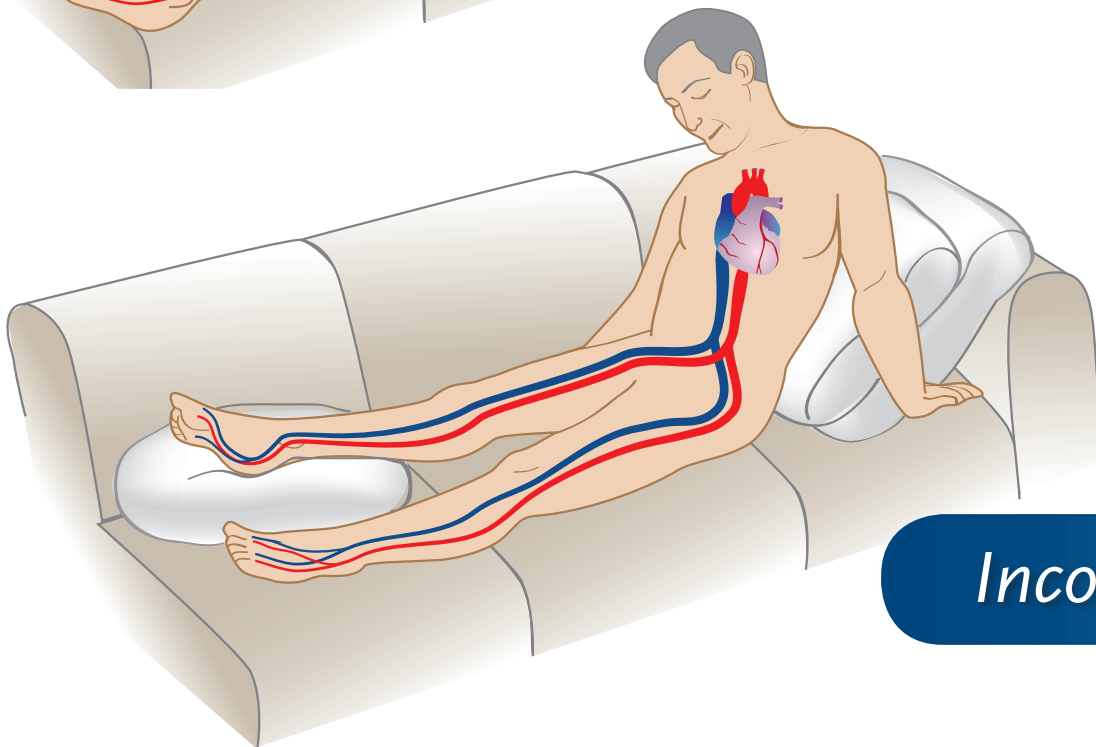
- Do not clean your incision with any cleansers, iodine, alcohol, hydrogen peroxide or water.
- Do not apply ointments or creams to the incision area.
- Change your incision bandages every day, unless you are told differently by your doctor or nurse.
- Staples will be removed at your follow-up appointment about 2 weeks after your surgery. You may shower 24-48 hours after your staples are removed.
- Use ice on your knee to relieve any discomfort; place a washcloth between your skin and the ice.
- Elevate your leg above your heart when you are not exercising. Elevation is most important if you have swelling in your leg, ankle or foot.
- Take pain medication as directed. Plan ahead and contact us at least 3 days before your medication is due to run out to request a refill.
- Coumadin monitoring and adjustment will be managed by the Coumadin Clinic (504-842-6049). A home health nurse will take your blood for monitoring.
- If you have fever over 101.5° F, call your doctor.
- If you experience increased drainage from the incision, call your doctor.
- If you have shortness of breath or chest pain, go to the Emergency Department right away.

For questions, call 504-842-3970 between 8:00 a.m. and 5:00 p.m. Monday-Friday. After hours and on weekends, call Ochsner On Call at 1-800-231-5257.

Elevate Your Legs Above Your Heart



Correct



Incorrect

Additional Information

We hope the information in this guide has prepared you for your upcoming surgery. We want to be certain that you understand all of your at-home instructions, have follow-up care scheduled, and that you don't have any concerns about your care.

If you have questions, call 504-842-3970 or contact your doctor's office and speak to anyone on your healthcare team.

Thank you for entrusting your care to Ochsner. We look forward to providing you with the quality care and service you expect and deserve.

Si necesita asistencia en español, por favor llame al 504-842-3719.



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