

Caring for Yourself at Home

When you go home, there are several things you need to know to ensure your safety, steady recovery and comfort.

CONTROL YOUR DISCOMFORT

- Take your pain medication as prescribed, especially 30 minutes before therapy and before you go to bed at night. As your pain lessens, gradually wean yourself from prescription medication to Tylenol.
- Apply the ice machine or an ice pack for 30 minutes, three times a day for up to two weeks after surgery.

ACTIVITY

- Be active as tolerated – moving is not limited to Physical Therapy! Exercise as directed by your therapist, work on your range of motion, and walk.

CHANGES IN YOUR BODY

- It is important to maintain a healthy diet after surgery to aid in your wound healing and recovery.
- You may have trouble sleeping at night for the first four to six weeks after surgery; this is normal. Try not to nap or sleep too much during the day. Take your pain medication prior to bed time.
- Constipation is a common side effect of narcotic pain medication. Drink plenty of fluids to prevent dehydration. Increase the amount of fresh fruits, fresh vegetables, and whole grains in your diet. Take a stool softener like Senokot-S once or twice a day while using narcotics. Add a mild laxative, such as Milk of Magnesia or Miralax, if you have not had a bowel movement for two to three days. Occasionally suppositories or enemas are required, but consult your physician if the constipation reaches this level.

CARING FOR YOUR INCISION

- Keep the wound clean and dry at all times
- You may shower as directed by your surgeon. Do NOT soak in a bath, pool, or hot tub for six weeks after surgery, or until the incision is completely healed with no scabs.

PREVENTING COMPLICATIONS

- Compression stockings will help decrease swelling and prevent blood clots. Wear them on both legs for three weeks after surgery.
- Take your “blood thinner” medication as prescribed. Notify your surgeon if you have difficulty filling this prescription.

CALL YOUR SURGEON OR PHYSICIAN’S ASSISTANT IF YOU EXPERIENCE...

- Fever greater than 101.5 degrees
- Increased drainage from the wound or a foul odor from the drainage
- Pain not controlled by pain medication
- Inability to bear weight on your operative leg

Call your surgeon’s office to schedule your follow-up appointments.

EXERCISES BEFORE SURGERY AND THROUGHOUT YOUR HOSPITAL STAY

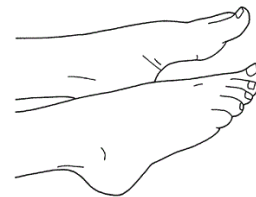
The exercises below will be reviewed with you during your first physical therapy session. You should then perform them on your own throughout your stay. Your therapist will do additional exercises with you during your therapy treatment sessions. Mobility is a very important part of your recovery and we encourage you, with assistance, to complete your exercises, get dressed every day, sit up in your chair for all meals and walk with nursing in addition to your scheduled therapy sessions in order to maximize your recovery in the hospital.

Ankle Pumps

Lying on your back or sitting.

Bend and straighten your ankles briskly.

Repeat **20** times



Heel Slides/Hip Flexion/Extension

Lying on your back.

Slide your heel towards your body to bend your leg.

Straighten it back down.

Repeat **10** times.

Rest. Repeat an additional **10** times.



Quad Sets

Lying on your back with legs straight.

Bend your ankles and push your knees down firmly against the bed.

Hold **5** seconds. Relax. Repeat **20** times



Hip Abduction/Adduction

Lying on your back.

Bring your leg to the side and then back to mid position.

You will need assistance with your surgical leg the first few times you perform this exercise.

Repeat **10** times. Rest. Repeat an additional **10** times.

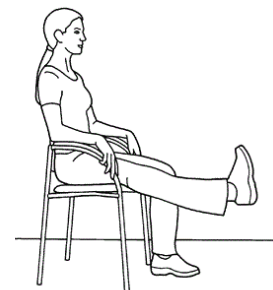


Sitting Knee Extension/Long Arc Quads

Sit on a chair

Pull your toes up, tighten your thigh muscle and straighten your knee.

Repeat **10** times. Rest. Repeat **10** additional times.



Remember to continue to use your Incentive Spirometer 10x/hour!

Exercise photographs provided by *PhysioTools Ltd.

ELMHURST HOSPITAL

A Patient Guide to Enhanced Recovery after Total Hip or Total Knee Replacement Surgery

A guide for how to prepare for and what to expect before, during and after surgery.

Enhanced Recovery after Total Hip or Total Knee Replacement Surgery

What is it?

"Enhanced recovery" is a method of preparation and treatment to help you recover from total joint replacement surgery.

What are the benefits?

Research shows that patients who are treated with a comprehensive "enhanced recovery" approach recover faster and have fewer complications than with traditional approaches. This approach is expected to:

- Allow you to recover and go home from the hospital sooner
- Help better control your pain
- Reduce the chance of complications, blood transfusions and readmission to the hospital following surgery

Before Your Surgery



Exercise will help to ensure your body is as fit as possible before your surgery. If you are already exercising, keep up the good work. If you are not, start slowly by adding low impact exercises (elliptical, bicycle, swimming) into your day, as you can tolerate.

Be as active as you can with your joint pain prior to surgery. The last page of this packet outlines the exercises you will be doing in the hospital after your surgery. Start practicing them now if you are able to do them without pain. Additionally, work on upper body strengthening. Having a stronger upper body (that can help support the rest of your body) may make your recovery easier.

We strongly suggest you **stop smoking** completely before your surgery, as this will reduce the risk of complications (poor wound healing, blood clots and pulmonary complications) afterward. Your doctor can help you stop smoking by prescribing certain medications. Edward-Elmhurst Health offers both group smoking cessation classes (call 630.527.6363 for information) as well as one-on-one hypnosis and counseling sessions to aid in smoking cessation (call 331.221.6135 for an appointment). A minimum of four to six weeks of smoking cessation is required to reduce your risk so it is closer to that of a patient who does not smoke.

Do not drink alcohol 24-hours before surgery. Alcohol can interact with some medications. Please let us know if you need help decreasing your alcohol use before surgery.

Preparing for Surgery

After your surgery is scheduled through your surgeon's office, the Preadmission Testing department will call you to conduct a preadmission phone interview. Preadmission Testing: 331.221.0460

PHONE INTERVIEW

During this interview, a Preadmission Testing nurse will ask about your current medications (including herbal supplements), your medical history and living arrangements. Please have this information, including all medication bottles, readily available. At the conclusion of the interview, the nurse will review any medications to be taken on the day of surgery and all other preoperative instructions. These instructions will also be available on MyChart.

- **Required testing** is determined by your medical history. You will receive instructions after your preanesthesia phone interview for any testing you will need to have completed prior to surgery. Any testing should ideally be completed at the Center for Health on the hospital campus at 1200 S. York Rd., Elmhurst, IL 60126 or at our Lombard, Addison, or Hinsdale locations.
- **Skin Prep.** You will take three showers with an antiseptic skin cleanser (chlorhexidine) prior to surgery. One shower should be taken two days before surgery, one the night before and the last shower should be taken on the morning of surgery. The cleanser is available at the Walgreens located inside Elmhurst Memorial Hospital as well as most local pharmacies.
- **Diet.** No eating or drinking after midnight with the exception of clear liquids. You may drink liquids that you can see through (water, electrolyte drinks such as Gatorade, apple juice) up **until 3 hours prior** to scheduled surgery. You may take any medication you were instructed to take with a sip of water. It is important to maintain a healthy diet leading up to surgery. Ideally a diet rich in protein, vitamin D and vitamin C may aid in your wound healing and recovery after surgery.

Preoperative Education Opportunities

You will attend a preoperative clinic offered through the hospital or your surgeon's office. During this appointment, you will meet with Physical Therapy and someone who will help you with plans for after your hospital stay. The goal of this appointment is to evaluate your strength, mobility, living situation, and resources in order to plan for your discharge from the hospital. This appointment will give you the opportunity to ask questions about your hospital stay as well as your discharge home following surgery. We will explain what you are to do prior to surgery as well as what to expect once you are here. You may complete all preoperative testing at the time of your appointment.

In addition, you are encouraged to attend the preop class, "A Joint Effort: A Preoperative Discussion," that is offered free-of-charge at Elmhurst Hospital. To register for the class, call (630) 527-6363 or schedule on-line at <https://www.eehealth.org/classes-events>.

Day of Surgery

Shower with an antiseptic skin cleanser (chlorhexidine) the morning of surgery. Do not apply any skin lotions over your surgical site in the days leading up to your surgery.

Take any medications you were instructed to take with a sip of water.

Presurgery Checklist

This presurgery checklist will help you to be prepared for surgery. Please complete this checklist and bring all forms with you on the day of surgery.

PREPARATION	DATE AND TIME COMPLETED
Phone interview with preanesthesia testing office	
Preoperative clinic visit and/or class	
Primary care clearance	
Preoperative testing	
Chlorhexidine antiseptic skin cleanser shower #1	
Chlorhexidine antiseptic skin cleanser shower #2	
Chlorhexidine antiseptic skin cleanser shower #3	
No eating or drinking after midnight with the exception of clear liquids. You may drink liquids that you can see through (water, electrolyte drinks such as Gatorade, apple juice) up until 3 hours prior to scheduled surgery.	

Precautions

Following your surgery, you may have specific precautions that you need to follow as you become more active. These are individualized based on the technique used during your surgery. Your surgeon will provide guidance if these precautions apply to you following your surgery.

1 DAY BEFORE SURGERY	DAY OF SURGERY	1 DAY AFTER SURGERY	2 DAYS AFTER SURGERY
<p>Diet:</p> <p>You may eat a regular diet the day before surgery. No eating or drinking after midnight with the exception of clear liquids. You may drink liquids that you can see through (water, electrolyte drinks such as Gatorade, apple juice) up until 3 hours prior to scheduled surgery.</p>	<p>BEFORE SURGERY</p> <p>Preparation:</p> <p>Take a shower using the Chlorhexidine antiseptic skin cleanser as directed.</p> <p>AT THE HOSPITAL BEFORE SURGERY</p> <p>A nurse will help you get ready for surgery. You will: confirm your history and last dose of medications, change into a hospital gown and stockings, receive an IV, and medications. Your surgeon and anesthesia provider will also be present.</p> <p>AFTER SURGERY</p>	<p>Always ask for assistance when getting out of bed</p> <p>Main Goals:</p> <ul style="list-style-type: none"> • Removal of urine catheter • Increase activity • Walk farther and more often • Learn use of assistive device <p>Medication:</p> <ul style="list-style-type: none"> • Transition from IV to oral pain medication 	<p>Always ask for assistance when getting out of bed</p> <p>Main Goals:</p> <ul style="list-style-type: none"> • Increase activity; walk farther and more often • Practice use of assistive device • Practice: getting dressed • Learn stairs and car transfers • Prepare for discharge <p>Medication:</p> <ul style="list-style-type: none"> • Pain controlled on oral pain medication • Understand the use and side effects of your medication
<p>Preparation 2 days before surgery and 1 day before surgery:</p> <p>Take a shower using the Chlorhexidine antiseptic skin cleanser as directed.</p>	<p>You will be transferred to recovery, and then to your hospital room.</p> <p>Tell your nurse if your pain reaches 4 or more on a 0-10 scale.</p> <p>Main Goal:</p> <ul style="list-style-type: none"> • Pain control and begin activity/walking <p>Diet:</p> <ul style="list-style-type: none"> • Start with clear liquids. Progress to regular diet as tolerated <p>Medications:</p> <ul style="list-style-type: none"> • To control pain and nausea • Expect pain medicine to be given through an IV and orally <p>After surgery, you may have:</p> <ul style="list-style-type: none"> • Support stockings and/or compression devices • A surgical drain • Splint or pillow between legs (<i>hip surgery</i>) • Ice pack/cold therapy to surgical area (<i>knee surgery</i>) • A catheter to collect your urine 	<p>Exercise/Therapy:</p> <ul style="list-style-type: none"> • Dress in clothing from home • Physical Therapy twice • Occupational Therapy once • Walk twice in addition to physical therapy • Up in chair for all meals <p>Help Prevent Complications:</p> <ul style="list-style-type: none"> • Coughing, deep breathing using incentive spirometer (10x per hour) • Ankle pumps • Get up and moving! <p>Discharge Plans:</p> <p>Nursing and Case Management will finalize the plan that was started prior to your surgery</p>	<p>Exercise/Therapy:</p> <ul style="list-style-type: none"> • Dress in clothing from home • Physical Therapy • Walk twice in addition to physical therapy • Up in chair for all meals <p>Help Prevent Complications:</p> <ul style="list-style-type: none"> • Coughing, deep breathing using incentive spirometer (10x per hour) • Ankle pumps • Get up and moving! <p>Going Home:</p> <p>The nurse will review your written discharge instructions. This includes: medications, follow-up appointments, how to take care of your wound, showering instructions and when to notify your surgeon.</p>