

The Orthopedic Center

TOTAL JOINT SURGERY FREQUENTLY ASKED QUESTIONS



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Q: How do I prepare for my surgery?

A: Complete pre-registration at the Orthopedic Center at CHI St. Luke's Health-Memorial. Complete the enclosed Home Safety Checklist.

Refill any current prescriptions that you are low on prior to surgery.

To learn more about your surgery, including what to expect before, during and after your procedure, please visit us online at www.CHISLukesHealthMemorial.org/services/orthopedics.

Q: What should I do if I live alone or do not have family that is able to assist me?

A: Your mobility and independence will be compromised following surgery. You will need some assistance. You may want to consider staying temporarily in a Nursing/Rehab care facility or seeking home health services. The Discharge Planners or Case Managers can provide you with a list of area Nursing care facilities and home health agencies. However you may want to visit some of the local care facilities before your surgery to determine which one is best for you.

Q: What do I need to bring for pre-admission?

A: Bring all of the following items with you:

- Drivers license or photo ID
- Social Security Card
- Insurance information
- Form of payment to cover your deductible
- List of all current medications (prescription and over-the-counter) include the name and strength of the medication and how often it is taken
- Doctor's Orders and other papers given to you by your surgeon (including pre-op orders and instructions)
- A list of allergies, previous surgeries, and any medical conditions
- A copy of any Advanced Directives, Living Will, Power of Attorney or guardianship papers (if applicable)
- If you already have home health services please bring the name and number of the agency you are using
- Any questions you have concerning surgery or your hospital stay

Q: What risks are associated with my surgery?

A: As with any surgery there are risks which include, but are not limited to blood clots, bleeding and infection. Measures are taken by your healthcare providers to reduce these risks. You can help reduce the risk of infection by bathing with an antibacterial soap (ex: Safeguard, Dial) the morning prior to surgery and not shaving near the surgical site.

Q: What do I need to bring to the hospital the day of my surgery?

A: You are welcome to bring personal items (make-up, eyeglasses, toothbrush, denture cleaning supplies, hairbrush, gown/robe, undergarments, favorite pillow or blanket, non-slip house shoes, books or puzzles). It is a good idea to bring important phone numbers. You may wear your dentures when you arrive at the hospital.

***** DO NOT BRING large amounts of cash, jewelry or other valuables. *****

Q: What can I eat or drink on the morning of my surgery?

A: Do not eat or drink after midnight the day of your surgery. No gum or breath mints. You may take heart meds and blood pressure meds with a small sip of water. Do not take any diabetic medications the morning of your surgery.

Q: How long will my surgery last?

A: Your procedure will last from 2 to 4 hours, depending on the type of procedure and any pre-existing joint conditions.

Q: What are implants and what are they made of?

A: The implants are a substitute joint made either of cobalt Chrome or Titanium. There is a polyethylene piece that is inserted between the two metal parts. You can get instructions from your surgeon at your follow up visit if you need a card that identifies the implant and what type of metal was used. You can present this card at airports if you set off metal detectors.

Q: Where will my family wait during my surgery?

A: Your family may wait in our surgery waiting room.

Q: What happens after surgery?

A: Following surgery you will be taken to the recovery room and closely monitored for about an hour by our specially trained nurses. You will have a foley catheter draining your bladder. After the recovery phase you will be taken to your room where your family will be allowed to join you. Your surgeon has ordered medication to help ease your post-operative pain. Please inform your nurse if this is inadequate. Our goal is to manage your pain to a level that will allow you to perform the necessary activities required as part of your therapy.

Q: How long will I be in the hospital?

A: A typical length of stay is 2-4 days. However, this timeline depends on any pre-existing health conditions, rare surgical complications and your independence with mobility prior to surgery.

Q: What happens after I go home?

A: Follow the instructions given by your surgeon and hospital treatment team.

- Use walker/crutches as ordered.
- Avoid any strenuous work such as vacuuming, mowing, and driving until released by the surgeon.
- Eat a well balanced diet high in protein to promote healing and drink plenty of fluids to prevent constipation and dehydration.
- Follow up home or outpatient therapy will be ordered.
- Be sure to take the medications your surgeon ordered upon discharge from the hospital which may include pain medications and blood thinners.
- Continue home exercises/activity that the physical therapist taught you during your hospital stay.
- Don't get discouraged. Recovery can take up to 2-3 months.
- ***To learn more about your surgery, including what to expect before, during and after your procedure, please visit us online at www.CHISLukesHealthMemorial.org/services/orthopedics.***