

**BONE AND JOINT**  
**INSTITUTE**

# Joint Replacement Class Overview

- Your Care Team
- Responsibilities
- Joint Replacement Overview
- Nutrition
- Preparing your House
- Pre-operative Checklist
- Day of Surgery Expectations
- Surgery Process- *videos & models*
- What to Expect After Surgery
- Physical Therapy
- Pain Management
- Durable Medical Equipment



# Your Bone and Joint Institute Team

- Surgeons
  - Scott Arthur, M.D.
  - Ian Byram, M.D.
  - Cory Calendine, M.D.
  - Colin Looney, M.D.
  - Brian Perkinson, M.D.
  - Christopher Stark, M.D.
  - Paul Thomas, M.D.
  - Todd Wurth, M.D.
- Mid-Level Providers
- Nurse Navigators
  - Cheryl Queen, RN
  - Nathan Bierman, RN

# Your Bone and Joint Institute Team

- Williamson Medical Center Orthopaedic Team
- Bone and Joint Institute Surgery Center
- Bone and Joint Institute Rehabilitation Services
- Bone and Joint Institute Durable Medical Equipment Team

# Financial Responsibilities

- Deductibles/co-insurance responsibilities.
- Charges will be from various entities including, but not limited to:
  - Bone and Joint Institute of Tennessee
  - Williamson Medical Center
  - Anesthesia groups (AMG or SAT)
  - Pathology
  - Bone and Joint Surgery Center
  - Outpatient physical therapy
  - Inpatient therapy services at WMC

# Joint Replacement at Bone and Joint Institute

- Bone and Joint Institute performs over 2,000 joint replacements annually.
- Your orthopaedic surgeon has chosen the appropriate joint replacement implant after extensive research and experience working with joint replacements.

# Joint Replacement with The Bone and Joint Institute and Williamson Medical Center

- Williamson Medical Center's Joint and Spine Center is accredited by the Joint Commission



- Williamson Medical Center Awards for Patient Safety by CareChex®
  - Top 10 percent in Region, the State and the Nation
    - Major Orthopaedic Surgery
    - Joint Replacement
    - Orthopaedic Care

# Nutrition

- Eat foods that are high in fiber and protein.
  - Fruits
  - Vegetables
  - Lean Meats
  - Nuts
  - Whole Grains
- Prepare meals that you can easily heat and eat.
  - Crockpot or prepared meals
- If diabetic, be sure to monitor your blood sugar.



# Preparing Your House For After Surgery

## Rugs and Furniture

- You will likely be ambulating with a walker
  - Do a “dry run” and be sure that your walker can get through your house prior to surgery.
- Watch for throw rugs and other objects
- Be sure to remove items that can prevent you from mobilizing.



# Preparing Your House For After Surgery

- Lamps, cords, other items that could create a tripping hazard need to be removed or relocated.
- Remove books and other items on the floor as they are a fall hazard.



# Which Chair Is Better For After Surgery?



# Preparing Your House For After Surgery

## Bedroom

- If you have a bed that requires you to use a step stool to get in or out of it, look into taking the box spring out of your bed and putting some boards underneath. Try to removed the step stool as it can become a fall hazard. If you need one, have one with a rail on the side.



# Preparing Your House For After Surgery

## Bathroom

- Be sure that your walker fits in your bathroom prior to surgery.
- Shower chairs are recommended, but not required.
  - If using, get a hand-held shower head.
- Avoid having any rugs or mats in areas where you could trip over them.
- Avoid having to use stairs to access your bathroom.



# Preparing Your House For After Surgery

## Pets

- Watch out for pets which can create a trip hazard.
- Primary risk is tripping over a pet, their toys, or feeding dishes.
- Have a plan for your pet after surgery.

Someone to support you after your surgery.

- Have a loved one or friend stay with you after your surgery to assist for at least 1-3 days.



# Preparing for Your Surgery

## What to bring to the hospital

- Hearing Aids, eye glasses or contacts, dentures.
- Copy of your Living Will or Durable Power of Attorney for Health Care.
- Medication list with medication names, doses, and how often you take them.
- Comfortable, loose fitting clothing to wear after your surgery-the knee and hip will need to be accessed in it. Supportive shoes-no flip flops or heels.
- The Bone and Joint Surgery Center has a locker available for patient valuables.

# Preparing for Your Surgery

## **What not to bring to the hospital:**

- Jewelry, credit cards, large sums of cash.
- Williamson Medical Center cannot be responsible for any valuables not placed in their safe, including cell phones and other electronic equipment.

# Preparing for Your Surgery

- Pre-Operative Exercises
  - Do them prior to your surgery.
    - The exercises will increase the strength in the your operative limb.
    - The exercises will create motor memory which will be useful after surgery.
- Hospital Arrival Time
  - You will receive a call the day prior to your surgery with what time you need to arrive.
  - Should receive call by 3 p.m.
  - If surgery is on Monday, you will receive your call the Friday prior.
  - Please refer to your surgery packet with specific information on your hospital or surgery center arrival.

# Preparing for Your Surgery

- Wash with antibacterial soap as directed by the pre-admission nurse at the hospital for knee and hip replacements.
- Use benzoyl peroxide 2 times a day for 2 days prior to having a shoulder replacement.
- Nose Swab
  - You had your nose swabbed at your PAT appointment
  - If negative, you will not receive a call from the nurse.
  - If positive, you will receive a call within 2 days and a prescription will be called into your pharmacy.

# Preparing for Your Surgery

- **Smoking**

- **Minimize the use of tobacco prior to surgery.**
- Using tobacco during your recovery will prolong your healing and recovery time.
- If you would like more assistance with treatments on how to stop smoking, please contact your primary care provider.

- **Anticoagulation (preventing blood clots)**

- Your physician will recommend a plan to reduce the risk of blood clots following surgery.

# Preparing for Your Surgery

- **Clear Skin**

- Keep your skin clear from cuts, rashes, and scratches prior to surgery.
- Anything that looks infected may cancel your surgery.
- If there is a question, call our office at 615-791-2630 to discuss.

- **Do not eat anything after midnight**

- **Williamson Medical Center**

- May drink 20 ounces of Gatorade (any color except red) 1 hour prior to your arrival at the hospital.

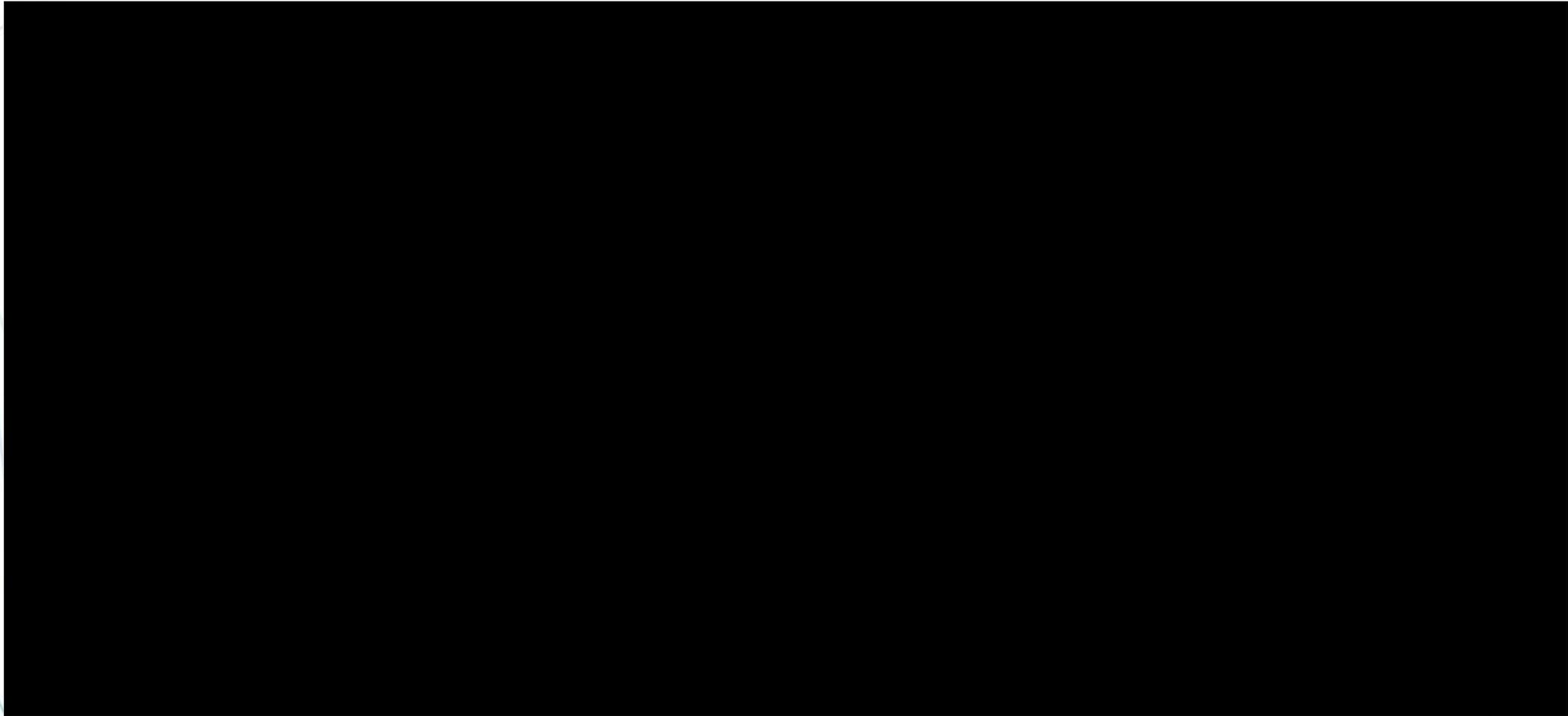
- **Bone and Joint Surgery Center**

- May have 8 ounces of water or yellow Gatorade 2 hours before your arrival time.

# The Day Of Surgery

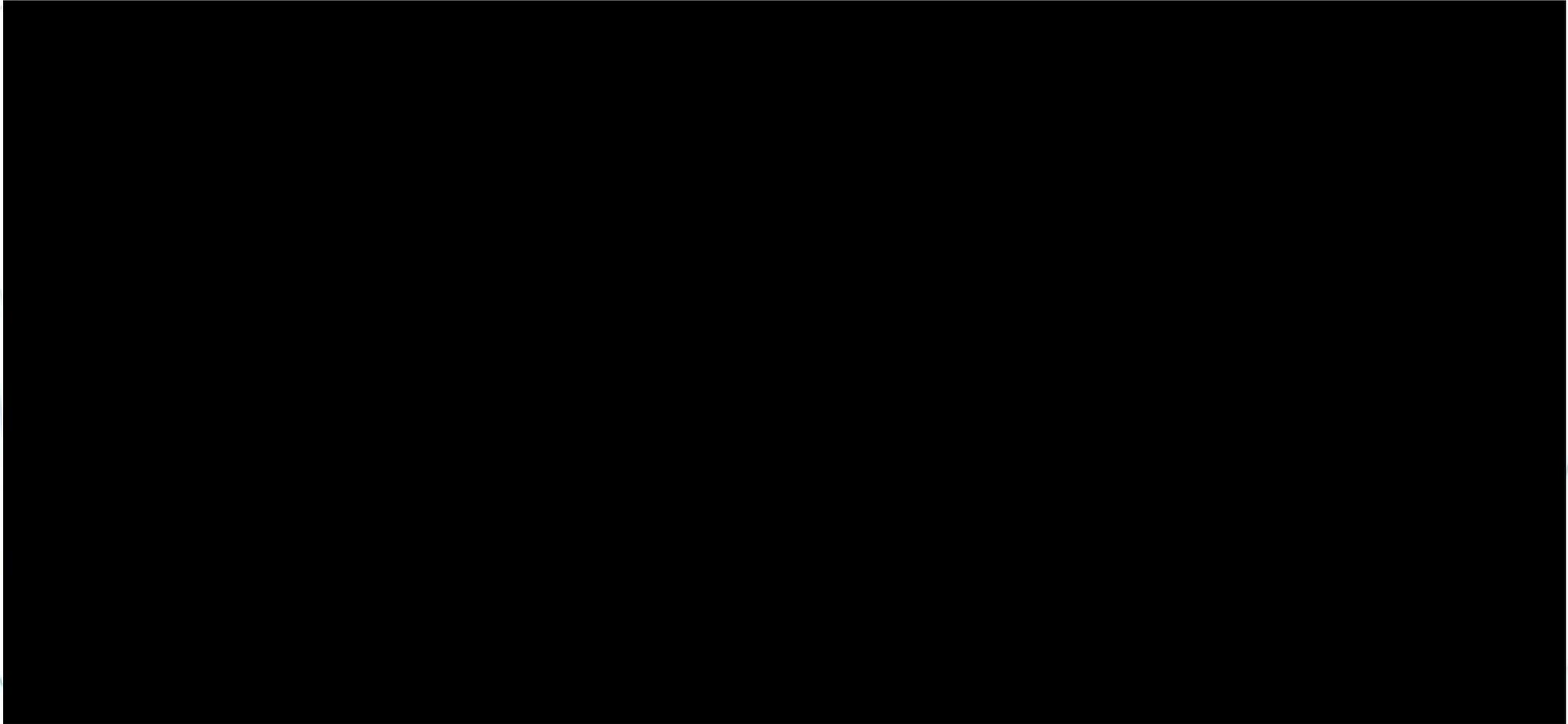
- Remove all metal before arriving
  - Watches
  - Rings
  - Piercings
  - Dentures/Partials
  - Hearing Aids
- Driver
  - You will need someone to drive you to and from your surgery.
- Arrival
  - Please be on time to your surgery.

# Undergoing Your Hip Replacement



Visit [BoneAndJointTN.org/total-joint-class](https://BoneAndJointTN.org/total-joint-class) and click on “**Undergoing Your Hip Replacement**” to watch this video.

# Undergoing Your Knee Replacement



Visit [BoneAndJointTN.org/total-joint-class](https://BoneAndJointTN.org/total-joint-class) and click on “**Undergoing Your Knee Replacement**” to watch this video.

# Undergoing Your Shoulder Replacement

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Visit [BoneAndJointTN.org/total-joint-class](https://BoneAndJointTN.org/total-joint-class) and click on “**Undergoing Your Shoulder Replacement**” to watch this video.

# What To Expect After Surgery

- Immediately after surgery
  - You will wake up in a recovery room where you will be monitored.
  - If spending the night in the hospital, you will be taken to the observation unit where an orthopaedic nurse will take care of you.
    - SCDs will be on your legs to prevent blood clots.
    - You may be given an incentive spirometer to use.
    - Physical/occupational therapy or a trained technician will get you up and work with you.

# What to Expect After Surgery

- The first two weeks are the most uncomfortable. You will have pain, redness and stiffness around the joint.
- You may have some slight bleeding on your bandage where the incision is located.
- There will be some swelling after your surgery on your entire leg for hip and knee replacement. This is normal.
- You will not be able to drive while on narcotic pain medication after surgery.
- You will need to call your surgeon before any future dental appointments and will require antibiotics before any future dental visits.

# Which Car Should You Ride Home From The Hospital After Joint Replacement?



# What To Expect After Surgery

- Hip and Knee Replacement

- Your dressing is waterproof and will stay on until you have your post-op appointment after your surgery.
- If your bandage fills with water or blood then it will need to be removed.
- You will need to wear your compression stockings until you have your follow-up appointment in approx. 2 weeks.

# What To Expect After Surgery

- **Shoulder Replacement**

- You may remove your bandage after 2 days.
- Sling should be worn for the first 48-72 hours. After 3 days, sling can be removed for certain exercises/activity that will be issued by physician or therapist.
  - Remain in sling during activity, when in unprotected/unpredictable environments, and when sleeping for 6 weeks.
- Sleeping in a recliner or semi-reclined position in bed helps you sleep more comfortably.

# Physical Therapy After Surgery



# Physical Therapy After Surgery

- Physical Therapy is extremely important following joint replacement
  - Restores range of motion
  - Restores strength
  - Restores function
- Timeline
  - Return to normal function
    - Hip: 6 - 8 weeks
    - Knee: 3 months
    - Shoulder: 4 months



# Physical Therapy After Surgery

- Schedule your outpatient physical therapy appointment 2-3 weeks before your surgery.
- Physical therapy will get you up and moving the day of surgery.

# Physical Therapy After Hip Replacement

- Your surgeon will determine whether or not you will require formal Physical Therapy after surgery.
- You may be given exercises to perform at home



# Physical Therapy After Total Knee Replacement

- Anticipate approximately 6 weeks of physical therapy after surgery
- Will start approximately 1 - 2 days after leaving the hospital
- Your surgeon should give you a physical therapy order at your pre-op appointment and/or discharge home that you will need to bring with you to your 1<sup>st</sup> physical therapy appointment.



# Physical Therapy After Shoulder Replacement

- Anticipate approximately 12-16 weeks of physical therapy after surgery
- Will start approximately 7 - 10 days after surgery.
- Your surgeon should give you a physical therapy order at your pre-op appointment and/or discharge home that you will need to bring with you to your 1<sup>st</sup> physical therapy appointment.



# Physical Therapy After Shoulder Replacement

- You may be seen in therapy by a Physical **OR** Occupational Therapist, as both are specifically trained to help you with your rehabilitation.
- Your therapist will instruct you on safe practices for self-care, grooming and dressing activity. When available, use assistance for these activities as needed.

# Equipment Needed After Surgery

- Iceman Ice Machine
- Walker
- Shower chair
  - Recommended, but not required.
- Venapro
  - If your surgeon recommends this item.



# Equipment Needed After Surgery

Description	Unit Price
Walker/Bariatric Walker	\$40/\$70
Cane	\$15
Bedside Commode	\$75
Shower Bench	\$75
IceMan With Pad	\$180
VenaPro	\$165
<b>COMBO PACKS</b>	
Cane, Walker Combo/Bariatric Combo	\$50/\$80
IceMan, VenaPro Combo	\$275
Bedside Commode, Shower Bench Combo	\$125
IceMan, VenaPro, Walker Combo/Bariatric Combo	\$300/\$325
IceMan, VenaPro, Bedside Commode, Shower Bench, Cane, Walker Combo/Bariatric Combo	\$450/\$475

# Managing Your Pain

- Your surgeon/PA will educate you about your pain management plan.
- Stay in front of the pain
  - Take your pain medicine at least 30 minutes before you have physical therapy, if ordered.
- Use your Iceman machine at least 4 times a day to help decrease the swelling.
  - Will also decrease your pain.

# Managing Your Pain

- Movement is instrumental in helping manage the pain after surgery.
- Narcotic opioid pain medications can be very constipating.
  - Take a stool softener and use the constipation protocol your physician has created should you have difficulty with a bowel movement.

# When To Call Bone and Joint Institute After Surgery

- If you have a fever higher than 101.5 degrees.
- If you have painful swelling that remains persistent and is not improving with elevation.
- If your bandage is soaked and saturated.
  - Some bleeding is normal, but if your bandage is saturated, please call.

# When To Call Bone and Joint Institute After Surgery

- If there is pain/swelling in your calf muscle, especially when you raise your toes.
- If the pain is not improving after taking pain medications and using ice.

**Bone and Joint Institute Phone Number  
615-791-2630**

Questions?