



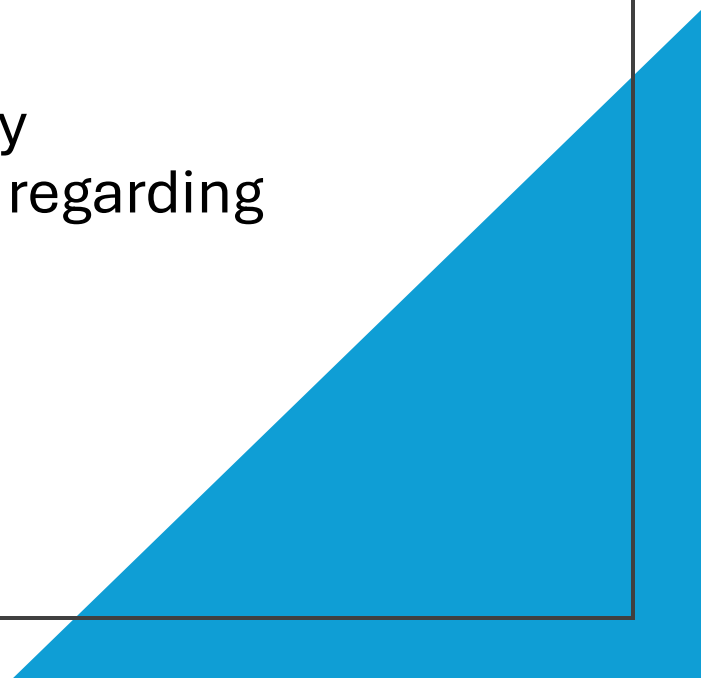
OTTUMWA  
REGIONAL  
HEALTH CENTER

Welcome  
to  
Joint Camp

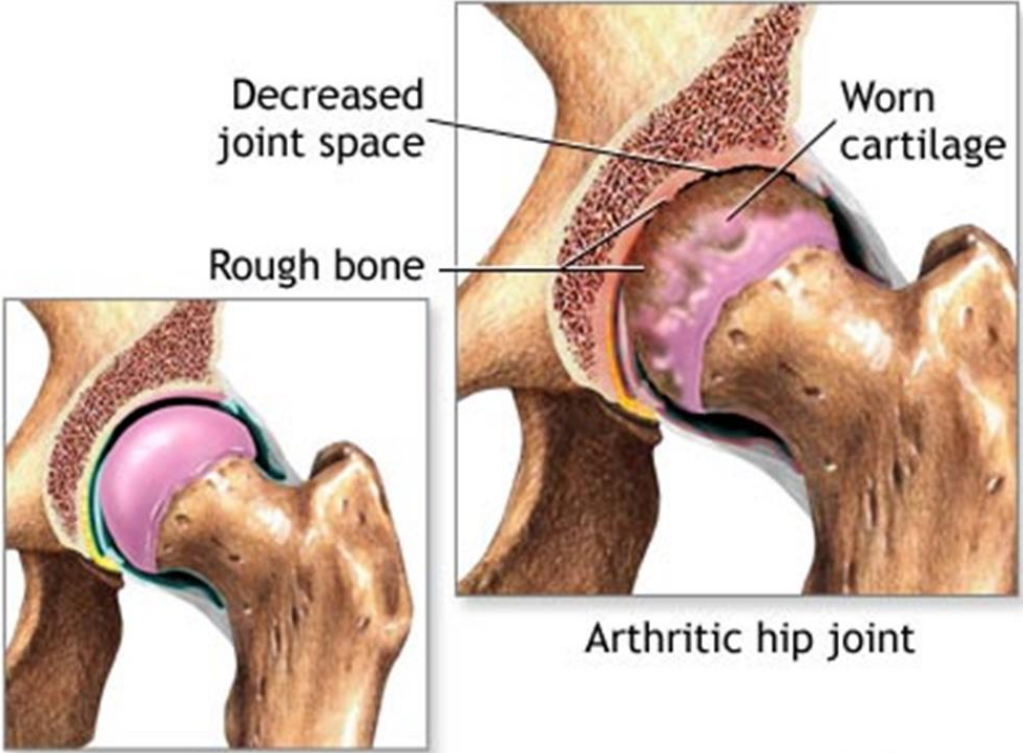
# What is Joint Camp?

A class to prepare you for your surgery and what to expect after your surgery.

An opportunity to ask any questions you may have regarding your upcoming surgery.

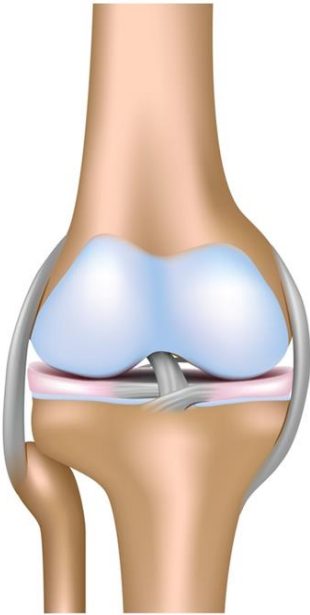


# Views of Hip and Knee

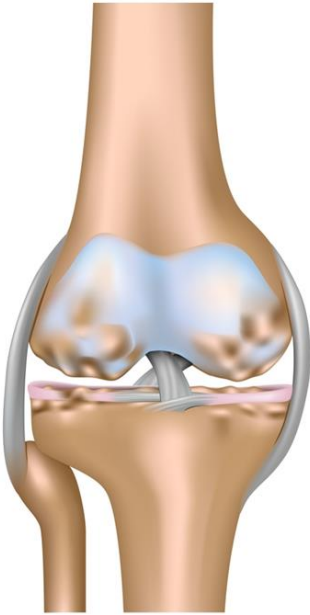


Normal hip joint

ADAM.



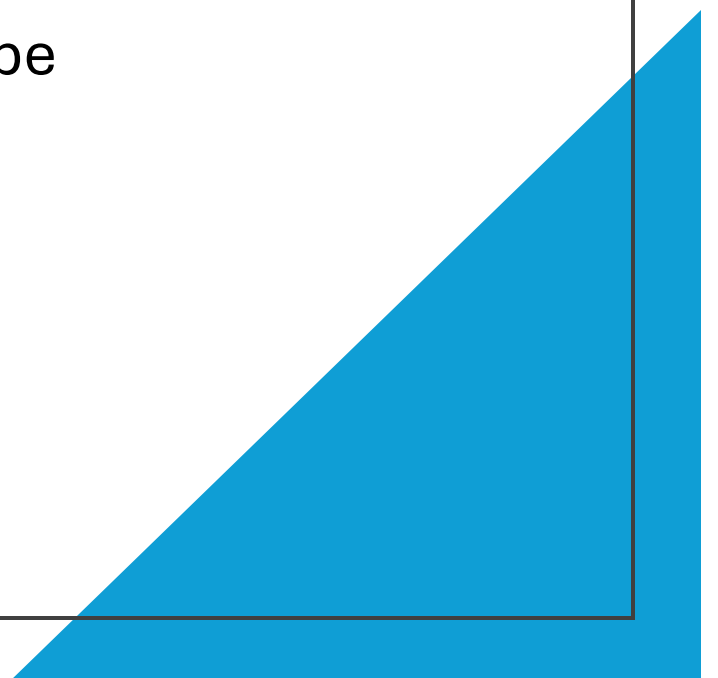
Healthy knee joint



Osteoarthritis

Do you have a support system?

- Someone to help you with daily tasks
- Transportation assistance
- Help with exercises
- A support system can be a spouse, family member, friend, or caregiver/helper



# Pre-Admission Testing

- You will have an appointment scheduled with the PAT nurse within 2 weeks of your surgery.
  - Labs
  - Ekg
  - Chest x-ray and x-ray of knee, hip or shoulder
  - Health Assessment
  - **You will be given a cleanse to use the night before or morning of your surgery.**
- The surgeon would determine, based on medical history, if you need medical clearance from another physician. This may include a cardiologist, pulmonologist or a primary care provider.
- If we do not have clearance prior to your surgery, we will postpone until clearance has been received and approved by the surgeon and anesthesia.
- Your safety is our priority.



# Medication Prior to Surgery

## Stop Herbal Supplements (1 Week)

- Vitamin E
- Glucosamine
- Fish oil

## Stop Anticoagulants

### Ask prescribing doctor when to stop:

- Coumadin (Warfarin)
- Plavix<sup>®</sup> (Clopidogrel Bisulfate)
- Aggrenox<sup>®</sup> (Aspirin-Dipyridamole)
- Pradaxa<sup>®</sup> (Dabigatran Aspirin)
- Eliquis<sup>®</sup> (Apixaban)
- Edoxaban<sup>®</sup> (Savaysa)
- Xarelto<sup>®</sup> (Rivaroxaban)

## Stop Anti-Inflammatories (1 Week)

### Over the counter (NSAIDS)

- Motrin<sup>®</sup> or Advil<sup>®</sup> (Ibuprofen)
- Aleve<sup>®</sup> (Naproxen)
- Aspirin

### • Prescription (1 Week)

- Mobic<sup>®</sup> (Meloxicam)
- Relafen<sup>®</sup> (Nabumetone)
- Diclofenac<sup>®</sup> (Voltaren)

**\*Immunosuppressants and some weight loss medications need to be stopped, please let your surgeon know what medications you are taking.**

# Post Operative Supplies

## Total Knee Replacement

- Continuous Passive Motion machine (CPM)- Kinex will contact you
- Ice Machine- given at the hospital
- Compression Device- given at the hospital
- Walker with 2 wheels, no seat- Surgeon will write you a prescription, unless you wish to rent from the pharmacy or borrow from someone.

## Total Hip Replacement

- Walker with 2 wheels, no seat- Surgeon will write you a prescription, unless you wish to rent from the pharmacy or borrow from someone.
- Stool riser- not necessary but may make you more comfortable. Insurance will not cover.

# Discharge Arrangements

If you are considering skilled care, please let your surgeon or the clinic staff know prior to your surgery date.

- This may require pre-authorization from your insurance.

If you want to have physical therapy, come to your home, please let your surgeon or the clinical staff know prior to your surgery date.



# Goldfinch Health

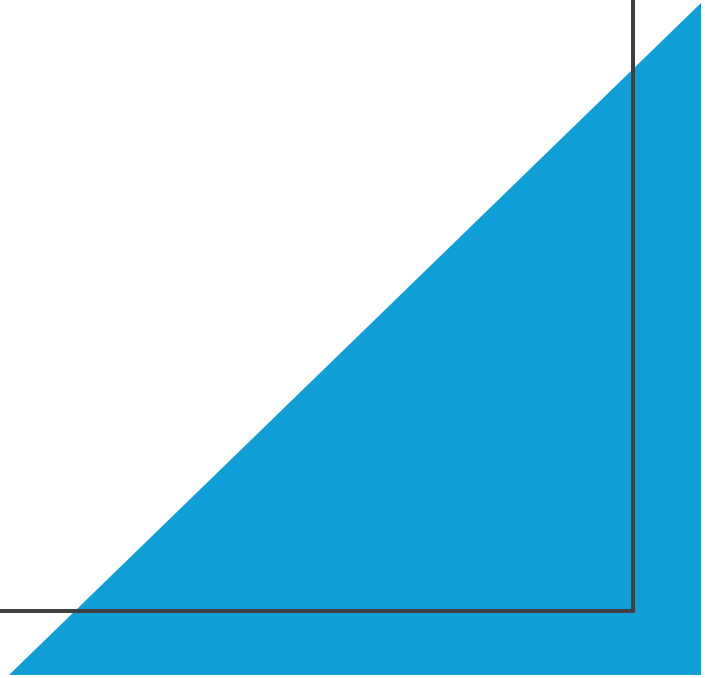
## Included in the kit:

- CF drink
- VibraCool
- Drug deactivation system
- Gum
- Probiotic
- Medication tracking magnet
- Good Rx card



# Morning of Surgery

- Nothing to eat or drink 8 hours prior to surgery except the complex carbohydrate pre-surgery drink in your Goldfinch kit and your blood pressure medication (beta blockers only)
- Drink the pre-op drink 2 hours prior to surgery. If you are diabetic, drink 3-4 hours prior to surgery.
- You may use inhalers and take thyroid medication the morning of surgery.



# What do I bring to the hospital?



## Bring with you:

- Comfortable clothing, we recommend a button up shirt if you are having a total shoulder replacement.
- ID, insurance and prescription list.
- Walker if indicated. Please leave in the car until discharge.
- Glasses if needed; we will need you to sign paperwork.

## Leave at home:

- All medications
- Valuables

\*You may bring one person with you to one day surgery.

# One Day Surgical Suite

- You will be instructed to change into a gown
- You will be asked to remove:
  - Piercings, jewelry, hair pins, glasses
  - Hearing aids, denture/partials
  - All under garments
- The nurse will go through the consent forms with you
- The nurse will start an IV
- Labs will be drawn to check blood type

# Pre- Surgery Holding Area

The surgeon will come talk with you and initial the operative site.

The anesthesiologist will discuss the type of anesthesia being used.

Total knees and hips will receive spinal, total shoulders will receive general.

# Family


One family member can potentially wait in the one-day surgery suite or the waiting area while you are in surgery.

The surgeon will update your family member after surgery.

Visiting hours are 7am-7pm

# The Recovery Room (PACU)

- You will stay in PACU for a minimum of 1 hour
- You will have a nurse monitoring you closely
  - IV fluids
  - Oxygen
  - Vital signs
  - EKG monitoring
  - Labs if needed
  - X-ray of new joint
  - Pain control



## Med Surg- Once you are settled

- Family Member will be brought to your room.
- You will meet with your nurse
- You will start physical therapy
- Surgeon or PA will check in



# Potential Complications

## Blood Clots

• **Incidence = 1.2% national rate**

• **Risk Factors**

- Immobility
- Trauma (ex. surgery)
- Overweight/obese
- Diabetes
- Smoker

• **Prevention**

- Early Ambulation
- Compression stockings
- Anticoagulation
- Xarelto
- Heparin
- Aspirin

## Infection

• **Incidence = 1.3% national rate**

• **Prevention- during hospitalization**

- IV antibiotics
- Surgery: sterile drapes and procedures used
- Dressing change
- Incentive Spirometer
- Pneumonia and influenza vaccinations

• **Prevention- after hospitalization**

- Prophylactic antibiotics for dental cleaning and procedures for 1 year after your total joint replacement.

**Call doctor if you have redness at surgical site, swelling, fever >101, chills or chest pain.**

# Potential Complications

## Dislocation (Hips Only)

- Incidence = 2% national rate
- Occurs with extreme flexion (**bending**), adduction or internal rotation at less than 8 weeks after surgery on hips done with the lateral approach

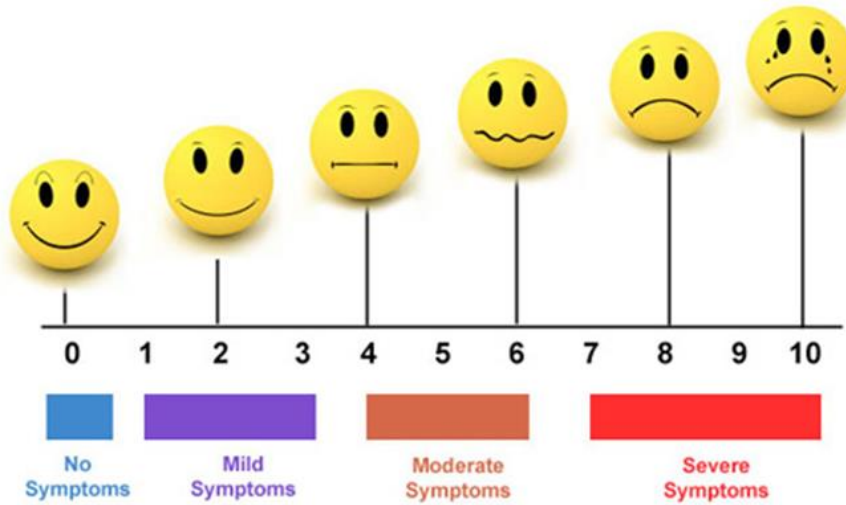
**DO NOT** bend your operative leg past a 90-degree angle.

**DO NOT** pivot or twist you operated leg.

**DO NOT** cross your operated leg or ankle.

# Pain Management

0-10 Pain Scale



Expect pain after surgery

Things that help:

- Ice
- Elevation

Your surgeon will create a medication plan with you, to help decrease your pain. This includes the use of:

- ❖ Tylenol
- ❖ Ibuprofen
- ❖ Celebrex
- ❖ Gabapentin
- ❖ Lyrica
- ❖ Tizanidine
- ❖ You will receive one prescription for an opioid

# Ice Packs

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## Total Hip

- You will have ice packs on the surgical site, this is used to decrease pain and swelling.
- A bag of frozen peas inside a Ziplock bag works best while at home.
- Homemade ice pack
  - 2 cups water
  - 1 cup rubbing alcohol

## Total Knee/Total Shoulder

- You will be given an ice machine called a cryo cuff.
- The cryo cuff circulates cold water continuously through a cloth device.

# Exercises

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- We have included exercises in this binder to help you strengthen before and after your surgery.
- Perform each exercise 10-20 times, one or twice per day.
- If any exercise causes you to have a sharp shooting pain, please skip that exercise.

The **pain** you **feel today**,  
will be the **strength**  
you feel **tomorrow**.

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# The First 6 Weeks

## Total Knee

- **Outpatient or Home Health PT**
- **Take ibuprofen/Tylenol routinely**
- **Home exercises**
- **Range of motion stabilizes at 6 weeks**
  - Goal 0-120°
- **Knee flexion expectations:**
  - Knee flexion to 90° by the time of discharge and full weight bearing
- **Knee flexion limitation:**
  - No crawling on knees is recommended

## Total Hip

- **Possible movement restrictions for 6 weeks**
  - Ø No bending over past the waist
  - Ø No twisting/pivoting
  - Ø No crossing legs
  - Ø Do sit with knees lower than or level with your hips
  - Ø You may have a weight restriction
- **Progressive walking program**
- **Home exercises**
- **Hip flexion expectations:**
  - Rotate the affected hip externally
  - Laying flat in bed without stiffness from the affected hip

# The First 4 Weeks

## Total Shoulder

No dressing changes	No weight bearing	In sling first 2 weeks except to shower
2 weeks gentle ROM (still in sling when not doing therapy)	Cover bandage with Saran Wrap, hold arm close, NO ROM	Finger and hand range of motion only while in sling
Common to have swelling in forearm, hands, & fingers	Stretchy or button up shirts	Recliner to sleep





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Thank you for choosing us!

