Beebe Healthcare's Joint Replacement Program
Your Path to Recovery
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OUR VISION
Our vision is for Sussex County to be one of the healthiest counties in the nation.

OUR MISSION
Our mission is to encourage healthy living, prevent illness and restore optimal health to the people residing, working, or visiting the communities we serve.

Our VALUES are Reflected in our Decisions

* WE PLEDGE TO *
Do what it takes to keep EVERYONE SAFE
Do it right the first time EVERY TIME
Treat EACH individual with respect and dignity
Build TRUSTING RELATIONSHIPS with compassion and kindness
Achieve AMBITIOUS ACCOMPLISHMENTS through exceptional teamwork
Act with passion and love for others TO MAKE A DIFFERENCE
Listen carefully, Have the courage to communicate honestly and effectively
Dedicate yourself to being an expert in your field always learning, always growing
Welcome to Beebe Healthcare

Thank you for choosing our facility for your total joint replacement surgery.

Our goal is to provide you with the best postoperative outcomes by preparing you physically, mentally, and emotionally for your surgery.

Our comprehensive, multidisciplinary team is highly skilled and has received national recognition.

You are the most important member of the health care team.

We know the better prepared you are for your surgery the easier and faster you will recover.

Please review this information and ask us any questions you may have to the Orthopaedic Service Line Nurse (645-3104).

General Hospital Information

Visiting Hours:
8am – 9pm
Two visitors at a time per patient
Do not visit if you are sick
Mornings are busy; please be patient while your loved one receives care

Helpful Phone Numbers

<table>
<thead>
<tr>
<th>Beebe Healthcare</th>
<th>302-645-3300</th>
<th>Orthopaedic Nursing Unit</th>
<th>302-645-3720</th>
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<td>Pre-op Nurse/Anesthesia</td>
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<td>Pre-op Class (Ortho Service Line)</td>
<td>302-645-3104</td>
<td>Chaplain</td>
<td>302-645-3759</td>
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<td>Stress Less Surgery</td>
<td>302-645-3528</td>
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<tr>
<td>Patient Advocate</td>
<td>302-645-3547</td>
<td>Rehabilitation Services</td>
<td>302-645-3235</td>
</tr>
</tbody>
</table>

*Call Same Day Surgery 2 days before your surgery (between 2:00pm and 4:00pm) to find out what time to report to hospital
Preparing For Surgery

Complete this preoperative checklist:

- Attend preoperative class:
  Phone - Orthopaedic Service Line Nurse @ 645-3104 or Regina Newell @ 645-3679

- Pre-op nurse will call prior to your surgery: 645-3366

- Complete any dental work needed several weeks prior to your surgery

- Stop taking medications such as aspirin, ibuprofen, or blood thinners as directed by your physician.

- Obtain medical clearance/blood work/EKG as ordered

- Call the hospital (302-645-3502) 2 days before your surgery between 2:00-4:00PM for your arrival time

- Do not eat or drink anything after midnight before your surgery

- Bring a complete list of medications to the hospital

- Leave all valuables such as jewelry or money at home

- Bring comfortable, loose fitting clothing. You will be getting dressed when appropriate after your catheter and drain are removed.

- Shower with Dial Gold* antibacterial soap each day for 4 days prior to your surgery and in the morning before you come to the hospital, leave on skin 1 minute then rinse

- Use Hibiclens solution as instructed 4 days prior to your surgery and in the morning before you come to the hospital, leave on skin 1 minute then rinse

- Prepare your home and support system for going home

- If you smoke, now is the time to stop

- Notify your surgeon of any infection, fever or if any change in your medical conditions occurs

- Do pre-op exercises as instructed in class
Preoperative Bathing Instructions

You play a key role in your own health. Before surgery, it is important to reduce the number of germs on your skin. In addition to the information included in the “How to Prevent Surgical Site Infections” pamphlet, the instructions below are provided to help you carefully wash your skin before your surgery.

Use Dial Gold* soap and a special soap called chlorhexidine gluconate (CHG). A common name for this soap is Hibiclens®, but any brand of 4% CHG is ok to use. Do the preoperative bath/shower, one time a day, for 4 days before surgery and then take your last bath/shower the day of your surgery, before coming to the hospital. If you have any questions, please call your doctor.

Before you bathe or shower:

1. Read the directions and warnings on the CHG product label.

2. Do not use the product if you are allergic to CHG or other ingredients listed. Please tell your doctor.

When you bathe or shower:

1. Wash your hair as usual with your regular shampoo. Rinse hair and body thoroughly to remove any shampoo residue.

2. Wash your entire body with Dial Gold* soap. Apply the soap directly to your skin and wash gently using a clean wash cloth. Allow the soap to remain on your skin for 1 minute before rinsing your body. *Use a clean wash cloth each time you bathe/shower.

3. Wash your entire body from the neck down with CHG soap. Apply just enough CHG to cover the skin and wash gently using the clean wash cloth. Allow the CHG to remain on your skin for 1 minute before rinsing your body. Warning: Do not apply CHG to the face, mouth, ears, genitals, or open wounds.

4. Rinse your body thoroughly with warm water.

5. Pat yourself dry with a clean, soft towel. (Do not apply lotions, powders, or perfumes)

6. Put on clean clothes.

Other information: CHG soap may be provided by your doctor. You can purchase 4% CHG soap at local pharmacies.
Stress-Less Surgery

Integrative Health
Complementary and Alternative Medicine
302-645-3528

Beebe Healthcare’s Integrative Health Department offers a stress-less surgery program designed to help ease tension and reduce anxiety. The program has three components:

1. A relaxing guided imagery CD with music
2. Aromatherapies for stress and nausea
3. Self-applied acupressure for post-surgical nausea

Please call the Integrative Health office for an appointment at least one week prior to your scheduled surgery date.

Medical literature indicates that people who prepare for surgery have less pain, fewer complications and faster recovery. This results in reduced hospitalization costs and other medical expenses.

You will be introduced to many relaxation methods, aromatherapy, as well as the use of an acupressure patch proven to reduce post-op nausea.
Herbs and Supplements

Tell your surgeon and anesthesiologist if you are taking any over the counter herbs or supplements. Some herbs may need to be stopped prior to surgery.

*Gradually reduce and discontinue all herbs and supplements by the minimum days suggested.*

- Echinacea 8 days
- Ephedra (Ma huang) 24 hours
- Evening primrose oil 7 days
- Feverfew 7 days
- Fish oil or cod liver oil 7 days
- Flax seed oil 7 days
- Garlic (Alium sativa) 7 days
- Ginger 7 days
- Gingko biloba 36 hours
- Ginseng 7 days
- Goldenseal 7 days
- Kava Kava 24 hours
- Licorice 7 days
- Saw Palmetto 7 days
- St. John’s Wort 5 days
- Vitamin E 7 days
- Valerian 1-2 days

*Taper doses gradually week before surgery, call physician if withdrawal symptoms occur.*
Day of Surgery

Enter the parking garage using the West entrance
Park on the 2nd level and go to the doors marked Same Day Surgery
GO up 3 steps and turn to the right for the registration area
If you cannot climb the 3 steps:
Park on the 1st level of the garage
Enter the hospital from the 1st floor- Main entrance
There is an elevator across from the information desk to take you to the registration area on the second floor.

Please have you photo ID, Insurance Cards, and Lab Envelope ready to present.

Same Day Surgery

After registration you will be taken to the Same Day Surgery Area to be prepared for surgery. An armband with your name and date of birth is placed on your wrist. This will be used to verify your identity prior to any treatment or medication being given to you. After your IV is started, your family can wait in the holding area with you until you are taken back to the Operating Room. The Anesthesiologist in charge of your care will meet with you and discuss which type of anesthesia will be used. Please inform the anesthesia department of your previous anesthesia experiences. After all of your questions have been answered, a sedative is given to help you relax. You may not remember much after the medication is given. Preparation, surgery, and recovery take between 3 and 4 hours.

Anesthesia

You will meet with your anesthesiologist the morning of your surgery to discuss what type of anesthesia is best for you based on your medical history.

Tell the anesthesiologist any prior anesthesia history, any anesthesia related problems, or any preferences you have regarding your anesthesia.

The types of anesthesia used for total joint replacements at Beebe Medical Center are:

1. General anesthesia: You are completely unconscious.
2. Spinal anesthesia: You are numb in the area of the surgery. Additional medication may be given into your IV to help you relax.

Sometimes a nerve block may be given in conjunction with your anesthesia for postoperative pain control.
**Operating Room**

You may notice the temperature in the Operating Room is cooler than other areas, but you will be kept warm with a special hot air blanket. The surgical team “scrubbed in” will be wearing “space suits” to keep everything over your incision sterile.

**Post Anesthesia Care Unit (PACU) or Recovery Room**

You will be monitored closely in the PACU for at least an hour. *Family is not allowed to visit in this area. You may have to wait longer than an hour if your room is not available. The surgeon will call and talk with family after surgery is completed.*
Physical Therapy

Helps you regain your mobility, range of motion, and strength after surgery

Reinforces safety awareness

Begin preoperative exercises @ home
- Quad sets
- Gluteal sets
- Ankle pumps

After surgery:
- You will have a bedside evaluation the day of surgery or the 1st day after surgery
  - Testing of circulation, sensation & motor function
  - Instruction in exercise program
  - Progress from sitting @ bedside to standing & ambulating with a walker

**Total hip patients** will be instructed in hip precautions to avoid dislocation of their new hip replacement:

1. Do not cross your legs (while in bed, pillows or an abduction pillow will be in place)
2. Do not plant your feet & twist at the waist
3. Do not flex your hip beyond 90 degrees

**Total knee patients** may or may not be ordered a Continuous Passive Motion (CPM). If your doctor does order a CPM, it will be started the day of surgery or the 1st day after surgery depending on the physician’s order. Physical therapy initially places the unit on the patient. The clinical staff places the CPM on after the initial placement 3 times a day for 2 hours sessions.

Each day you will continue to progress walking further, gaining your strength, learning your exercises/precautions, & be taught how to climb stairs.
Occupational Therapy

Occupational Therapy (OT), helps you to re-learn the activities of daily living such as dressing, bathing, toileting & meal prep. You will be seen once daily during your hospitalization.

Goals of occupational therapy:

1. Able to dress with adaptive equipment if necessary
   (please bring loose fitting, comfortable clothing to practice dressing)

2. Independent with toileting

3. Able to stand approximately 5 minutes to perform functional activities such as combing hair or preparing a sandwich

4. Independence with hip precautions if hip replacement patient

Preparing your home for when you are discharged:

1. Pick up throw rugs

2. Buy a cordless phone

3. Move frequently used items to waist level

4. Remove clutter

5. Keep walkways well lighted

6. Prepare food ahead of time and freeze

7. Set up your support system for when you are discharged to home
Adaptive Equipment for hip replacement patients:

#1  Dressing Stick- used to push socks off
#2  Long Handled Reacher- used to reach things from the floor to maintain
#3  Long Handled Shoe Horn- to put shoes on to maintain hip precautions
#4  Long Handle Sponge- used to reach legs or back when in the shower, can also be used to clean tub or tops of objects

Also in kit, not pictured above:

Sock aid
Elastic Shoelaces
Cushion
Case Management

What does a Case Manager do?
Assist with discharge planning
Obtain necessary equipment
  ➢ Walker
  ➢ 3 in 1 commode
Insurance liaison while in the hospital
Approval for needed services at time of discharge
  ➢ Verifies benefits
  ➢ Informs of co-pay for services

Length of stay:
Plan on discharge the 2nd or 3rd day after your surgery
The morning of discharge very busy & usually occurs @ mid-day
1. AM physical therapy session needed – possible PM
2. Final visit from case manager
3. Delivery of equipment
4. Written discharge instructions given
5. Final teaching if needed (incision care, etc.)

Goals To Meet For Safe Discharge to Home
1. Able to get out of bed with minimal or no assistance
2. Able to get on & off a toilet
3. Able to walk about 120 ft. with assistive device
4. Able to negotiate steps
5. Able to demonstrate hip precautions if hip replacement patient

Options for follow-up care after discharge
1. **Home with visiting services**
   • Most common
   • Must be homebound – able to go to doctors’ appointments
   • Intermittent visits (not every day)
   • Physical therapy most frequent service provided
   • Nursing visits possibly once weekly:
     Check incision
     Draw blood work for Coumadin regulation
     Teaching about nutrition
     Check bowel & bladder function
2. **Home with outpatient physical therapy & outpatient lab**
   You will need someone to drive you to appointments
3. **Inpatient Rehabilitation**
   Offered in different settings (sub-acute and acute)
   Must be medically necessary for insurance approval
   Options presented for patient to choose
   Individual review of insurance benefits @ bedside
Postoperative Nursing Care

- Vital signs assessed frequently on arrival to the nursing unit
- Foley catheter in place (removed next day after surgery)
- Will possibly have a drain in the area of the incision (removed in 1-2 days)
- Nasal oxygen on and pulse oximeter to determine adequate oxygenation
- Compression device on feet or legs to promote blood flow
- Do frequent ankle pump exercises
- Incentive spirometer to keep lungs clear
- On arrival to nursing unit, a liquid diet is started and will progress to solid food as tolerated
- See pain management section for pain control explanation
- Dressing changes per physician order (starts 1-2 days after surgery)
- Anticoagulation therapy (blood thinner medication)
- Blood tests to monitor & assess blood count
- Stool softeners ordered to prevent constipation
- Laxative, suppository/enema as needed prior to discharge
- Nurses report to the next shift at the bedside to include you in your plan of care.
- You may call extension 8000 from your hospital phone for any concerns or complaints related to meals, housekeeping, noise, etc.
Using Your Incentive Spirometer

The Incentive Spirometer helps you get back to breathing your best, and avoid complications such as pneumonia or a collapsed lung. The Incentive Spirometer (IS) will show you how well you are breathing.

1. Sit upright, or as far upright as you can.

2. Breathe normally a few times.

3. After you exhale normally, close your lips around the mouthpiece.

4. Breathe in slowly & steadily through your mouth until your lungs are full. The volume indicator will rise to show how much air you have breathed in.

5. Hold your breath until the volume indicator goes back down to the bottom.


7. Take a few normal breaths.

8. Repeat steps 3 – 6 approximately ten times per hour & cough to help clear the mucus out of your lungs.
Postoperative Pain Management

We care about your comfort and are committed to managing your pain after total joint replacement surgery.

In order to be successful with managing your pain, it is important that you communicate with your health care team. You are the only person who knows what your pain is, and if the medication that your surgeon has ordered is doing the job!

The Pain Scale is used to gauge the intensity of your pain/discomfort before and after you receive pain medication. Please take a minute and become familiar with YOUR acceptable level of pain. Your pain will be assessed frequently throughout your hospitalization.

0 = no pain
1-3 = Mild pain- you can feel it. Able to focus on reading, TV.
4-6 = Moderate pain-Losing focus. Thinking about pain
7-9 = Severe- Unable to focus on anything other than pain
10 = worst possible pain

Your surgeon will order pain medicine to be given intravenously (IV) after your surgery. You will progress to oral medications within a day or two after surgery.

Please tell your nurse if:

- The pain medicine doesn’t decrease your pain. Although we can’t guarantee that you will be ‘pain-free’, we want your pain to be under control so you can participate in your therapy.
- If the pain medicine makes you feel nauseated. We can give you medication to control those symptoms, or we can call the surgeon to obtain a different medicine.
- If you feel constipated. You will be encouraged to eat a fiber rich diet and drink plenty of fluids, but sometimes you need a little help. Your surgeon has ordered certain medications to help.
Discharge Information

It is very important to include your total joint replacement as part of your medical history for the rest of your life. Call your doctor before any dental or surgical procedures. Antibiotics may be needed to prevent infection.

Keep your incision dry until the skin staples are removed (approximately 2 weeks). Prior to doing a dressing change, wash your hands and use aseptic technique as instructed by the hospital nurse. Apply a dry sterile dressing daily to keep the incision clean.

Keep pets away from your incision. **DO NOT ALLOW PETS TO SLEEP WITH YOU.**

You will be on a blood thinner for approximately 1 month after discharge.

If you are on Coumadin: Weekly blood work is required to regulate your Coumadin dose (see discharge instructions to explain how this will be accomplished). Please take the Coumadin at 6 PM each day and be aware of your dose so you can inform the doctor of what you are taking when the office calls you.

Continue your exercise program and use the assistive device recommended by your physical therapist. Follow up physical therapy instructions will be given to you at the time of discharge.

Refer to your discharge list of medications to know what medications you are to take. Be sure you are aware of side effects of your medications prior to discharge from the hospital.

Call your doctor if:
- Fever greater than 101º/chills
- Uncontrolled pain
- Persistent vomiting or nausea
- Excessive bright red bleeding, swelling around the incision,
- Redness, streaking or pus-like drainage
- Difficult urination or severe constipation/ persistent diarrhea
- Any other problems or questions
Infection Prevention

Before your surgery:

· Tell your doctor about all medical problems you may have. Health problems such as allergies, diabetes, and obesity could affect your surgery and your treatment.

· Quit smoking. According to CDC, patients who smoke are at greater risk for infections.

· Do not shave near area you will have surgery. Shaving with a razor can make small openings in your skin and make it easier to develop an infection.

· Use Dial Gold* soap and Hibiclins soap when bathing or showering for 4 days before your surgery. Leave Dial Gold* soap on for one minute then rinse off. Then lather with Hibiclins soap. Leave on for one minute and then rinse. If your surgery is in an area that you can not reach, such as your back, have someone assist you. (You may use a clean back brush.) Use a clean washcloth each day.

When you are discharged:

· Make sure you have clean sheets on your bed for when you return home.

· Make sure you understand how to care for your wound, including dressing changes before you leave the hospital.

· Before you go home, make sure you know who to contact if you have questions or problems after you get home.

· Always clean your hands before and after caring for your wound.

· DO NOT let your pet near your incision. DO NOT allow your pet to sleep with you until your doctor determines it is safe to do so.

· If you have any symptoms of an infection, such as redness and pain at the surgical site, or fever, call your doctor immediately.
Cryo/Cuff Therapy

The Cryo/Cuff provides two functions:

1. Compression - to keep swelling down.

2. Ice Therapy - to keep swelling down and to help minimize pain.

The Cryo/Cuff has three main parts:

1. The Cuff - a pouch like device that is filled with ice cold water.

2. The Tube - goes from Cuff to Canister, and is detachable. It allows you to exchange the water in the Cuff.

3. The Canister - holds ice and water.

At the time of surgery the Cryo/Cuff will be placed on the knee after the dressings are applied. It will be filled at this time. The canister should also be filled with ice and water prior to surgery.
THE WATER IN THE CUFF SHOULD BE "EXCHANGED" OR "RECHARGED" EVERY ONE OR TWO HOURS. THE CUFF SHOULD BE FULL BUT ALSO COMFORTABLE.

To exchange the water:

1. Connect tube to Cuff.

2. Open air valve on top of Canister.

3. Lower Canister below knee level (set on floor is best).

4. Completely drain warm water out of Cuff. Allow it to go into the Canister (to speed recharging process swish water around in Canister). Allow enough time for water to get cold.

5. Refill Cuff by raising Canister 15-18 inches above the knee, allowing water in the Canister to drain into the Cuff.

6. Patient should disconnect tube when the Cuff is filled to a comfortable level.

* THE ICE IN THE CANISTER WILL NEED TO BE REFILLED EVERY 6 HOURS OR SO (FOR BEST RESULTS, LEAVE CUFF FILLED AND DISCONNECT TUBE. EMPTY THE WATER FROM THE CANISTER AND FILL IT TO THE TOP WITH ICE).
Anticoagulation Therapy

You will be on a blood thinner to prevent blood clots after surgery for approximately 4 weeks after you are discharged from the hospital. Your surgeon will decide the most appropriate blood thinner for you. Examples of common blood thinners used after joint replacement surgery: Xarelto, Coumadin, Aspirin, Lovenox, etc.

Special instructions for Coumadin:

Coumadin Information

Coumadin is a blood thinner to treat or prevent blood clots.

How to take Coumadin:

Take Coumadin the same time every day at approximately 6 PM

Take Coumadin exactly as ordered

Never take more or less of the Coumadin unless specifically told to by your physician

If you miss a dose, DO NOT double your dose the next day, but take your regularly prescribed dose

Missing only one dose will not cause a clot to form. Missing more than one dose may cause problems, while taking more than the prescribed dose may cause bleeding

Calculating the dose of Coumadin:

While taking Coumadin, a blood test will be done each day you are in the hospital to monitor the effectiveness of the medication. This blood test is called the prothrombin time or PT & INR. When you are discharged from the hospital the blood test is done once a week & the results are given to your physician so he can determine to continue your current dose or adjust it. You will be notified by the physician’s office of any new changes in your dosing. Please remember what dose of Coumadin you are taking when the office calls so you can give them accurate information of your current dose.

You will be on Coumadin for approximately 4 weeks after you are discharged from the hospital.
Who draws my blood to determine my dose of Coumadin after I leave the hospital?

If you are discharged with visiting home health services, your blood will be drawn by a visiting nurse or visiting lab technician.

After you are released to outpatient services, you may go to any lab of your choice for convenience sake. You should receive a prescription from your physician for the blood work.

If you are transferred to a rehabilitation facility on discharge from the hospital, they will do your blood work until you are released.

Drugs & Foods to Avoid:

Avoid big changes in vitamin K you eat. Some foods high in vitamin K are broccoli, brussels sprouts, cabbage, & green leafy vegetables such as spinach and salad greens.

Avoid cranberry juice or cranberry products.

Do not drink alcohol while taking this medicine

Many over the counter medicines like ibuprofen, aspirin, some prescription medications & some herbal products increase the effect of Coumadin. Give your physician & pharmacist an accurate list of everything you are taking so they can advise you what to avoid.

Gentlemen: Please use an electric razor while you are on Coumadin

Possible Side Effects:

- Allergic reaction: Itching or hives, swelling in your face or hands, swelling or tingling in your mouth or throat, chest tightness, trouble breathing.
- Bleeding from your gums or nose, bruising easily, coughing up blood.
- Decrease in how much or how often you urinate.
- Difficulty breathing or swallowing.
- Dizziness or lightheadedness.
- Fever, chills, sore throat, cough
- Heavy menstrual bleeding or bleeding from cuts or wounds that does not stop.
- Purple discoloration of your toes or soles of your feet.
- Red or dark brown urine, or red or black stools
- Swelling in your hands, ankles, or feet.
- Yellowing of your skin or whites of your eyes.

Call your doctor right away if notice any of these side effects.
Good Nutrition Is Essential While Your Body Is Healing From Surgery!

<table>
<thead>
<tr>
<th>Grains</th>
<th>Vegetables</th>
<th>Fruits</th>
<th>Milk</th>
<th>Meat &amp; Beans</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eat 6 oz every day</td>
<td>Eat 2 ½ cups every day</td>
<td>Eat 2 cups every day</td>
<td>Get 3 cups every day</td>
<td>Eat 5 ½ oz every day</td>
</tr>
<tr>
<td>Eat at least 3 oz of whole-grain cereals, breads, crackers, rice or pasta every day.</td>
<td>Dark green veggies like broccoli, spinach &amp; other dark leafy greens.**</td>
<td>Eat a variety of fruits</td>
<td>Go low-fat or fat free when you choose milk, yogurt and other milk products.</td>
<td>Choose low-fat or lean meats and poultry.</td>
</tr>
<tr>
<td></td>
<td>Eat more orange vegetables like carrots and sweet potatoes.</td>
<td>Choose fresh, frozen, canned or dried fruit</td>
<td>If you don’t like milk or can’t consume milk, choose lactose free products or other calcium sources such as fortified foods and beverages.</td>
<td>Bake it, broil it or grill it.</td>
</tr>
<tr>
<td></td>
<td>Eat more dry beans and peas like pinto beans, kidney beans and lentils</td>
<td>Go easy on fruit juices</td>
<td></td>
<td>Vary your protein routine—choose more fish, beans, peas, nuts, and seeds.</td>
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</tbody>
</table>

(based on a 2,000 calorie diet)

**If on Coumadin, avoid drastic changes in your dietary habits. Consuming large amounts of green leafy vegetables when you normally do not, may increase the amount of Vitamin K in your system. Vitamin K can interfere with the blood thinning effects of Coumadin.

(Reprinted from www.mypyramid.gov)
Beebe Healthcare’s Falls Prevention Program

Everyone having a total joint replacement is at risk to fall due to the surgery, the medications, and an unfamiliar environment. You will have a yellow armband on to signify that you are at risk for fall until you are no longer at risk for falling.

Safety Guidelines for Preventing Falls

- Always follow your physician’s orders and the nurse’s instructions regarding whether you must stay in bed or require assistance to go to the bathroom.

- When you need assistance, use your call light by your bed or in the bathroom and wait for the nurse/assistant to arrive to help you.

- Remain lying or seated while waiting for assistance. Please, be patient, someone will answer your call as promptly as possible.

- Ask the nurse for help if you feel dizzy or weak getting out of bed. Remember you are more likely to faint or feel dizzy after sitting or lying for a long time. If you must get up without waiting for help, sit in bed for a period of time before standing. Then rise carefully and slowly begin to walk.

- It is recommended you wear rubber-soled or crepe-soled slippers or shoes whenever you walk in the hospital. If you do not presently have any, a pair of slipper socks with a non-skid bottom will be provided.

- Walk slowly & carefully when out of bed. Do not lean or support yourself on rolling objects such as I.V. poles or your bedside table.

- Never attempt to get off of a stretcher or out of a wheelchair unaided. Unless brakes are engaged they are very unstable, and will roll freely away from you.

- Do not tamper with side rails or restraints that may be in use. If restraints need adjustment, ask your nurse. Side rails & restraints are reminders to stay in bed & are designed to ensure your safety.

- Family members & visitors should make sure that phone, call bell, water, & personal items are within sight & reach of the patient before leaving the room. It may help to leave the bathroom light on also.

- Keep your nurse & doctor informed on how you are feeling. If you feel weak, dizzy, or unsteady, let them know.
Caring For The Spirit
PASTORAL CARE SERVICES

OUR SERVICES

COUNSEL AND PRAYER
We can meet with you privately, or with your family and friends to share in prayer and to talk about spiritual and religious concerns. You can ask us to provide emotional and spiritual support in times of crisis or during important meetings with family and/or hospital staff. Appointments can be made for pastoral care prior to and following medical procedures. Our team practices under the standards and guidelines of the Association of Professional Chaplains.

PASTORAL REFERRALS
The Chaplaincy Team maintains a network of connections with area clergy and religious organizations. At your request, we can contact persons or groups who can best meet your spiritual and sacramental needs.

CHAPEL
The inter-faith chapel is open to patients and visitors as a sanctuary for quiet reflection and personal devotional practices. It is open during regular visitation hours, and located on the first floor between Integrative Health and the X-ray Department.

CHAPLAINS’ PRAYER BOOK
Each morning and evening, we pray for the people listed in our Chaplains’ Prayer Book. If you wish to be remembered in our daily prayers, please contact the chaplains’ office. In keeping with the hospital’s guidelines for safety and privacy, confidentiality is assured.

CATHOLIC COMMUNION
The Extraordinary Ministers of Communion from St. Jude the Apostle Catholic Church seek to visit all Catholic patients daily. For details, please contact the chaplains’ office.

WHEN SHOULD I ASK FOR A CHAPLAIN?
Life’s path takes us across many ups and downs. It takes us to places of certainty and doubt, and on the way we often feel sorrow and joy. Wherever we might be on this path, we do not have to go it alone. Chaplains are available to support your spiritual and emotional needs during your time in the hospital. Call on us when you…

- want to share in prayer
- feel stressed, angry, lonely or sad
- need to talk about your faith life
- are preparing for medical procedures
- have concerns about family, work or friends
- desire the blessing of a sacrament or desire the inspiration of scripture
- are ready to voice your feelings of joy, praise or thanksgiving
- need help reaching people from your faith community.
- are facing a crisis

To request the services of a member of the Chaplaincy Team, please speak with your nurse or another member of the hospital staff. They can arrange for a page to the Chaplain on duty. If you would prefer to leave a personal and confidential phone message for the chaplain, please call extension 3759. From outside the hospital, call 302-645-3759.
Intimacy After Total Joint Replacement

Total joint replacement is major surgery & healing takes time. You will experience some limitation in your movement and pain.

Your partner may be concerned about hurting you and you may be concerned about the way you look. Sharing these feelings is a good way to be supportive of each other.

Talk with your partner about your concerns. Together you can decide which positions are best for you.

Keep a sense of humor and give yourselves plenty of time. Stay relaxed & remember intimacy involves both physical and emotional sharing.

You may want to take a mild pain medication 20 – 30 minutes prior to sex.

After hip replacement, there are certain positions to avoid until the joint has completely healed to prevent dislocation of the hip.

- Do not allow your knee to cross the midpoint of your body.
- Do not plant your foot & twist your body over the hip.
- Do not raise your knee past the hip level.
- (Keep a 90 degree angle between your thigh & chest)

Pillows are helpful for support and help maintain positions.

Try to avoid putting too much pressure on your new joint and be aware of the range of motion you are putting the joint through.

Talk with your surgeon about when sexual relations can be safely resumed.

After knee replacement, there are no safety restrictions. You can probably resume sex as soon as your pain allows.
Frequently Asked Questions by Patients
Discharged after Total Joint Replacement Surgery

Before calling your surgeon, please refer to the questions below.

If your need is not met after reviewing the FAQ, call your home health provider first and then your surgeon if necessary.

- **When should I call my surgeon?**
  - If you are taking your pain medication and using ice/cold compresses and you still have uncontrolled pain
  - Weakness, numbness or tingling of your leg
  - Bright red bleeding from your incision (clear, pink oozing may be normal)
  - Signs of infection; including fever greater than 101°, pus, excess warmth, swelling or redness/streaking
  - Pain in either calf
  - Shortness of breath
  - Abdominal distention/constipation
  - Diarrhea lasting longer than 72 hours
  - Difficulty urinating
  - Call before any invasive procedure, such as dental work, including routine cleaning, and any surgical procedures. You may require an antibiotic to prevent infection.

- **How often can I apply ice pack or Cryocuff to my incision?**
  - Ice packs may be applied for 20 minutes every 2 hours, make sure the ice pack is not placed directly on bare skin
  - Knee Cryocuffs may be applied as often as desired.

- **When can I take a shower?**
  - Keep your incision dry until your surgeon tells you that it is okay to shower.

- **When will home health come to my home?**
  - If home health services have been arranged by your case manager, you should expect a visit within 2 days of leaving the hospital.
  - If you have not been contacted by telephone 2 days after discharge, call the home health agency.
  - You should find this number on your discharge instruction sheet you received from the hospital.

- **What blood work is to be drawn?**
  - If you are discharged on a blood thinner called Coumadin, this medication is regulated according to weekly blood work. This lab is called a PT/INR. Your surgeon’s office will call if you need to change your dose of Coumadin.

- **When do I take my Coumadin (blood thinner)?**
  - Coumadin is typically taken in the evening. If the surgeon needs to change your dose based on your PT/INR, you will receive your call before you have taken your daily dose. Please make a note of your current dose of Coumadin, and keep it with your medication.
Frequently Asked Questions Continued:

• When will my blood work be drawn?
  o The PT/INR will be drawn each week if on Coumadin

• Who will draw my blood?
  o As long as you receive home health services, your blood work will be drawn by the home health nurse or by a phlebotomist (lab technician). Once you are discharged from home health and are going to outpatient physical therapy, you will have to go out to a lab to have your blood work drawn. You will have to do this weekly for as long as you are taking Coumadin

• When does home health end?
  o Home health will end when you no longer need home physical therapy. Your therapist will discharge you when you are safe to leave your home and go to an outpatient rehab center. Until this occurs, you are considered to be ‘homebound’.

• What does ‘homebound’ mean?
  o Homebound means that you are not yet safe to go out in the community except to go out for your doctor appointments. This means trips to the grocery store, restaurants, visiting with friends and family etc need to wait until you are no longer ‘homebound’. Medicare will not cover home services to patients who do not follow this rule.

• How do I take care of my incision?
  o It is extremely important to keep your incision clean and free from infection. Keep family pets away from your incision.
  o You may leave your dressing off starting 5 days after your surgery (unless told otherwise by your surgeon), as long as the incision has no oozing or bleeding.
  o Before applying or changing your dressing:
    ▪ Wash your hands
    ▪ Apply sterile 4x4 gauze to your incision
    ▪ Cleanse incision as instructed by hospital nurse
    ▪ Secure using minimal tape to your skin, or use the spandage supplied by the hospital.

• When will my staples come out?
  o Your staples will be removed 10-14 days post-op, home health staff working with you will coordinate this with your MD and they will either be removed in your physician's office or by the home health staff

• When do I see my surgeon?
  o Your follow-up appointment will be noted on your discharge instruction sheet unless you are discharged over the weekend. You may have to call your surgeon to make your appointment, and that will be on your instruction sheet as well.