

# Outpatient Joint Replacement

## Patient Education and Resource Guide



Your Joint Replacement is scheduled with

Dr. \_\_\_\_\_

Date: \_\_\_\_\_

Time of Arrival: \_\_\_\_\_ Time of Surgery: \_\_\_\_\_

# TYPE OF SURGERY

## PARTIAL KNEE REPLACEMENT SURGERY

If the cartilage damage in your knee has occurred on only *one compartment* of your knee, a partial knee replacement procedure may be performed. Partial knee replacement surgery involves resurfacing one portion of the knee joint and using artificial components to replace damaged tissue.

## TOTAL KNEE REPLACEMENT SURGERY

Total knee replacement is recommended when more than one compartment is “worn out”, when the deformity is greater, and when ligaments are damaged, not functioning well, or cannot be balanced.

## TOTAL HIP REPLACEMENT SURGERY

Total hip replacement is for patients with hip joint destruction. In combination with modern anesthesia techniques and a multimodal approach to pain control, hip replacements are performed routinely as an outpatient procedure.

# BEFORE YOUR SURGERY

A nurse from Upper Bay Surgery Center will call you to do a pre-operative assessment. She will ask you general question about your medical history and medications that you are currently taking. She will also give you information about your surgery including instructions for your day of surgery.

A nurse from Home care will also call you prior to surgery to discuss and make arrangements for your post-operative care at home. This includes nursing and physical therapy visits.

The day before your surgery you should drink and eat as usual.

You should shower the night before and the morning of surgery with an antibacterial soap such as Dial, Zest, or Lever 2000.

If you physician requires preoperative Hibiclens bathing, please follow the detailed instructions listed on the next page (page 4).

Make sure you home is ready for you when you return from surgery. All areas where you will be walking should be free of cords, throw rugs, and any other items that could cause you to trip or lose your balance.

Fill all prescriptions your doctor has given you prior to your day of surgery.

A walker will be delivered to your home 1 to 2 days prior to your surgery. Please ask the delivery person to adjust the height of the walker so it is correct for you.

A bedside commode is highly recommended. Please note that most insurance companies will not pay for this item. A beside commode can be purchased at Wal-Mart or any local pharmacy. For questions regarding this purchase please refer to the contact information listed on the bottom of page 5.

You will receive a call from Upper Bay Surgery Center the day before your surgery. This call serves as a reminder for your time of arrival.

# PREOPERATIVE HIBICLENS BATHING INSTRUCTIONS

Before surgery it is important that you take an important role in your surgical care. To assist in the prevention of a surgical site infection, we ask that you follow these instructions to prepare your skin to be as germ free as possible.

You will need to shower with a special soap called chlorhexidine gluconate (CHG). A common name for this soap is Hibiclens, but any brand is acceptable to use.

If you are allergic to CHG or for any other reason that washing with CHG is not possible, please follow the below instruction and use antibacterial soap.

## **Hibiclens Patient Instructions for Skin Cleaning for bathing or showers:**

### **A. Read the “Drug Facts” information and directions on the bottle:**

1. Hibiclens is not to be used on the head or face, keep out of eyes, ears and mouth.
2. Hibiclens is not to be used in the genital area.
3. Hibiclens should not be used if you are allergic to chlorhexidine gluconate or any other ingredients in this preparation.

### **B. Night Before Surgery: *When you bathe or shower***

1. Wash your hair as usual with your regular shampoo. Then rinse hair and body thoroughly to remove and shampoo residue.
2. Wash your face with regular soap or water only.
3. Wash your genital area with regular soap or water only.
4. Thoroughly rinse your body with warm water from the neck down.
5. Turn off the water to prevent rinsing the CHG soap off too soon.
6. Apply the minimum amount of Hibiclens necessary to cover the skin. Use Hibiclens as you would any other liquid soap. You can apply Hibiclens gently to the skin and wash gently for 5 minutes with a wash cloth. Wash your surgical site last. Pay special attention to the area of surgery to give a thorough scrub.
7. Turn the water back on and rinse thoroughly with warm water.
8. Do not use your regular soap after applying and rinsing Hibiclens.
9. Pat yourself with a clean towel.
10. DO NOT apply lotions, deodorants, powders or perfumes.
11. Put on clean clothes.

### **C. Morning of Surgery:**

1. Follow ‘Night Before Surgery’ instructions.
2. Do not apply any lotions, deodorants, powders or perfumes after bathing.

*CHG soap can be purchased at most large pharmacies, including CVS, Rite Aid and Arrow. Please call the pharmacy to be sure that they have CHG soap in stock.*

## DAY OF SURGERY

You must have a driver to bring you to surgery and take you home. You may not drive yourself.

Bring your walker with you to the surgery center. You will need it to walk from the car to your home after surgery.

Wear loose-fitting comfortable clothing, (ex. Sweat pants in winter, shorts in summer)

While in PACU, you will be given something to eat & drink, and receive a second dose of IV antibiotics. Medications for pain and/or nausea are available for you as needed. Your estimated time in recovery is based on your specific surgery and post-surgical progress.

If you have a drain you will be instructed how to care for it.

You will be given a copy of your doctor's discharge instructions.

When you are discharged, we will take you to your car in a wheelchair.

The surgery center will call the Home Care nurse when you are leaving the center after surgery, so she can meet you at your home.

## EXTENDED STAY

If you will be staying overnight, you will be cared for in an extended stay bay. Within your bay a personalized television with cable access will be available use. Free WI-FI is also available within the surgery center. Meals and a personal care kit will be provided to you as well as individualized nursing care. Your progress and post-surgical pain levels will be monitored throughout the night by a registered nurse.

## RETURNING HOME

When you arrive home, it is highly recommended that you have two people to help you from the car to the house. Your operative site may be numb from the medication that was injected during surgery. If you have a knee immobilizer on the operative leg, the effects of anesthesia may cause you to be unsteady. Please also arrange for a family member or friend to stay with you at all times.

The Home Care nurse will visit you after you arrive at home. She will do an assessment and ask you questions. Her visit will take approximately 1 ½ hours. During that visit, she will also review your doctor's orders and instructions. The physical therapist will meet with you after the nurse.

## IMPORTANT THINGS TO REMEMBER

- Wash your hands **frequently**
- Eat a healthy diet
- Drink plenty of fluids
- No alcohol
- You may feel nauseated or constipated after surgery.
  - Both symptoms can be managed. **Please speak with your nurse if you don't feel well.**

**\*\*\* Call your Home Care nurse with any/all questions, concerns or problems, such as drainage from the incision, increased pain, or fever.** She will give you her contact number during her 1<sup>st</sup> visit to your home.

## INSURANCE INFORMATION

If you have a commercial insurance, not Medicare, your insurance company determines the number of nursing & physical therapy visits you may have at home. Your particular policy may also require a co-pay amount for each visit. You may want to call your insurance company to verify your coverage for these post-operative visits.

## CONTACT INFORMATION

- Upper Bay Surgery Center, LLC:** ..... 410-620-3348
- \*Amedisis (Maryland):** .....410-398-4733
- \*Amedisis (Delaware):** .....302-678-4764
- \*Chester River:** ..... (410) 778-1049
- \*Comprehensive:** ..... (410) 529-0078

\*Home care agency

