

Pre-op Hip and Knee Class

Welcome!

Thank you for choosing Joseph Brant Hospital
for your joint replacement surgery



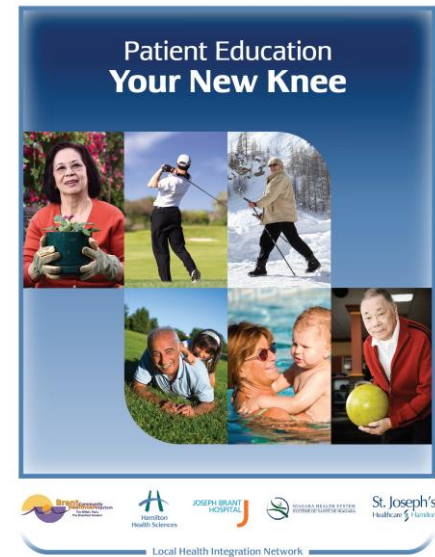
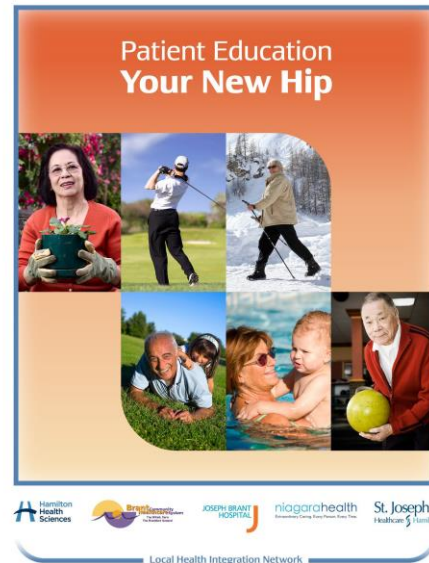
Today's Presenters

- Presenters include:
 - Nurse
 - Pharmacist
 - Occupational therapist
 - Physiotherapist

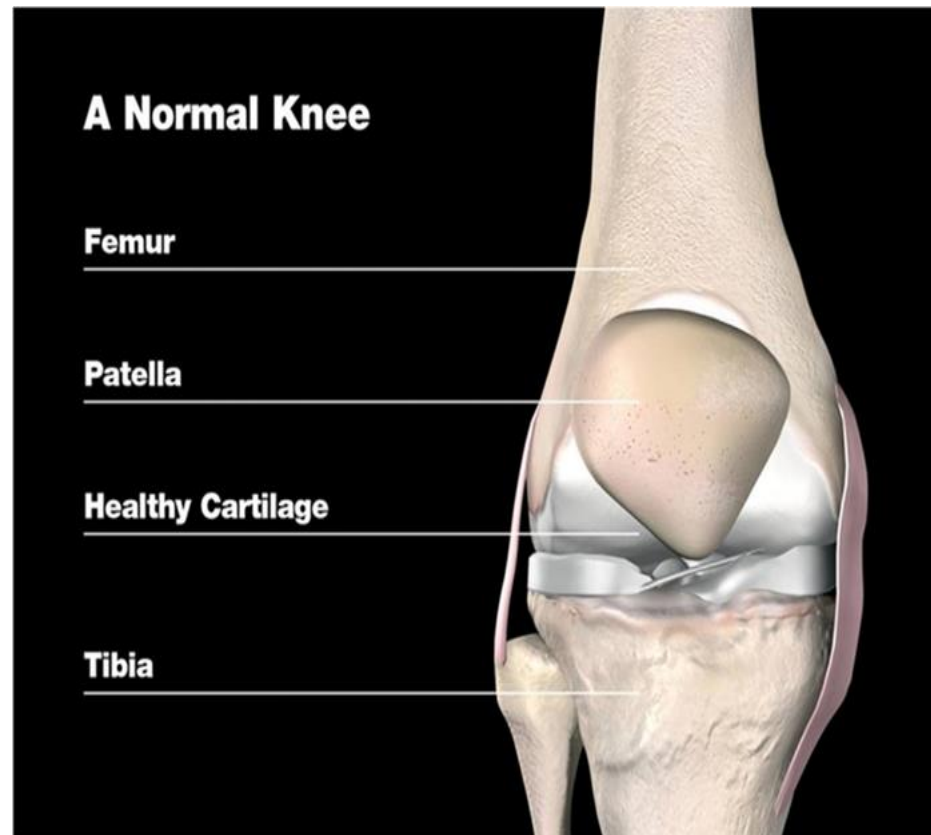
Outline

- Preparing For Surgery
- Pre-Surgery Appointments
- Day of Surgery
- Your Hospital Stay
- Preventing Complications After Surgery
- Preparing For Your Discharge Home

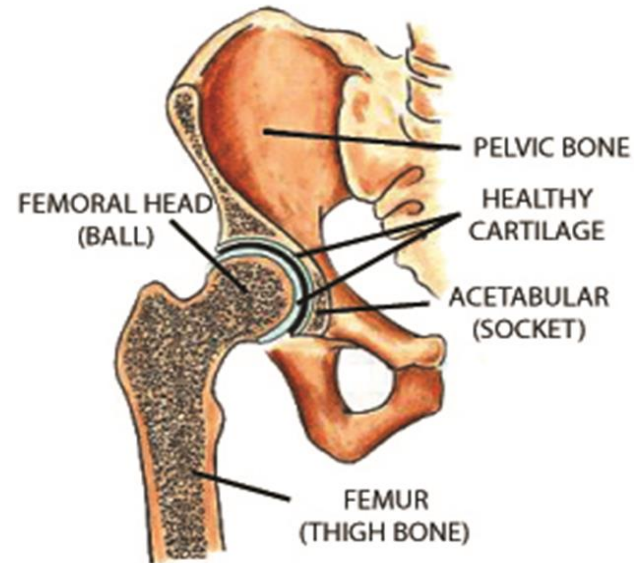
Preparing for Surgery: Your New Hip/ Your New Knee Booklet



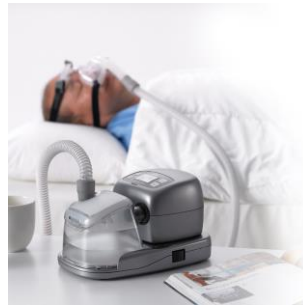
Preparing for Surgery: Understanding Your Knee Joint



Preparing for Surgery: Understanding your Hip Joint



Preparing for Surgery: What To Bring To The Hospital



Please leave all valuables at home

Preparing for Surgery: Equipment For Home Use



Occupational Therapist
will discuss with you later

Preparing for Surgery: Cryotherapy

What is Cryotherapy/ice machine?

This technology uses cold to reduce swelling, decrease muscle spasm and pain

- Surgeon **MAY** ask you to rent a machine
- Please bring it with you the day of surgery. It will be put on in the operating room
- Please familiarize yourself with how to use the machine **BEFORE** your surgery
- **Contact your surgeon** if you have further questions



Preparing for Surgery: Understanding Your Health Care Team

- **Surgeon**
- **Anesthesia Care Provider**
- **Internal Medicine Physician**
- **Nurses**
 - Registered Nurses
 - Registered Practical Nurses
- **Physiotherapy and Rehabilitation Professionals**
 - Physiotherapist
 - Occupational Therapists
- **Pharmacist**
- **Nurse Navigator**

Nurse Navigator

- If you are a day surgery candidate, you will meet with a nurse navigator **before** your surgery
- If you have a day surgery joint replacement, the nurse navigator will do a follow-up phone call with you.

Preparing for Surgery: Who Else Plays A Vital Role?

**Your coach & your support system
play a key role in your recovery.**



A coach can be:

- Your spouse, friend, family member, neighbor
- Anyone that can be a support to you as you recover from your surgery

Preparing for Surgery: What is the role of the coach?

Your coach will help you with:

- Activities of daily living (as needed)
- Transportation to follow-up appointments
- Preparing your home
- Any necessary errands
- It is recommended that they come with you to your appointments
- Your coach should be available on day of surgery if you will be going home on the same day

Preparing for Surgery: What Can You Do To Prevent Infection?

| DO | DON'T |
|---|--|
| <ul style="list-style-type: none">▪ Shower with Chlorhexidine soap the night before | <ul style="list-style-type: none">▪ Don't shower the morning of surgery |
| <ul style="list-style-type: none">▪ Wash hands often | <ul style="list-style-type: none">▪ Don't shave surgical site prior to surgery |
| <ul style="list-style-type: none">▪ Limit personal belongings in hospital | |

Pre-Surgery Appointments



Day of Surgery:

What to expect before the operating room

Nurse
reviews
medical
history and
list of
medications

IV will be
inserted

Surgeon will
talk to you

Anaesthesia
will talk to
you

Operating
Room

Day of Surgery:

Anesthesia

You may receive

- **spinal anesthesia**
- **general anesthesia**

Please ask your **surgeon/anesthetist** any questions you have regarding anesthesia

Your Hospital Stay:

What To Expect After Your Surgery

Post Anesthetic Care Unit (PACU)

- 1-2 hours in PACU
- Frequent Vital Signs and Assessments
- Pain Management

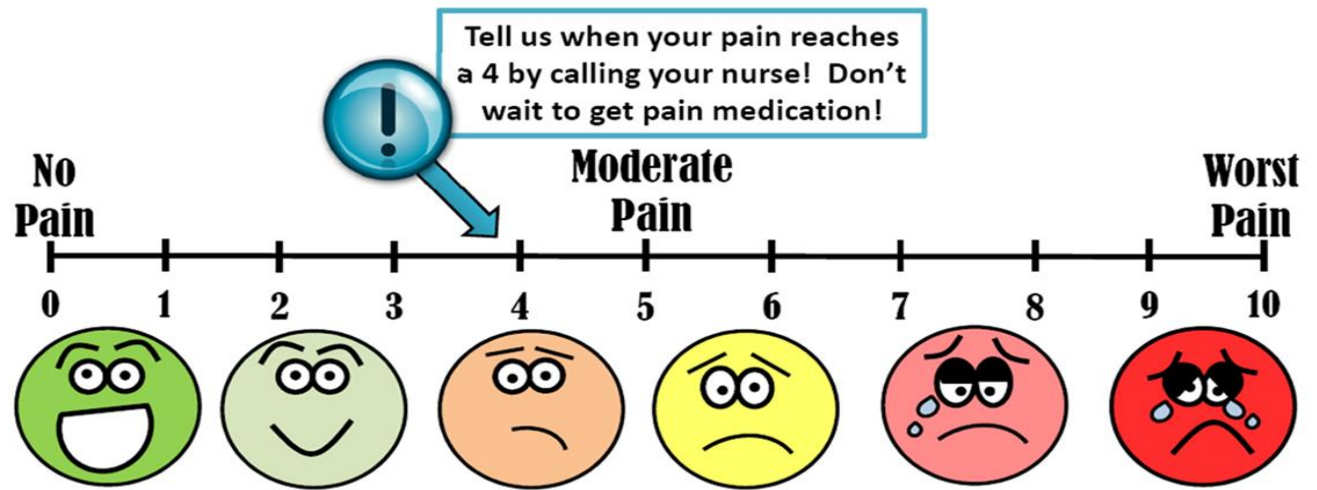
Day Surgery or Inpatient Surgical Room

- Frequent vital signs and pain management
- Clear liquid diet, advanced to regular food as you can tolerate
- Physiotherapy (PT) evaluation
- Up and walking
- Deep breathing & coughing exercises/ Calf pumping exercises

Discharge Home

- Prescription
- Outpatient physiotherapy appointment
- Get moving as per physiotherapy recommendations
- Follow-up appointment
- Drive only with surgeon approval

Your Hospital Stay: Pain Management



Preventing Complications After Surgery:

Constipation

- Get Moving
 - Hydrate
- Stool Softeners

Blood Clots

- Get Moving
- Ankle Pumping
- Anticoagulants

Pneumonia

- Get Moving
- Deep Breathing & Coughing

Falls

- Prepare Your Home
 - Ask For Help
 - Non-Slip Footwear
- Use Glasses/ Mobility Aids

Skin

- Get Moving
- Monitor Your Incision

Preparing For Your Discharge Home

Falls prevention



Declutter



Call for Help



Nonslip footwear



Keep equipment nearby

**Remember,
anyone can
fall!**



Glasses/hearing aids

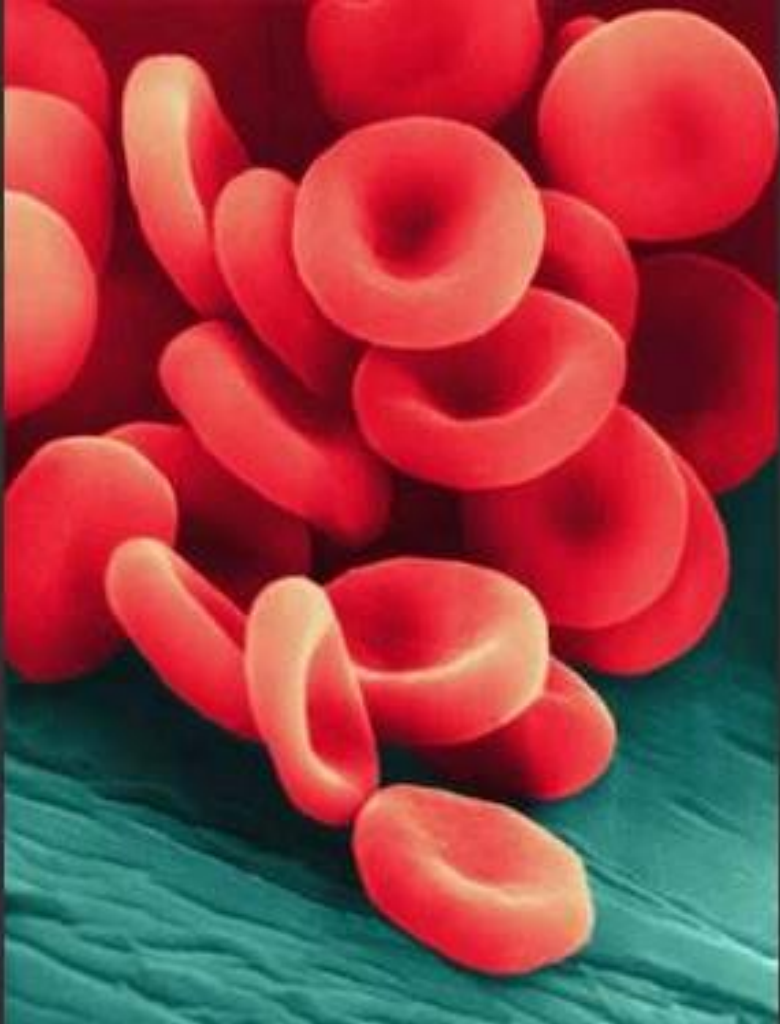
Preparing For Your Discharge Home

Respite Care



If you are concerned about managing at home, consider respite care in a retirement home

- Short term stay
- 24/7 access to staff
- Arrange in advance
- **Contact home directly** for cost & availability
- List of retirement facilities available
- Please arrange all required paperwork/ tests for respite care PRIOR to your surgery



Anticoagulants

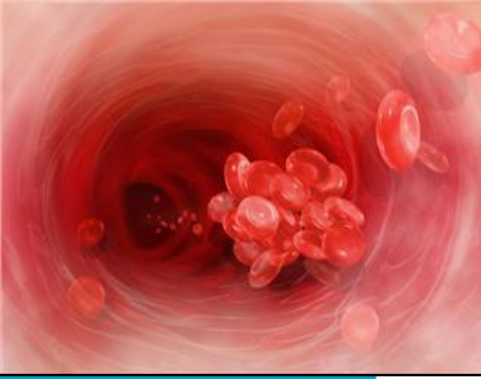
Pharmacy Department

JOSEPH BRANT
HOSPITAL

The logo for Joseph Brant Hospital, featuring the text "JOSEPH BRANT HOSPITAL" in a blue, sans-serif font. To the right of the text is a large, stylized orange bracket shape that curves upwards and then downwards.

Outline

- What is an anticoagulant?
- Why are anticoagulants important?
- When will you start this medication and for how long?
- Acetylsalicylic Acid (Aspirin®), Rivaroxaban (Xarelto®) and Dalteparin (Fragmin®)
- Possible side effects
- Other important information



Anticoagulant - Blood Thinner

What is an anticoagulant?

- It is a medication that helps prevent a blood clot from forming

Why an anticoagulant?

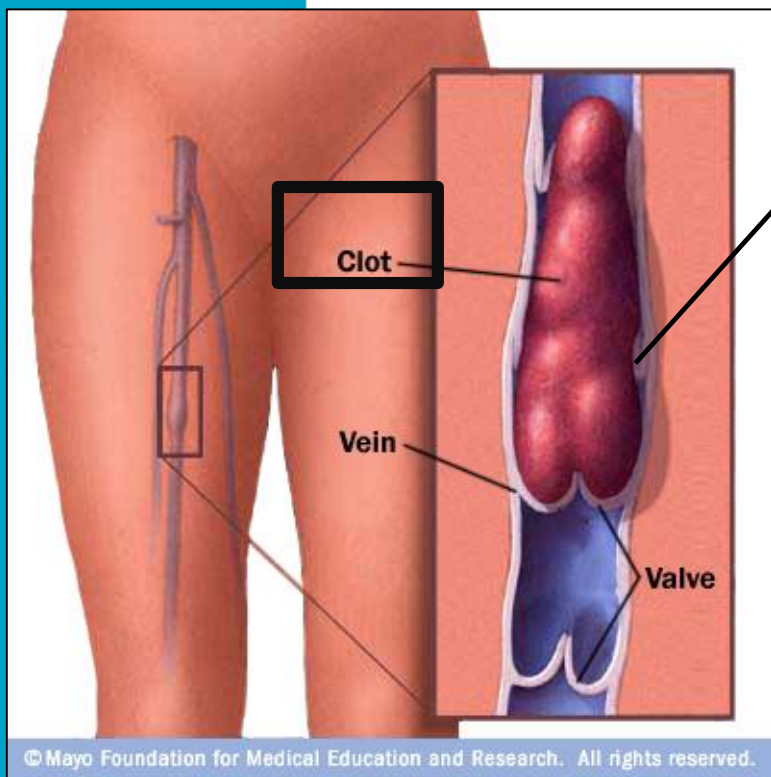
- After surgery movement is reduced, increasing the risk of blood clots

Anticoagulant

Good Clot vs. Bad Clot

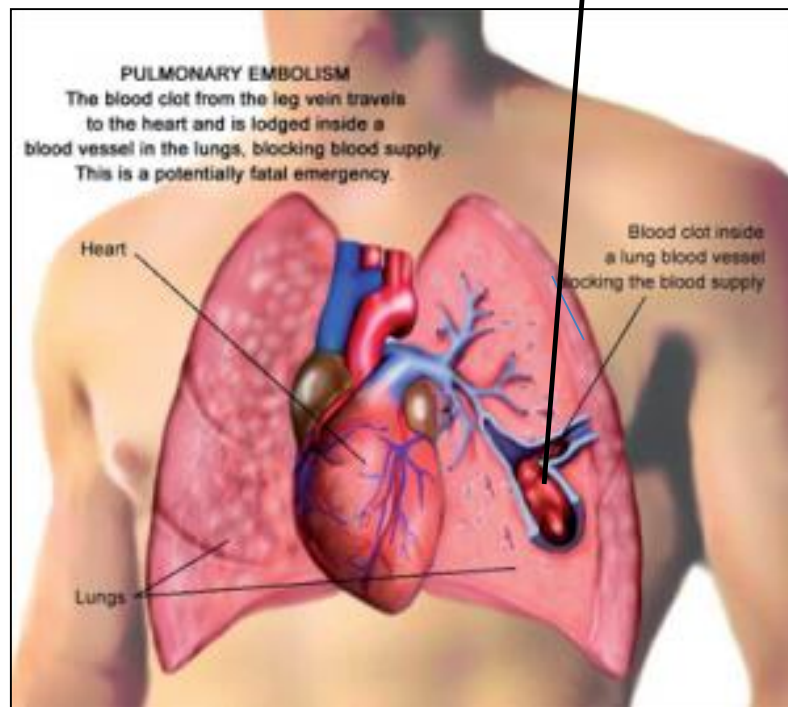
- Good blood clots are lifesaving and healthy because they can stop bleeding
- Bad blood clots occur in the deep veins and can be dangerous

Prevention of DVT and PE



Deep Vein Thrombosis (DVT)

Pulmonary Embolism



Anticoagulant

When will you start your anticoagulant?

- The morning after surgery

For how long?

- Once each day for 10 - 35 days

Some examples of anticoagulants:

1) Rivaroxaban
(Xarelto®)



OR

2) Dalteparin
(Fragmin®)



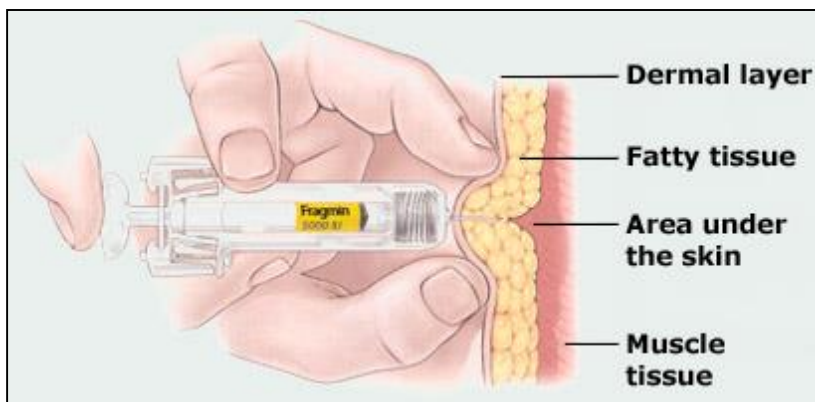
3) Acetylsalicyclic Acid (Aspirin®)

Choice of Anticoagulant

- Depends on your individual risk factors, current medications, and other medical conditions
- Your surgeon will choose the most appropriate anticoagulant for you

Dalteparin (Fragmin[®])

Dalteparin (Fragmin[®]) is a type of Heparin, which is injected under the skin.



You will get a one time dose of fragmin prior to your discharge home

2) Dalteparin (Fragmin®)

How do I take it?

- Once daily at the same time
- No requirement for routine blood monitoring

2) Dalteparin (Fragmin[®])

While in the hospital

- You will be taught to give your own injections
- You will be provided with a kit

Kit:

- Sharps container
- Alcohol swabs
- Fragmin[®] booklet

Other Anticoagulants

If you already take an anticoagulant, your surgeon may restart the same one.

Examples of other anticoagulants:

Acetylsalicyclic Acid (Aspirin®)

Warfarin (Coumadin®)

Dabigatran (Pradaxa®)

Apixaban (Eliquis®)

Possible Side Effects

Similar for all anticoagulants:

- Cuts may take longer to stop bleeding
- May bruise more easily

Dalteparin (Fragmin®)

- May bruise at injection site

Contact your family doctor immediately if:

- Bleeding takes longer than 10 minutes to stop
- Unexplained bruising
- Bleeding from surgical site
- Frequent or heavy nose bleeds or bleeding gums
- Blood in the urine
- Bloody or black (tarry) stools



Discharge Prescription

Take your prescription to your pharmacy

- ANTICOAGULANT – Fragmin®, Xarelto®, Aspirin®
- PAIN MEDICATION - Percocet® or hydromorphone
- Be sure to take all medications as prescribed, and ask the pharmacist the indication of each medication

Can I take other medications?

- Ask your pharmacist before taking any over the counter medications

Why?

- To avoid any medications, vitamins or herbal products that could potentially interact with your anticoagulant

Ask before you take (unless prescribed)

- ASA (Aspirin[®])
- Ibuprofen (e.g. Advil[®])
- Other anti-inflammatory drugs (Aleve[®])



Ask before you take

- Vitamin E (more than 400 units per day)
- Omega 3, fish oil
- Garlic supplements
- Herbal medications (e.g. St. John's Wart, Glucosamine and others)



Can I drink Alcohol?

No more than 1 drink per day:



- 12 oz beer
- 5 oz wine
- 1 oz whisky

What else should I know?

What if I forget to take my dose?



Take it as soon as you remember on the same day



Do not take 2 doses on the same day

What else should I know?

Tell any other health care professional:

- That you are taking an anticoagulant
- Tell your dentist that you have had a joint replacement
- Generally, you will be required to take one dose of an antibiotic one hour before any dental appointments

Meds Check

- Book a Meds Check with your community Pharmacist prior to your pre-op appointment
- Bring your completed medication list to the hospital

Bringing in your Home Medications

- Please bring in eye drops, inhalers, medicated creams etc. (items that are in multi-dose containers) that you use regularly at home
- Please bring in any medications that your community pharmacy needs to special order

* To be safe, can bring in all home medications in case we do not carry them in hospital

Conclusions

- Anticoagulants reduce the risk of blood clots (be sure to take all prescribed doses)
- Anticoagulant chosen will depend on individual
- Asking your pharmacist before using any over-the-counter medications is essential
- Inform all health care professionals about:
 - anticoagulant
 - joint replacement

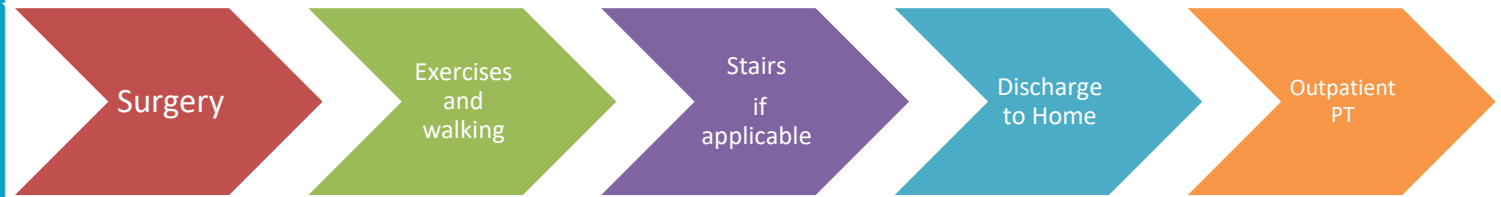
Total Joint Program

Occupational Therapy and Physiotherapy

Outline

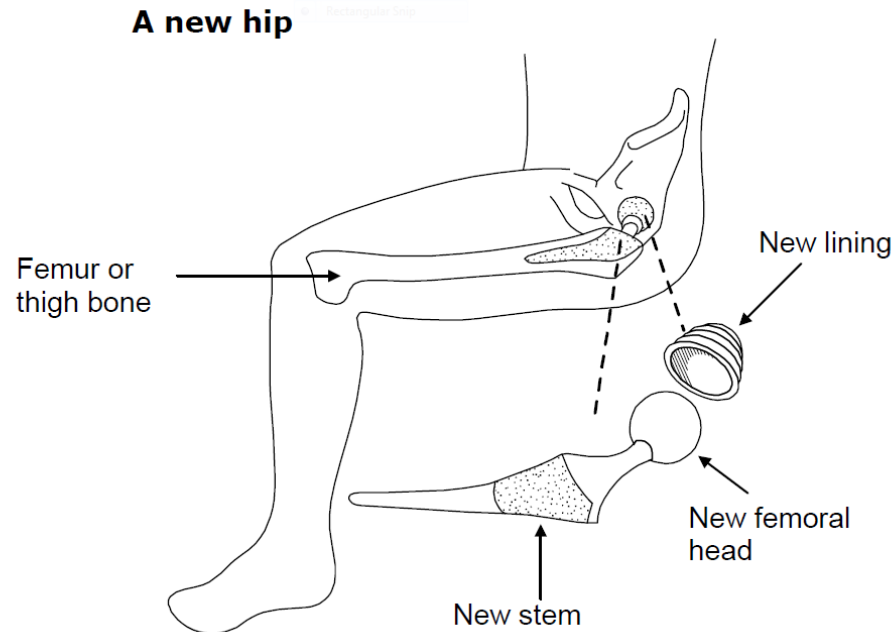
- Care Plan
- Hip Precautions
- Bathing, Dressing, Toileting
- Transfers (chair, car)
- Equipment
- Mobility and Stairs
- Preparing Your Home

Care Plan



Total Hip Precautions

- Once your prosthesis is in place, you have 3 rules to help your muscles heal and keep your new hip in place



Total Hip Precautions

For 3 months:

1. DO NOT bend hip past 90 degrees or allow your hands to go past your knees.



Total Hip Precautions

For 3 months:

2. DO NOT cross your knees or ankles



Total Hip Precautions

For 3 months:

3. DO NOT twist your leg in or out



Positioning After Hip Surgery

For 3 months:

- Sit with your hips higher than your knees
- Seats should be 2 inches higher than your knees when you stand next to it.



Positioning After Hip Surgery

- Sit on a wedge pillow (or small pillow) to keep your hips **higher than** your knees.



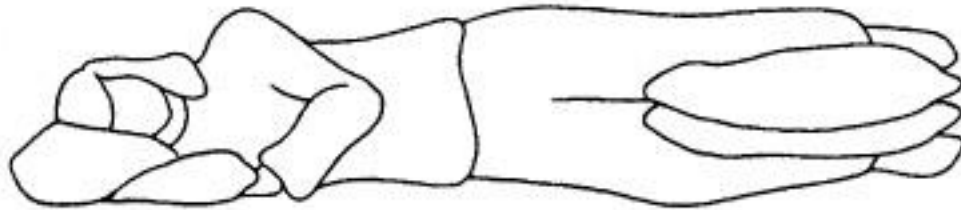
After Hip Surgery: Recliner Chairs

- Depending on your recliner, it may cause you to break hip precautions
- Test out your recliner prior to surgery to see if you will be able to get in/ get out without bending beyond 90 degrees



Positioning After Hip Surgery

- Place a pillow between your legs when you are ready to sleep on your side



To Sit or Stand

- Always keep your hands beside you
- Keep your operated leg, or more sore leg, out in front
- Move slowly and gently, do not bump or bounce



Equipment After Hip Surgery

Consider purchasing:

Dressing aids:

- Reacher
- Sock Aid
- Long Handled Shoe Horn
- Elastic Shoe Laces

We will show you how to use this equipment.

You need these to be independent if you are having a hip replacement

(If you are having a knee replacement you may also find these aids helpful)



Equipment After Surgery

You will need to rent:

- 2 wheeled walker with or without skis
- Commode/raised toilet seat/versa frame
- Cane, if you have stairs

If you have any barriers to obtaining equipment, please speak with OT/PT after class

Toileting

Commode vs. Raised Seat

You need a tall seat and a place to put your hands for balance



- Careful: raised seat does not fit every toilet
- Check the space around your toilet to see what will work best for your space

A Note About Bathing

- Please sponge bath until your staples are out and your incision is healed, to avoid infection (approximately 2 weeks)
- If you have had a hip replacement, you will need a long handled sponge or reacher



Getting In & Out Of A Vehicle



- Move front Passenger seat back & reclined
- Use pillow in plastic bag
- Keep operated leg out in front
- Sit down first, then bring legs in
- If you have hip precautions, bring legs in together

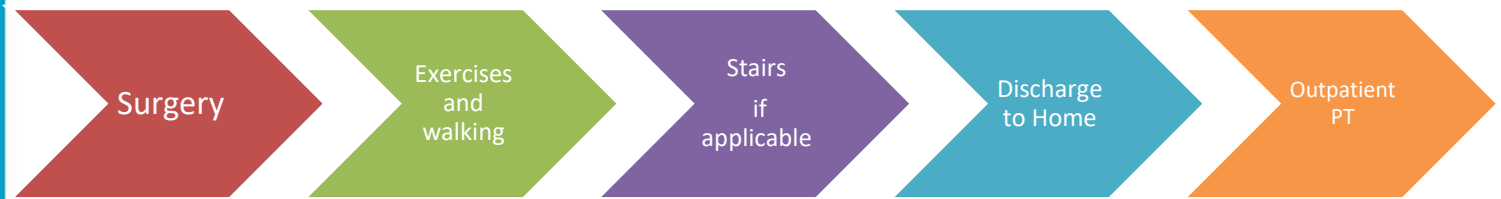
Driving After Surgery

- Your surgeon needs to clear you for driving
- Temporary Disability Parking Permits are available through the Ministry of Transportation (a form may need to be filled out by your surgeon or family physician)

What To Bring Into Hospital

- **Dressing aids**, labelled with your name (if you are staying overnight)
- **Clothing**
 - Loose fitting, elastic waist band bottoms
 - Loose socks
 - Supportive footwear
- Your **patient education book** from Pre-Op Class
- Leave your walker and commode at home

Care Plan



- Once you reach your mobility goals and there are no medical concerns from your surgery you will be discharged home for follow up in the community with physiotherapy
- If the surgeon has indicated that you are a day surgery candidate, please be prepared for discharge on the day of your surgery.
- All other patients should be prepared for discharge the day after surgery

Mobility

- Take pain medication 20-30 minutes before mobilizing
- Practice deep breathing exercises
- Do your exercises 3 times a day
- If you have stairs at home, we will practice them in hospital.

Preparing For Home

- Remove scatter mats
- Practice with dressing aids (Hip Precautions)
- Move furniture out of the way for walker use

Preparing for Home

- Prepare ice packs/ cryotherapy (ice) machine
- Obtain equipment before your surgery
- Consider staying on one level of your home

Supports

- You will need help to plan ahead for meals and groceries

Consider

- Staying with friends or family
- Paying for a Respite stay in a Retirement Home
 - If required, paperwork/chest x-ray should be arranged with your family physician ahead of time
- Paying for services in your own home

Supports

- With this elective surgery, home care does not assist with bathing, dressing, house cleaning etc.
- Arrangements will be made for post-acute physiotherapy:
 - JBH Total Joint Rehabilitation Clinic
 - Home Care
 - Private Clinic



Walker Measurement



Measuring for your walker and cane:

Stand tall with your hands relaxed at your sides.

The height of the walker should be the distance from the floor to the crease of your wrist.

When renting or purchasing a walker or cane you can advise the store of the “handle height” measurement in inches (i.e. 34”).

This height optimizes the walker for good posture while having a slight bend in the elbows when you are holding the handle grips.

Outpatient pharmacy services



Pre-Op services:

- Antiseptic Sponges



- Free Meds Check (medication review)

Pre-Op services:

- Compression stockings T.E.D (Certified Fitter)



Pre-Op services:

- Equipment Rentals:



Pre-Op services:

- Equipment Rentals :



Post-Op services:

- Home Healthcare products:



Post-Op services:

- Home Healthcare products:



‡EZee Life



Post-Op services :

- **Post-Op Prescriptions:**
 - Now you can fill your prescriptions before leaving the hospital .
 - Accepting all drug plans
 - Prescription pick-up from nursing station
 - Prescription delivery to your room
 - Free delivery services, minimal waiting times