Alpine Orthopedics and Billings Clinic Physical Therapy Present:

Total Joint Replacement Education

Joint Replacement Surgery
What to Expect

- Pre-operatively
- Surgery center arrival
- During your stay
- Physical therapy
- Post surgery

Your Joint Replacement Team

- Orthopedic Surgeon
- Physician Assistant
- Pre-Surgery Nurse
- Medical Assistants
- Registered Nurses
- Physical Therapist

Pre-Operative Appointments

- Pre-Operative clearance is done through the Pre-Anesthesia Clinic at Bozeman Health (PAC)
  - Surgical optimization
  - Obtain labs
  - EKG if needed
  - Medication recommendations
- Patients can obtain pre-operative clearance by their primary by request

Pre-Operative Appointments

1. Pre-op medical clearance – Pre-Anesthesia Clinic

    - Specialist clearance appointments

2. Pre-op dental clearance

3. Physical Therapy Pre-op appointment at Billings Clinic

Pre-Operative Testing
MRSA swabs

- The pre-anesthesia clinic will determine your risk of MRSA, using a set of criteria
- If determined you are at risk, you will do a MRSA swab
- If positive, your provider will follow up with you on your treatment plan, which includes a nasal ointment and mouthwash that will help reduce the infection risk

Pre-operative testing
Covid

- Covid testing is only performed if patients are symptomatic

- Surgery may be delayed if positive, your provider will discuss with you

Pre-Operative Preparation

- Stay as active as possible prior to surgery
- Continue to exercise as able
- Obtain a Front Wheeled Walker, this is preferred over a 4 wheeled walker

- Arrange to have someone drive you home and someone to stay with you after surgery

Medications

- The nurses will go over when to stop your medications prior to your surgery
- This is done on an individual basis
- Please direct any questions to your provider or the pre-anesthesia clinic

Preparing Your Home

- Place Frequently Used Items In Easy Access
- Household Chores
  - Clean
  - Laundry
  - Change linens
  - Remove hallway obstructions/clutter
- Prepare / Plan Ahead Meals

Preparing Your Home

- Tack Down Loose Carpet / Flooring
- Remove Throw Rugs
- Install Nightlights In Dark Areas
- Place Non-Skid Adhesive Strips / Mats in Tub / Shower
- Make Arrangements for Pets if Needed
- Borrowing Equipment
  - Clean it
  - Be sure it's in good working order

Day Before Surgery

- The day before surgery you will get a call with information on
  - When to arrive
  - When to stop eating
  - When to stop drinking water/gatorade

- Purchase 20 oz bottle of WHITE or YELLOW gatorade with sugar to be consumed the morning of surgery (no purple, blue, orange, red)

Day of Surgery

- Follow instructed time to stop drinking water/Gatorade
- Do not eat anything, including candy, cough drops, or gum
- No body lotion, deodorant, or contact lenses
- Do not shave for 3 days before surgery except for your face
- No marijuana products, tobacco products, or alcohol use at least 24 hours prior to surgery

Before Surgery Skin Prep

- To Reduce the risk of skin infection you will need to wash with a special soap that will be provided to you (4% Chlorhexidine gluconate soap)

- You will wash 3x total
  - 2 days before surgery, 1 day before surgery, morning of surgery
  - Wash from neck down, avoid genital area
  - Do no use lotions, creams or ointments after washing on the day of surgery
  - If rash develops please contact surgeons office

Preparing for Your Surgery

- What to Bring
  - Glasses, dentures, hearing aids and cases
  - Toiletries
  - Cell phone
  - CPAP
  - Comfortable clothing that will fit over a bulky dressing

- What **not** to Bring
  - Cash
  - Valuable jewelry
  - Home medications
  - Other valuables

Check In

Alpine Orthopedics: go to main entrance and check in at the front desk for surgery center

Livingston: check in at the main entrance/front desk

Bring Photo ID and Insurance Card

Pre – Op

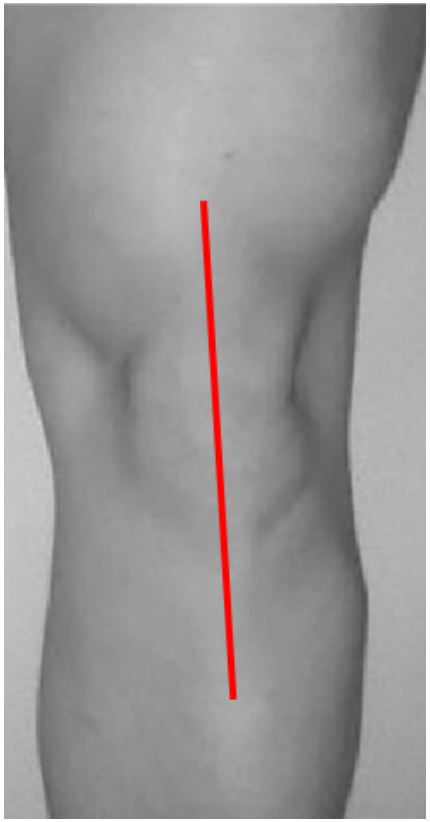
- Nurse will Finish Pre-operative Forms
- Weight and Vital Signs will be Obtained
- Second Skin Preparation will be Performed
- IV will be Inserted and Fluids Started
- Meet Anesthesiologist and Sign Consent
- Meet OR Circulating Nurse
- MD or PA will Mark Your Surgical Site

Post – Op

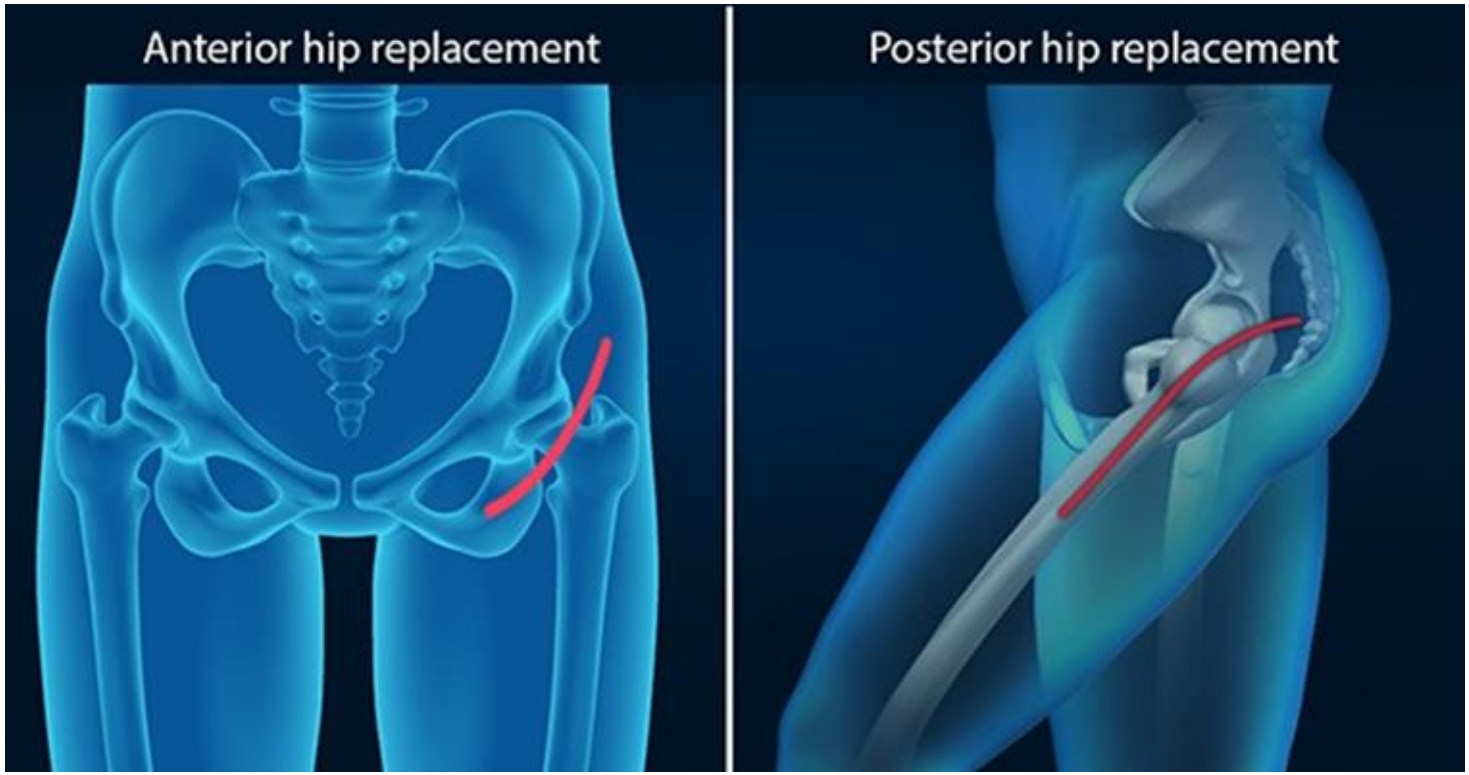
- Discharged once stable and safely ambulating post operatively
- Follow up with PT in 24-48 hours for TKA
- Follow up with Orthopedics in 2 weeks post procedure

Total Joint Incision Types

- **TKA Incision**



Total Joint Incision Types



Post-Op Wound Care

- Total or Partial Knees
  - Knee covered in ACE wrap over cotton padding and should remain in place x 48 hours or first PT visit

Post-Op Dressing

- Top layer is an island dressing
  - Waterproof, recommend covering for shower
  - Remove 10 Days Post-Op

- Second layer
- gauze
- Sylke dressing
- White mesh dressing directly over the wound
- Leave in place
- Okay to let water run over in shower
- Sylke.com

Incentive Spirometer

- Put the mouthpiece in your mouth and suck in
- Fills Lungs
- Helps Prevent Pneumonia/Off O2 quicker

Pain

- Will be asked Frequently about Pain Rating
- Inform Nurse of Effectiveness of Pain Management
- Utilize Ice every 2 hours for 20-30 minutes
  - Ice machine provided at Livingston Healthcare, can be purchased if having surgery at TOCSM for $300
- Take pain medication according to schedule provided by nursing staff and MD/PA

Physical Therapy

- Expect Mobilization Day of Surgery
  - Sit up at edge of bed
  - Stand and ambulate when appropriate

- TKA – Outpatient PT 2-3x week x 6 weeks. First appointment 1-2 days after surgery
- THA – If needed ordered at 6-week appointment
- Pain Medications Prior to Therapy

Physical Therapy

- Precautions
  - Total hip replacement -> Anterior vs. Posterior
- Weight Bearing
  - Weight bearing as tolerated or per surgeon instructions
  - Will be informed of specific restrictions if needed
- Gait Training
  - Initiated with walker for stability
  - Progress through cane to no assistive device

Precautions THA

- Total hip replacement (Anterior Approach)
  - No hip extension (out behind you)
  - No hip abduction (out to the side)
  - No external rotation (rotating foot outwards)
- Total hip replacement (Posterior Approach)
  - NO crossing the knee over knee (lifelong)
  - NO internal rotation (turning foot inwards)
  - NO bending at the hip over 60 degrees for first 6 weeks, and 90 degrees at 6 weeks – 12 weeks
  - Avoid crossing the leg through midline of your body to the other side

Precautions TKA

- Nothing UNDER knee
  - When lying down, do not place anything under your knee.
  - Keep knee straight to encourage increasing knee extension/knee straightening
- Avoid extremes of motion with dressing, bathing, showering and putting on shoes
- Stairs with Handrail and Cane
  - “Up with the GOOD and down with the BAD”
  - Ascending Steps – Step up with the unaffected foot first and then raise up your body, your affected leg and cane to the same step and repeat
  - Descending Steps – Step down with the affected foot and the cane first and then lower your body and your unaffected leg to the same step. Repeat.

Clothing

- Bring Loose Fitting, Comfortable Clothing that will fit over a bulky dressing

- Bring Slip on Shoes

Normal Expected Post-Operative Findings

- Pain: Take your pain medication. Use ice, elevation and movement to help control the pain
  - Refill request required 72 hour in advance Monday-Friday
  - Elevate
- Swelling: Swelling/edema are normal after total joint surgery. Watch for a *rapid* increase.

- Bruising: Bruising/discoloration can appear anywhere on the affected limb. It can be any color from light pink to deep purple. It can show up several days after surgery.

Post Procedure Care

- Incision Care
  - Reminder - Remove outside dressing at day 10
  - May shower with covering over dressing
  - No baths, tubs or swimming for 3 months
  - No ointments, creams or lotions on incision
  - Notify surgeon of any drainage, odor, increased pain or redness along incision

Preventing Complications

- Dentist
  - No dental work for 3 months following procedure, unless emergent
  - Lifetime antibiotic use prior to ANY dental procedure that includes teeth cleaning.
    - Let dentist know you have a joint replacement
    - Call to obtain antibiotic prior to ANY procedure

Preventing Complications

Deep Vein Thrombosis: Blood Clot

- Signs
  - Sudden swelling in thigh, calf, ankle or arm that does not subside with elevation
  - Increased pain, heat and tenderness to calf, back of knee, groin area or underarm
- Plan
  - Notify provider
  - Obtain ultrasound if clinically necessary

Take you prescribed DVT prevention medication

- Make sure when you discharge, on your medication paperwork it clearly states the medication, dose, and duration.

- Do not stop taking this medication unless you talk to the surgeon or your primary care provider.

Preventing Complications

- Pulmonary Embolism: Blood Clot in the Lung
  - Signs
    - Chest pain
    - Sudden onset shortness of breath
    - Sweating
    - Confusion

Preventing Complications

- Constipation
  - Take daily stool softeners
  - Increase Fiber Intake
    - Fruits
    - Vegetables
  - Increase Fluids
    - Warm liquids
    - ‘Smooth Move’ tea
  - Call provider if bowels continue to not move

Post-Op Driving Instructions

- Left Hip & Left Knee Replacement – Ok to drive if off narcotics and can safely get in and out of vehicle

- Right Hip & Right Knee Replacement – Ok to drive if off narcotics, at least 2 weeks post-op and you can safely move foot from brake to gas pedal

Total Joint Surgery To Do List

- Designate a coach/arrange for help post op
- Compile a complete list of current medications
- Obtain PCP or Pre-Anesthesia Clinic pre-operative physical and medical clearance
- Prepare your home
- Start or continue an exercise program
- Pre-Op Dental Exam