Barnes-Jewish Hospital and Washington University Physicians are your partners in
your journey to lead you back to a healthier lifestyle with your new joint. In fact, studies show that
hip and knee replacements improve quality of life more than any other surgery. With this guide,
you will start to prepare for living a healthier and more active lifestyle. During your stay with us
we will safely help you recover rapidly. By reading this, you’re already on a journey to a rapid
recovery back to your favorite activities.

Barnes-Jewish Hospital has earned The Joint
Commission’s Gold Seal of Approval™ for its hip and
knee joint replacement program by demonstrating
compliance with The Joint Commission’s national
standards for health care quality and safety in disease-
specific care. The Center of Excellence designation is
recognition of the hospital’s long-standing, high-quality
hip and knee replacement program and hospital team
members are here to guide you through this journey.

Since 1992, U.S. News and World Report has placed
Barnes-Jewish Hospital and Washington University
School of Medicine on the elite Honor Roll of
America’s Best Hospitals.

This is your journey guide to a healthier life.
You will have a Joint Center of Excellence
care team to lead you along the way.

• Use this guide to learn more about what will
  happen before, during and after surgery.
• Complete the guide checklists. This will help
  you recover as fast as you can.
• Bring your guide along with you to all
  appointments, classes, meetings and your
  stay at Barnes-Jewish Hospital.
• Review your rapid recovery dates on page 2.
RAPID RECOVERY TIMELINE

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If you have questions at any point in your journey, contact:
Name: _______________________________________________________
Phone number: ________________________________________________

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GETTING TO KNOW YOUR BARNES-JEWISH JOINT CENTER OF EXCELLENCE TEAM

Your Joint Center of Excellence care team is here to provide world-class health care in a compassionate, respectful and responsive way. We are committed to help you during this journey.

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<th>Role</th>
<th>Description</th>
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<td><strong>Orthopedic Surgeon</strong></td>
<td>Your surgeon and surgical care team will guide your care and perform your joint replacement surgery.</td>
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<tr>
<td><strong>Registered Nurse (RN)</strong></td>
<td>Your nurse is trained in orthopedics and will follow your surgeon’s plan for your rapid recovery. They will teach you and your joint coach how to stay safe and healthy during every step of your recovery.</td>
</tr>
<tr>
<td><strong>Anesthesia Team</strong></td>
<td>An anesthesia physician or advanced practice nurse will evaluate your surgery needs. This team is specially trained to keep you safe during surgery and in recovery. They are key team members to manage your pain. You will meet a member of this team at your surgical evaluation at the Center for Preoperative Assessment and Planning (CPAP).</td>
</tr>
<tr>
<td><strong>Physical Therapist (PT)</strong></td>
<td>Your physical therapy plans the best way for you to be your strongest both before and after receiving your new joint. Their main goal is helping you have the most comfortable and productive life. This team utilizes special training to help get you moving and boost your abilities with your new joint. You will meet this team member at your joint class.</td>
</tr>
<tr>
<td><strong>Occupational Therapist (OT)</strong></td>
<td>Your occupational therapist will help you plan to safely complete daily activities, like dressing and bathing. They will teach you how to be independent at home. You will meet this team member at your Joint Class.</td>
</tr>
<tr>
<td><strong>Nurse Practitioner (NP)</strong></td>
<td>Your advanced practice registered nurse will work with your surgeon to manage your care. Your nurse practitioner will see you on the floor after your surgery.</td>
</tr>
<tr>
<td><strong>Case Manager</strong></td>
<td>Your case manager is trained as a registered nurse or social worker. Your case manager will plan with your care team to best assist your needs about discharge, home equipment and help you with your insurance questions.</td>
</tr>
<tr>
<td><strong>Orthopedic Concierge</strong></td>
<td>The orthopedic concierge focuses on providing an exceptional experience for you and your loved ones while you are at the hospital. They will visit you and your family during your stay and explain services offered, such as computer use, notaries, restaurant suggestions, attractions, transportation and explaining the medical campus. If necessary, they will help with any lodging needs for your loved ones during your stay or afterwards.</td>
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GETTING READY FOR SURGERY

The surgical evaluation is an important step in your recovery.

SURGICAL EVALUATION CHECKLIST

☐ Visit our Center for Preoperative Assessment and Planning (CPAP)
  - 2-4 weeks before surgery, you, or you and your joint coach, will visit our CPAP. Staff from CPAP will evaluate you for surgery and guide you on how to be your healthiest for surgery. Be sure to bring this journey guide as a tool.
  - CPAP is located at the Center of Advanced Medicine, on the corner of Forest Park and Euclid avenues.
    - Valet parking is available at the front entrance, located on Parkview Place just off Euclid Avenue.
    - Self-parking is available in the North Garage, located just across Euclid Avenue to the east. The parking garage connects via a third-floor walkway. CPAP is on the first floor.
  - If you need to change or reschedule your surgical evaluation date, please call us.

WHAT TO EXPECT DURING YOUR SURGICAL EVALUATION

☐ Health Review
  - We will ask you about your medical history and perform a health exam. We may ask you to get a blood test, X-ray or an EKG during your evaluation to best understand your needs.
  - We will talk about your health conditions and past surgeries. If you have a list of health conditions and surgeries please bring it with you.
  - You will be given special instructions on how to prevent infections and learn about decolonization therapy.

☐ Medications
  - During your health exam, your care team will ask about the over-the-counter medications, prescriptions, vitamins and herbal supplements you take. If you have prescribed medication, it is important to keep taking the medication to keep you healthy. Your care team will give you clear instructions if you need to stop taking any medications.
  - Fill in a medication sheet on page 7 to be ready to discuss your health and medication needs with us. If you have a prescription card please bring this with you.

☐ Bring your insurance card and advance directive (if you have one)

Your Joint Center of Excellence care team is here to help whenever you have a question. Important phone numbers are on page 27.
MAKING YOUR MUSCLES STRONGER

Having the best strength for your new joint begins now. Doing these exercises will help you get ready for your activities after your joint replacement. You will learn how to do these exercises at the joint class with your orthopedic physical therapist and registered nurse.

Follow this checklist to a stronger and healthier body.

☐ Do each exercise 10 times, twice a day.
☐ If any exercise is painful, don’t do it. Exercise may be hard to do, but it should NOT be painful.
☐ If you have questions about these exercises or your physical therapy program after surgery, call the in-patient therapy services phone number. Phone numbers are listed on page 27.

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ALL JOINT REPLACEMENTS

Chair push-ups
• Sit in a chair with armrests.
• Push down on the armrests so your elbows straighten to lift your body off the seat of the chair.
• To make it harder, hold your feet off the floor while lifting your body off the seat of the chair.

HIP REPLACEMENTS ONLY

Bridging
• Lie on your back with both knees bent and feet flat on the surface.
• Gently squeeze your buttocks together and lift your buttocks off the surface.

Standing Hip Extensors
• Stand so that the front of your body is facing the back of a chair.
• Keep your upper body and pelvis still; then gently move your surgery leg backward.
• Do not bend at your waist or lean sideways.

Standing Hip Abductors
• Stand with your surgery leg away from the back of the chair.
• Keep your upper body and pelvis still; then gently move your surgery leg out to the side.
• Do not bend at your waist or lean sideways.

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Barnes-Jewish team members take pride in providing an excellent learning experience during your joint class. The joint class is in the Farrell Conference Room located on the third floor of the Center of Advanced Medicine. If you have questions, call your orthopedic surgeon’s office. Phone numbers are listed on page 27.

What to expect during your Joint Class
• Opportunity to ask questions and learn from others who are having the same experience as you.
• Learn everything you need to know about your new joint, your surgery and the rapid recovery back to your active lifestyle.
• Meet the Joint Center of Excellence care team. This includes an orthopedic registered nurse and licensed orthopedic physical and occupational therapists. These team members will be planning alongside you for success.
• Try exercises that will give your body more strength.
• Talk about ways to stay at your best health.
• Review the “making your muscles stronger” list of exercises on page 9. These are exercises you can start doing today!
• Gain ideas on how to be independent with your new joint and find out what equipment can help you at home. To review what equipment is going to be discussed, go to page 26.

8-9 WEEKS BEFORE SURGERY

Get excited! We invite you, your joint coach, friend or family member to join you in the joint class. You will meet people who are on this same journey and find ways to have a successful rapid recovery.

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KNEE REPLACEMENTS ONLY

Straight Leg Raise
• Lie on your back, with your “surgery leg” straight, the other leg bent.
• Slightly roll your “surgery knee” outward, tighten your thigh muscle, and lift your “surgery leg” off the floor so it’s as high as your other leg.
• Keep your knee straight and rolled out while lifting and lowering it.
• Slowly lower your leg to the floor.

Terminal Knee Extension
• Lie on your back. Put a rolled pillow or large towel roll under your knee. Bend your other knee (for comfort).
• Slowly lift the foot of the “surgery knee” off the floor until the knee is as straight as it can be. Hold straight for 5 seconds, then lower your foot slowly. Your thigh may be turned out slightly.

Knee Range of Motion (ROM) while sitting
• Sit in a chair so that your feet barely touch the floor. (if you’re tall, you may need to first put 1 or 2 pillows on the seat of the chair).
• Use the knee that you’ll have surgery on. Bend the knee as far as you can. Then straighten the knee as much as you can.

1 WEEK BEFORE SURGERY

Health check-in! To be at your best health for surgery, please take some time to review the following:

☐ Start your decolonization therapy 5 days before your surgery date.
   Read and begin the instructions given to you about the special soap and nasal ointment.

☐ Do you think you may have an infection?
   Call your surgeon’s office if you feel sick or you think you may have an infection of any kind, such as respiratory, bladder, skin or tooth infection.

☐ Do you have any open wounds?
   Check your skin for open sores, wounds and rashes. If you have any questions call your orthopedic surgeon’s office.

☐ Complete the “set up your home” checklist on page 12.

Special Alert: It may be time for you to stop taking certain medications before surgery. Review your CPAP medication instructions.
SET UP YOUR HOME CHECKLIST

- Prepare easy-to-eat meals for when you return home.
- For your safety, put your favorite things in places you can easily reach.
- Delay mail or have someone take care of your mail.
- Have someone take care of your children and pets.
- Secure someone to do your yard work.
- Do laundry.
- Clean your home.
- Make sure all stairs at your home have a sturdy railing.
- Pathways must be clear where you walk. Pick up, remove or be aware of anything that could be in the way of you walking or could cause you to slip or trip. This includes loose rugs, uneven surfaces, wires and cords.
- Make sure all areas you walk in are well lit. Change burnt-out light bulbs and, if needed, add extra light to see.
- Have a chair with armrests to easily get up from a sitting position. Make sure the chair is sturdy and not too low.
- If you climb stairs to get to your bedroom, if possible, consider other options in your home.
- Plan to be independent with your new joint by borrowing or purchasing items to help you while home. To review equipment go to page 26.

2-3 DAYS BEFORE SURGERY

Health check-in! To be at your best health for surgery please take some time to review the following.

- Do you think you may have an infection?
  If you think you have an infection please call your orthopedic surgeon’s office.
- If you have a walker or crutches pack them in your car for when you go home.
  If you do not own this equipment, please wait before making this purchase. While you are staying with us, your Joint Center of Excellence care team will want to help you get equipment specially fit for you. You will need to buy the appropriate equipment to help you be independent with your new joint at home.
- Please follow any special instructions you received from your Joint Center of Excellence care team or during your CPAP visit.
  If you are not sure if you were given any special instructions, please call us. We want to make sure you have everything you need to prepare for surgery.
- If you did not already, please complete the “set up your home” checklist on page 12.
  For a successful rapid recovery, your home will need to be in order and ready for you to return.
- Pack your bags.
  Complete the “what to bring” checklist on page 15.

Your Joint Center of Excellence care team is here to help whenever you have a question. Important phone numbers are on page 27.
NIGHT BEFORE SURGERY

Please follow and check off each box when complete. Completing this checklist to the best of your ability is your contribution to ensuring a safe and successful surgery.

☐ Eat a filling dinner. You cannot eat or drink anything after midnight, including chewing gum, lozenges or water.

☐ Remove all nail polish from your fingernails.

☐ Don’t shave. Especially do not shave near the area where you will be having surgery (your hip or knee).

☐ Continue following your decolonization therapy using the special soap and nasal ointment.

☐ Do not use any lotions, powders or perfumes.

☐ Wear freshly-washed clothes and sleep in clean sheets. This will help prevent infection.

☐ Pack your bags. Please complete the “what to bring” checklist on page 15.

WHAT TO BRING TO THE BARNES-JEWISH JOINT CENTER OF EXCELLENCE

☐ An attitude of success - you will soon be on a rapid recovery back to your active lifestyle

☐ Your Joint Center of Excellence Journey Guide

☐ Phone numbers of anyone you may want to talk with during your stay at Barnes-Jewish Hospital

☐ Your completed health history

☐ Your medication record

☐ Your insurance card

☐ A photo ID

☐ If you have a prescription card, please bring it

☐ Two outfits to wear during your stay - bring loose-fitting clothing such as t-shirts and drawstring or elastic-band shorts or loose pants

☐ Clothing to layer - you may want options for warmth and comfort

☐ 2-3 pairs of underwear - hip replacement patients should buy underwear one size above what they usually wear to prevent pressure on the incision

☐ Comfortable walking shoes and socks - make sure that the shoes are wide enough to allow for possible swelling. No flip-flops, sandals, or Crocs

☐ If you sleep with an obstructive sleep apnea CPAP machine, you may bring it with you

Please leave the following items home:

☐ Jewelry

☐ Valuables such as credit cards, checks and large amounts of money

☐ Medications - your Joint Center of Excellence care team will give you all necessary medications while you are at Barnes-Jewish Hospital

Your Joint Center of Excellence care team is here to help whenever you have a question. Important phone numbers are on page 27.
DAY OF SURGERY

Before you arrive
☐ To help prevent infection, you will need to wash with special soap, Scrub Care, which was provided during your visit to CPAP.
☐ Do not use any nail polish, lotions, deodorant, makeup, perfume or body sprays on the day of surgery. Come “natural.”
☐ Take medications that you were instructed to take the morning of your surgery, with a sip of water.
☐ Follow any special instructions given to you for the morning of surgery.

Your parking options
☐ Because of the size of the hospital, you will want to park nearest the area you will be receiving treatment.
  • Valet parking – Located at the lobby entrance on the street level of Queeny Tower on Barnes-Jewish Hospital Plaza. As you travel from Kingshighway on Barnes-Jewish Hospital Plaza, continue past the stop light at the entrance to the south parking garage. The valet parking and patient drop-off area will be on your left. Make a U-turn to your left and pull forward past the entrance to the south parking garage. Valet parking is available Monday through Friday from 6 a.m.-5:30 p.m.
  • South garage – A subsurface parking garage located near the corner of Kingshighway Boulevard and Barnes-Jewish Hospital Plaza, across the street from the hospital’s south entrance.

Check-in
☐ Check in at the surgery waiting area on the main floor of Barnes-Jewish Hospital south campus. We are here to help, if you need directions please visit the information desk located on the main level.
  • After you check in, you will go through hospital registration. Upon completion, your care team member will take you to the pre-surgery area.
  • The surgical receptionist will give your joint coach, family member or friend a beeper to allow us to update them about your surgery.

Before going into surgery
• We will review your medications and health history.
• We will start an IV in your arm.
• Your anesthesiologist will talk about the most appropriate anesthetic for you and the plan to best manage your pain after surgery.
• Your orthopedic surgeon will meet with you to review the surgical plan and mark where the surgery will occur (hip or knee).
• Before going to the operating room, you will be given medication for comfort.

During your surgery
• Throughout your surgery your surgical team will take excellent care of you. They will monitor your breathing, heart rate and blood pressure.
• A catheter, used to drain urine from your bladder, may be placed during your surgery.
• Updates about your progress will be given to your joint coach, family member or friend who holds the beeper in surgical waiting.

Right after surgery
• You will wake up in the recovery room when your surgery is complete.
• Specially trained nurses and an anesthesiologist will monitor you. They will keep you safe and comfortable while you heal.
• Your care team of specialists will be with you during your rapid recovery journey.

YOUR STAY AT THE BARNES-JEWISH JOINT CENTER OF EXCELLENCE

Have your joint coach, friends or family at your side to learn how to help you when you get home. The best time to visit is from 11 a.m.-9 p.m.

What to expect:
• You will receive a warm welcome from our orthopedic concierge to help you feel at ease. Your Joint Center of Excellence care team will be by to meet you and answer any of your questions.
• We value your specific needs and we do our best to meet them. If you have a question and we are not by your side, you will be shown how to quickly contact us with a hand-held call system.
• Your blood pressure, heart rate, body temperature, IV fluids and healing progress will be checked frequently.
• You will have a large dressing or bandage covering the incision where you had surgery for your new joint. You may have a drain coming out of your incision and connected to a container, which will help reduce swelling.
• You may have a dressing or bandage covering the incision where you had surgery for your new joint, and a catheter, used to drain urine from your bladder, may be placed during your surgery.

Call Light
You will have access to your care team at all times with your personal hand-held call light. Your nurse will show you how this works by simply pushing one button. Once you push the button you will be able to talk to a secretary who will find out your exact needs and send the best team member to help you.

HIP REPLACEMENT PATIENT ONLY:
As a gentle reminder to not cross your legs (for safety reasons), you will have a special pillow between your legs while you are in bed.

KNEE REPLACEMENT PATIENTS ONLY: Knee Motion Therapy
Depending on your needs, your surgeon may fit you with a knee motion therapy machine, also known as a continuous passive motion (CPM) machine. This machine will help your leg, with the new joint, move back and forth. This repetitive motion will help you move while you recover.
Pain management
We will work with you to best manage your pain. We will ask you to rate the pain you feel after surgery on a scale of 0 to 10 (see chart below). Your Joint Center care team will assess how to best help you feel comfortable and tailor your medicines to meet your needs to give you a safe, rapid recovery. It is important to let us know when you first start feeling uncomfortable. Telling us right away will help us keep the uncomfortable feeling from getting worse. Please contact us with the call light any time you need help.

Healing by movement
- Your Joint Center care team will help you start moving after surgery, which helps your breathing (air flow), circulation (blood flow) and digestion (nutrient flow). It may hurt to move, but movement over time will help lessen pain and help you heal faster.
- Your care team will help you, as early as possible, to sit up or get out of bed. Your safety is the team’s biggest priority, so someone will be by your side every step of the way.
- It is proven that when you move as soon as possible after surgery, your new joint will work better and sooner. Please use your call light any time you need help.

Preventing problems after surgery
- Movement will also help prevent a blood clot and pneumonia. Your nurse or therapist will help you sit on the side of your bed to help you move. Every day, you will get out of bed and be active. This movement will help you learn how to move your new joint to lessen pain, move blood to prevent a blood clot, and breathe to move air flow to prevent pneumonia.

Preventing blood clots
- Your surgeon-led care team will determine what treatments to use to help prevent blood clots.
- After surgery and until your discharge, you will take blood-thinning medication such as Aspirin, Coumadin or Lovenox.

Physical and occupational therapy
After surgery, you will meet with your orthopedic therapists. Your physical therapist will teach you how to get in and out of bed, how to walk, how to climb stairs, and how to do certain exercises safely. With the guidance of your physical therapist you will walk short distances.
- Protecting your new joint is very important, so we will tell you about any safety cautions or limitations that will help reduce soreness, while strengthening your muscles around the joint.
- When you leave, you should be able to SAFELY do the following on your own:
  - Get dressed
  - Get in and out of bed
  - Get in and out of a chair
  - Get in and out of a car
  - Understand how to successfully move with your new joint
  - Perform exercises to increase strength
  - Have balance and be mobile
  - Climb up and down stairs

Your nutritional needs
- Your stomach could be upset after anesthesia or pain medication. Your nurse will help you decide how quickly you can start eating. It may take a few days before you have a bowel movement because anesthesia, pain medication and not moving around can cause clogging in the digestive system called constipation.
- Be sure to drink plenty of fluids (water is always best) and eat whole grains, fruits and vegetables.
- Activity will help your digestion flow. If you are having trouble having a bowel movement, your surgeon will prescribe a stool softener or laxative.
Surgeon and nurse practitioner responsibilities
Your surgeon and the nurse practitioner will visit you regularly to monitor your overall health and rapid recovery. At discharge, you will receive your medication prescriptions plus any equipment you need.

Planning your discharge
From the minute you talked about having joint replacement surgery at the Joint Center of Excellence to today, your team has been working side-by-side with you in your journey to a rapid recovery. Our goal is to get you back to your active lifestyle safely. As your recovery progresses your entire Joint Center care team will be together to discuss when it is safe for you to leave the hospital. Together the team will discuss:

- Your progress
- Your strength and endurance abilities
- Your support resources
- Your needs

We will work with you to determine your care needs at home for a safe recovery and your options for continuing therapy after you leave. Your options include:

- A combination of home-based therapy followed by outpatient therapy
- A skilled nursing facility or an inpatient rehabilitation facility

Whether you are going home or to a facility:

- Your nurse will bring your discharge instructions from your doctor. Your nurse will review all instructions with you. If you do not understand any discharge information, please ask as many questions as you like so you are confident about what to do when you get home.
- Physical or occupational therapy will give you copies of your home exercise plan.
- You will be transported in a wheelchair to the patient pick-up at the Barnes-Jewish Hospital south campus main entrance. Someone can meet you there to pick you up.
- If you are going to a rehabilitation facility, your social worker or case coordinator will arrange transportation for you.

Home-based therapy
You will have a personal orthopedic nurse and therapist visit you at your home to understand your healing needs. Your nurse will check your incision, remove staples if you have them and monitor your medications. Your therapist will help you follow your customized home exercise program safely. Your home-based therapy team will plan with both you and your surgeon about how to best recover safely and successfully while home.

Outpatient therapy center
To have even greater success with your joint replacement, your surgeon may recommend continuing your therapy by attending an outpatient therapy center. An outpatient therapy center is a fitness-type center that focuses on healing your joint with guidance from a physical therapist. At the therapy center, you and your physical therapist will follow your surgeon’s strength-training plan. This plan will help reduce soreness, stiffness and improve balance, movement and control with your new joint.

Caring for your surgical incision
- Always handle or touch your dressings with freshly washed hands and be sure to wash your hands after changing the dressing. Hand washing is key to staying healthy and preventing risks of infections.
- Change your dressing as instructed by your Joint Center care team.
- Keep a close watch on your incision for redness, hotness, odor, increased drainage or opening of the incision. If you notice this call the surgeon’s office.

Call your surgeon immediately if:

- Temperature above 101° F or 38.5°C
- Increasing, persistent swelling of legs or feet
- Increasing pain that is not well controlled by current pain medication
- The incision becomes red or warm
- There is an opening in your incision
- There is new or increased drainage from the incision
- The drainage from the incision has an odor
- You are unable to walk or put weight on your leg
- You have increased numbness or tingling of the leg
- Either calf becomes painful, swollen or tender
- Breakdown of the cast or brace that has been prescribed for your recovery
- If you are overly worried, anxious or very concerned about any issue

Your Joint Center of Excellence care team is here to help whenever you have a question. Important phone numbers are on page 27.
Call 911 immediately if:
- Chest pain/pressure or sharp pain with deep breath
- Shortness of breath
- Rapid heart rate greater than 150 beats per minute
- Sudden onset severe headache
- Fainting spells
- Pale or blue color change of leg or foot that does not respond to elevation and loosening of bandages
- Blood that appears when vomiting, coughing or with bowel movement

Do not drive yourself to the emergency room.

Pain and medication
Your Joint Center care team will give you a plan on how to manage your pain when you go home.
- You have two options to get your pain medication prescriptions filled:
  - Go to your regular pharmacy.
  - Have them filled by the Mobile Pharmacy at Barnes-Jewish Hospital. This will take the hassle out of getting your prescriptions filled after you leave.
  - Discuss this option with your nurse and the hospital’s in-house pharmacy will deliver your prescriptions to your bedside before you leave the hospital.
- Start by taking your pain medication as prescribed. As your pain lessens, take less pain medication.
  - Remember to practice other ways to manage pain:
    - Activity: movement and activity helps lessen pain
    - Distraction: focus on something other than your pain
    - Ice Therapy: control pain and reduce swelling with an ice machine or pack
    - Elevation: improve blood flow by raising your incision higher than your heart, this will help reduce the swelling.

Constipation (trouble with bowel movements)
Medication, iron supplements and a decrease in mobility caused by your surgery can cause digestion difficulty and slow down normal bowel movements. Constipation is common, and your physician may prescribe a stool softener for you.
Some patients may also lose their desire for food after surgery.
- Try to eat smaller nutrient-packed meals more often.
- Keep fluids in your body. Water is the best choice.

Preventing blood clots at home
Before you are discharged, your orthopedic nurse will review your physician-developed plan fitted for you to prevent blood clots while home.

Driving
Have your joint coach, family member or friend drive you until you feel comfortable to drive on your own. Before you can drive you must be able to:
- Walk comfortably without support.
- No longer be taking prescribed pain medication.
- Feel ready to safely drive.

Sleeping
You may have difficulty sleeping for a few months after surgery. Your sleep will improve over time, but it can be tricky to treat having trouble sleeping. Sleeping pills are not recommended because they can have considerable side effects. You can use your pain medications one hour prior to bedtime to help you relax, control your pain, and help you go to sleep easier.

Home exercise plan
Do your exercises regularly to keep your body moving and get your muscles stronger. The more you stick to the plan, the quicker you will feel better. Also, keep walking, because it will help your body stay healthy. Use your walker or crutches until your surgeon or therapist tells you that you no longer need it.

Ice therapy
- Continue using your ice machine or an ice pack.
- Use it 10 to 15 minutes each time or up to 20 minutes to lower pain.
- The ice machine pad is not meant to go on directly on your skin. Use a piece of cloth in between.

Your follow-up appointment
You will have a follow-up appointment with your surgeon about 4-6 weeks after surgery to talk about your progress and next steps of your treatment plan. During this appointment your surgeon will:
- Take an x-ray of your joint and discuss your progress.
- Do a physical exam.
- Ask you questions about how well you are following your discharge instructions and recovery plan.
- Review your medications, pain management and exercise program.
- Talk about your daily activities, which include returning to work.
- Discuss a further treatment plan.
**STAYING HEALTHY CHECKLIST**

- **Exercise to keep your joint strong.**
  If your surgeon and family doctors say it is okay, try to exercise regularly: three to four times per week, 20-30 minutes at a time.

- **Eat healthy.**
  Eat a balanced and healthy diet and manage your weight to have the best experience with your joint for years to come.

- **Stay smoke-free.**
  Being smoke-free means you care about practicing preventive medicine. Also, try to avoid smoky environments. Secondhand smoke can also increase your risk.

- **Live a healthy lifestyle.**
  Good health is a commitment to knowing your body’s blood pressure, blood glucose, blood cholesterol and weight. Improve your overall health by getting check-ups regularly to live your best health at any age.

- **Dental work or upcoming surgeries.**
  If you have any other surgery or dental work, remember to tell your doctor or dentist that you have had a joint replacement. You and your physician can discuss the need for antibiotic treatment before the procedure.

**CARE AT HOME CHECKLIST**

- Wear shoes that have enough support to prevent slips and falls. Do not wear back-less or toe-less shoes.
- Stand up slowly to prevent feeling faint.
- Prevent being stiff by changing positions as much as possible or taking short walks.
- Do not lift heavy objects.
- Do not sit in low places making it hard to get up from.
- Go to all of your health care wellness checks. It is important to stay healthy. You can list your additional health-related appointments on page 32.

*The journey of a thousand miles begins with a single step.*

*— Lao Tzu*
RAPID RECOVERY TO THE NEW YOU

The following is a checklist of safety items and equipment you need to be independent with your new joint at home.

**ALL JOINT REPLACEMENTS**

- **Walker, crutches, or cane**
  - If you do not have a walker, crutches, or cane please do not purchase some on your own. While you are staying with us your Joint Center of Excellence care team will want to help you get equipment specially fit for you.
  - If you own this equipment, pack it in your car for when you go home.

**HIP REPLACEMENTS ONLY (mandatory)**

To save money, call your insurance company about getting coverage for the following items before purchasing or temporarily borrowing.

- **Hip replacement kit**
  If you would like to purchase a hip replacement kit from your surgeon’s office, the cost of this kit is $50 and the item part is #212801. To save time you can pick up your kit at the surgeon’s office the same day you go to your surgical evaluation or at your joint class. The kit includes a plastic sock aide, dressing stick, 32” reacher, elastic shoelaces (2 pairs), long-handled sponge and a long-handled shoe horn.

- **Toilet**
  - Raised toilet seat with handrails and locking clip
  - Make sure it fits your style of toilet.
  - OR
  - 3-1 commode/bedside commode, an easy-to-use toilet

- **Tub transfer bench**
  This will help you get in and out of the bathtub.

**KNEE REPLACEMENTS ONLY (optional)**

To save money, call your insurance company about getting coverage for the following items before purchasing or temporarily borrowing. Your therapist will customize an equipment plan based on your needs.

- **Toilet**
  - Raised toilet seat with handrails and locking clip
  - Make sure it fits your style of toilet.
  - OR
  - 3-1 commode/bedside commode, an easy-to-use toilet

- **Shower chair**
  You will sit on this while taking a shower.

**KNEE REPLACEMENTS ONLY (upon recommendation)**

- **Motion Therapy Machine – Continuous Passive Motion (CPM)**
  Your orthopedic surgeon may recommend that you use a motion therapy machine called Continuous Passive Motion machine in your home. If home use is recommended, your Joint Center care team will coordinate having the CPM machine delivered to your home, a specialist will set it up, and you will be given instructions on how it works.

**HIP REPLACEMENTS ONLY (optional)**

- **Tub transfer bench**
  This will help you get in and out of the bathtub.

- **Shower chair**
  You will sit on this while taking a shower.

**PHONE NUMBERS**

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<tr>
<th>HEALTH CARE PROVIDER</th>
<th>NAME</th>
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<tr>
<td>Barnes-Jewish Hospital</td>
<td></td>
<td>314-747-3000</td>
<td>Monday to Friday 8 a.m.-4:30 p.m.</td>
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<tr>
<td>Orthopedic surgeon</td>
<td></td>
<td>314-514-3500</td>
<td>Monday to Friday 8 a.m.-5 p.m.</td>
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<tr>
<td>Specialty Care Clinic</td>
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<td>314-362-9100</td>
<td>Monday to Friday 8 a.m.-5 p.m.</td>
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<tr>
<td>Center for Preoperative Assessment and Planning (CPAP)</td>
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<td>314-362-4275</td>
<td>Monday to Friday 7:30 a.m.-4:30 p.m.</td>
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<td>In-patient therapy services</td>
<td></td>
<td>314-362-2389</td>
<td>Monday to Friday 7:30 a.m.-4 p.m.</td>
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<td>7300 nurses station</td>
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<td>314-362-4058</td>
<td>24 hours a day</td>
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<tr>
<td>7400 nurses station</td>
<td></td>
<td>314-747-7240</td>
<td>24 hours a day</td>
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<tr>
<td>Barnes-Jewish Hospital outpatient pharmacy</td>
<td></td>
<td>314-362-1224</td>
<td>Monday to Friday 6:30 a.m.-5:30 p.m. Saturday 7 a.m.-3 p.m. Closed Sunday</td>
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<td>Home health agency</td>
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### ADDITIONAL RESOURCES

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<tr>
<td><strong>Barnes-Jewish Hospital</strong></td>
<td><a href="www.barnesjewish.org/patients-visitors/directions-maps">www.barnesjewish.org/patients-visitors/directions-maps</a></td>
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### NOTES AND QUESTIONS
# FOLLOW-UP APPOINTMENTS

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For more information, visit BarnesJewish.org

Barnes-Jewish Hospital
One Barnes-Jewish Hospital Plaza
St. Louis, MO 63110