

# Journey Guide

## YOUNG ADULT HIP PRESERVATION SURGERY

The physicians and staff at the Washington University and Barnes-Jewish Orthopedic Center are a team of highly specialized health care providers who will serve as your care team. We will work together with you to optimize your treatment and provide you with comprehensive care. Our priority is to establish an accurate diagnosis and to develop an individualized treatment plan. Potential treatments include nonoperative measures and hip preservation surgeries.

The purpose of this manual is to familiarize you with certain disorders of the hip joint and to introduce the hip preservation procedure chosen for you. This technique enables your surgeon to visualize the entire hip joint and to treat a variety of problems. This surgery is most commonly used to treat more complex disorders of the hip.

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.

Since 1992, *U.S. News & World Report* has placed Barnes-Jewish Hospital and its partners with Washington University Physicians on the elite Honor Roll of America's Best Hospitals. Experience the best — you deserve it!



YOUR JOURNEY TO A RAPID  
RECOVERY STARTS NOW.



**This is your journey guide to a healthier life. You will have an excellent 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, meetings and your stay at Barnes-Jewish Hospital.
- Review your rapid recovery dates on page 2.

Patient

Surgeon

Procedure

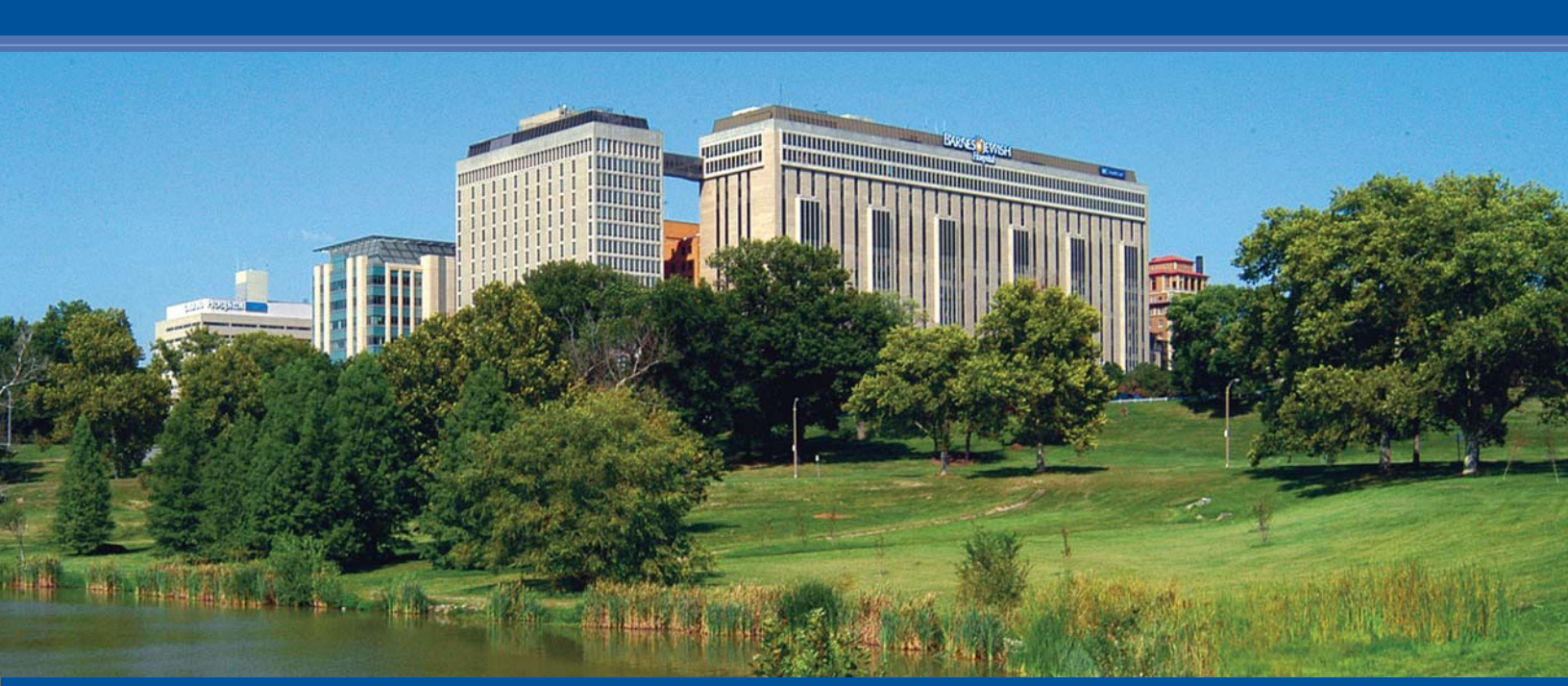
## RAPID RECOVERY DATES

	DATE	TIME	NOTES
<b>Getting healthy for surgery</b> Meeting with orthopedic surgeon			Learn more on page 5
<b>Getting ready for surgery</b> Surgery evaluation at the Center for Preoperative Assessment and Planning (CPAP)			Learn more on page 6
<b>Imaging</b> CT and radiology tests			See insert
<b>Day of surgery</b> 1-3 days before surgery, your surgeon's office will call you and tell you what time to arrive			
<b>Planning your discharge</b> Meeting with your care team			Learn more on page 16
<b>Your journey home</b> Visit from your home care team			Learn more on page 17
<b>Follow-up appointment</b> Talk about your progress with your surgeon and next steps of your treatment plan			Learn more on page 19
<b>Continuing rapid recovery</b> Visit an outpatient therapy center			

**If you have questions at any point in your journey, contact:**

**Name:** \_\_\_\_\_

**Phone number:** \_\_\_\_\_



## RAPID RECOVERY TIMELINE

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# GETTING TO KNOW YOUR ORTHOPEDIC CARE TEAM

*Your 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.*

<p><b>Orthopedic Surgeon</b></p> <p>Your surgeon and surgical care team will guide your care and perform your surgery.</p>	<p><b>Registered Nurse (RN)</b></p> <p>Your nurse is trained in orthopedics and will follow your surgeon's plan for your rapid recovery. They will teach you and your coach how to stay safe and healthy during every step of your recovery.</p>
<p><b>Anesthesia Team</b></p> <p>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).</p>	<p><b>Physical Therapist (PT)</b></p> <p>Your physical therapy team plans the best way for you to be your strongest both before and after your hip surgery. 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 after surgery.</p>
<p><b>Nurse Practitioner (NP)</b></p> <p>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.</p>	<p><b>Occupational Therapist (OT)</b></p> <p>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.</p>
<p><b>Case Manager</b></p> <p>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.</p>	<p><b>Orthopedic Concierge</b></p> <p>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.</p>



# GETTING HEALTHY FOR SURGERY

*The plan is to take steps to feel good about your health – starting now! Here is a checklist that will guide you to be your healthiest after surgery.*

## Choose a coach for your rapid recovery journey

- The person you pick will motivate you to be your very best during your journey. Select a family member or friend who can be by your side to help you stay on track to complete your checklists and be successful.
- Your coach will help you meet your surgery planning and rapid recovery goals. They will be a second set of ears to learn with you.
- Your coach will help you become independent faster. They will learn the appropriate exercises and encourage these daily activities when you go home.
- When you first arrive home, your coach should stay with you for a few days then visit daily. This home support will encourage you during your rapid recovery journey.

## Stop smoking – it will help you heal faster

**When you stop smoking, your body will recover faster and prevent infection.** Please try our freedom from smoking program. This free program will help you change habits, reduce stress and teach you how to prevent relapses. *For more information call 314-362-7844 or visit us at [www.siteman.wustl.edu](http://www.siteman.wustl.edu)*

## Start taking an iron pill each day

Iron helps transport oxygen throughout the body by increasing healthy oxygen-carrying red blood cells. Taking an iron pill each day before your surgery can improve your energy to help you recover rapidly.

## Nutrition

Eat well-balanced meals to be healthy for surgery. We will teach you how to be at your best health for your surgery and how the food you eat can benefit your healing and improved lifestyle after surgery. Using a registered dietician will help you understand how to reach your goals faster, perform better and be healthier. *If you are interested in additional nutrition counseling call the BJC WellAware Center at 314-286-0525.*

## Returning to work

Start planning for when you can go back. Ask your surgeon's office for an estimated back-to-work date and, if needed, secure a temporary handicap parking permit. Your care team will help you prepare to go back to work and return to your active lifestyle.



## 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)

- 1-4 weeks before surgery, you, or you and your 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 blood tests 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.**

#### 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 care team is here to help whenever you have a question.  
Important phone numbers are on page 23.





## 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 after surgery by borrowing or purchasing items to help you while home. To review equipment go to page 22.



# 1 WEEK 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?**

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 8.**

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

# 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 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 after your surgery at home.

**Please follow any special instructions you received from your 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.

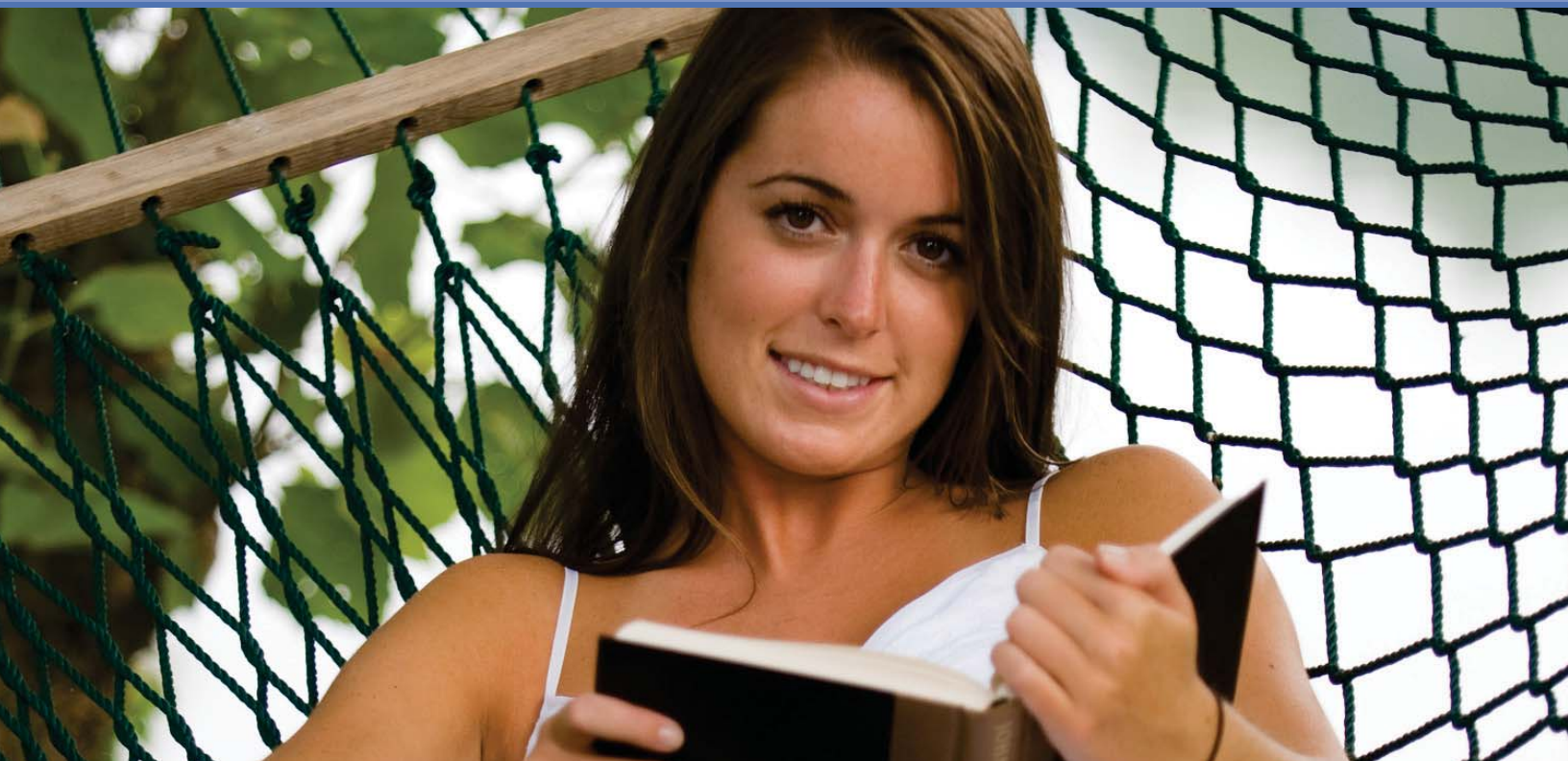
**If you did not already, please complete the "set up your home" checklist on page 8.**

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 11.

Your care team is here to help whenever you have a question.  
Important phone numbers are on page 23.



## DAY 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.*

- Take medications that were given to you by your surgeon's office (Naproxen and nausea patch).**

## NIGHT BEFORE 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.**
- Either use Scrub Care from CPAP or any liquid antibacterial soap. Take a shower the night before, sleep in clean sheets and pajamas, and take another shower the day of your surgery.**
- Don't shave.** Especially do not shave near the area where you will be having surgery.
- 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 11.

# WHAT TO BRING

- An attitude of success - you will soon be on a rapid recovery back to your active lifestyle
- This Hip Preservation 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 — buy underwear one size above what you 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 care team will give you all necessary medications while you are at Barnes-Jewish Hospital

# DAY OF 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.*

## Before you arrive

- Take a shower the night before, sleep in clean sheets and pajamas, and take another shower the day of your surgery. Either use Scrub Care from CPAP or any liquid antibacterial soap.
- 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 hospital for valet service. 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 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 your anesthetic 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.
- 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 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 BARNES-JEWISH HOSPITAL

*Have your 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 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. You will have a drain coming out of your incision and connected to a container, which will help reduce swelling.
- Your catheter, used to drain urine from your bladder, will be monitored.
- Swelling is possible and common. Using ice therapy (ice machine or ice pack) will help keep the swelling under control.
- Your orthopedic nurse, physical therapist and occupational therapist will help you get out of bed. They will be safely helping you recover rapidly.
- Your safety is our biggest priority. If you are alone and want to get up, please contact us with the call light.







### **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.



## 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 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.

	0 No Pain	Does not interfere with ADLs*
	1 _____	
	2 Mild Pain	Mildly interferes with ADLs*
	3 _____	
	4 Moderate Pain	Somewhat interferes with ADLs*
	5 _____	
	6 Severe Pain	Partially interferes with ADLs*
	7 _____	
	8 Very Severe Pain	Greatly interferes with ADLs
	9 _____	
	10 Worst Possible Pain	Completely interferes with ADLs*

\* Activities of Daily Living (ADL) such as: sleeping, eating, mood, walking, enjoyment of life relationships

## Healing by movement

- Your 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 to sit up or get out of bed. This generally occurs soon after your surgery. 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 recovery will be better. 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 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.
- As a precaution, you will be given a blood-thinning medicine such as aspirin to prevent blood clots.



- Additional preventative measures may include a special computerized sleeve that helps squeeze your leg muscle to keep the blood moving during your hospital stay.
- The nursing staff will encourage you to move your legs, feet and ankles to keep the blood flowing.

### Preventing pneumonia

- You will receive a medical device called an incentive spirometer. This device will help prevent pneumonia by analyzing the amount of air you use with each breath to help improve air movement and air flow.
- It is important to be out of bed and moving because movement helps you take deeper breaths and creates better air flow to your lungs.

### 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.

### 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 hip 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
  - Perform exercises to increase strength
  - Have balance and be mobile
  - Climb up and down stairs



### 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 hip surgery 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 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. We may also provide recommendations for a combination of home-based therapy followed by outpatient therapy.

- 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.



# YOUR JOURNEY HOME

*Our goal is for you to be successful and be ready to return to the active lifestyle you've been wishing for. In order to be successful, you will have to keep strengthening your hip at home.*

## 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 hip surgery, your surgeon may recommend continuing your therapy by attending an outpatient therapy center after your first postoperative visit to your doctor. An outpatient therapy center is a fitness-type center that focuses on healing your hip 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 hip.

## 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 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.

- It is common to have some swelling after exercise and activity.
- Follow your orthopedic surgeon's instructions on caring for your incision. You cannot submerge your incision (in a tub, hot tub, pool, lake, river, etc.) until it is healed and your surgeon gives you clearance. Follow the instructions for how to shower with your incision.

## 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
- If you are overly worried, anxious or very concerned about any issue

Your care team is here to help whenever you have a question.  
Important phone numbers are on page 23.



### 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 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

Before you can drive you must be able to:

- Bear your full weight.
- 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 four 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 hip 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 including outpatient treatment.



## 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 28.

# STAYING HEALTHY CHECKLIST

**Exercise.**

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.

*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 at home.*

## Walker or crutches

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

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

## Hip kit

You may purchase a hip kit from your surgeon's office or from any medical supply company. To save time you can pick up your kit at the surgeon's office the same day you go for your surgical evaluation. 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

## OPTIONAL EQUIPMENT

### 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.

## POST-OPERATIVE PHYSICAL THERAPY AND PLANNING

### CPM Machine

A CPM machine will be used for gentle motion of the hip. Our hospital case coordinator will make arrangements to have this equipment delivered to your home. You will use this machine 4-6 hours/day with up to 60 degrees of flexion as tolerated for 3-4 weeks.



# PHONE NUMBERS

HEALTH CARE PROVIDER	NAME	PHONE NUMBER	OPEN HOURS
<b>Barnes-Jewish Hospital</b>		314-747-3000	
<b>Orthopedic surgeon</b>		314-514-3500 <i>After hours:</i> 314-388-5550 <i>Toll free:</i> 866-582-8055	Monday to Friday 8 a.m.-4:30 p.m.
<b>Center for Preoperative Assessment and Planning (CPAP)</b> Surgery Evaluation Center		314-362-4275 <i>Toll free:</i> 800-828-3783	Monday to Friday 7:30 a.m.-4:30 p.m.
<b>In-patient therapy services</b>		314-362-2389	Monday to Friday 7:30 a.m.-4 p.m.
<b>7300 nurses station</b>		314-362-4058	24 hours a day
<b>7400 nurses station</b>		314-747-7240	24 hours a day
<b>Barnes-Jewish Hospital outpatient pharmacy</b> Center for Advanced Medicine, 3 <sup>rd</sup> floor		314-362-1224	Monday to Friday 6:30 a.m.-5:30 p.m. Saturday 7 a.m.-3 p.m. <i>Closed Sunday</i>
<b>Home health agency</b>			
<b>Outpatient therapy center</b>			
<b>Primary care physician</b>			

# ADDITIONAL RESOURCES

NAME	NOTES
<b>Barnes-Jewish Hospital</b> Directions and Maps	<a href="http://www.barnesjewish.org/patients-visitors/directions-maps">www.barnesjewish.org/patients-visitors/directions-maps</a>









