

| Patient Journey Guide

Barnes-Jewish West County 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 can improve quality of life. 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 West County Hospital is fully accredited by the Joint Commission. This accreditation is evidence that the hospital, through its own voluntary efforts, meets or exceeds the standards of excellence required by the Joint Commission. Joint Commission Accreditation is internationally recognized as a measure of an organization's high standards and clinical quality performance.

YOUR JOURNEY TO A RAPID RECOVERY STARTS NOW.



This is your journey guide to a healthier life. You will have a care team member 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 West County Hospital.
- Review your rapid recovery dates on page 2.

Patient

Surgeon

Procedure

RAPID RECOVERY DATES

	DATE	TIME	NOTES
Getting healthy for surgery Meeting with orthopedic surgeon			Learn more on page 5
Getting ready for surgery Surgery evaluation at the Center for Preoperative Assessment and Planning (CPAP)			Learn more on page 6
Joint Replacement class Let's learn about the surgery experience			Learn more on page 8
Preventing infections for surgery Start your decolonization therapy 5 days before your day of surgery			Learn more on page 11
Day of surgery 1-3 days before surgery, your surgeon's office will call you and tell you what time to arrive			Learn more on page 16
Planning your discharge Meeting with your care team			Learn more on page 20
Day after surgery Your joint coach will attend a physical therapy session and discharge class			
Your journey home Visit from your home care team			Learn more on page 21
Follow-up appointment Talk about your progress with your surgeon and next steps of your treatment plan			Learn more on page 23
Continuing rapid recovery Visit an outpatient therapy center			

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

Name: _____

Phone number: _____



RAPID RECOVERY TIMELINE

Getting to know your care team	4
Getting healthy for surgery	5
Getting ready for surgery	6
2-4 weeks before surgery	8
1 week before surgery	11
2-3 days before surgery	13
Night before surgery	14
What to bring	15
Day of surgery	16
Your stay	17
Your journey home	21
Rapid recovery to the new you	26
Phone numbers	27
Pain management tracker	29
Daily Health Tasks at Home	30

GETTING TO KNOW YOUR 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>Orthopedic Surgeon</p> <p>Your surgeon and surgical care team will guide your care and perform your joint replacement surgery.</p>	<p>Registered Nurse (RN)</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 joint coach how to stay safe and healthy during every step of your recovery.</p>
<p>Anesthesia Team</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>Physical Therapist (PT)</p> <p>Your physical therapy team 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.</p>
<p>Nurse Practitioner (NP)</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>Occupational Therapist (OT)</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. You will meet this team member at your Joint Class.</p>
<p>Case Manager</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>	



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 for your new joint and new start.

Check in with your primary care doctors

It is important to check in with your primary care physician and other specialists such as your cardiologist or additional doctors.

Healthy teeth

Schedule an appointment with your dentist before surgery to make sure your teeth are in their best health. Healthy teeth will help lower the chance of infection after surgery.

Choose a joint 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 joint 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 joint 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 joint coach will need to stay with you for a few days until you're able to complete your basic needs without help i.e. toileting, meals, dressing, bathing, and leaving the home. 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 help prevent infection. Washington University provides one-on-one smoking or tobacco cessation coaching sessions at Barnes-Jewish Hospital or Barnes-Jewish West County Hospital. This free program will help you change habits, reduce stress and teach you how to prevent relapses.

For more information or to schedule an appointment call 314-747-QUIT (7848) or visit us at ortho.wustl.edu/quit.

Diabetes

It is very important to control your blood glucose levels during your journey. **When you control your blood glucose, you will heal faster, prevent wound complications and assist in preventing infection.** An easy, convenient way to take advantage of every available resource for your journey is to make an appointment with a health care professional. *Call 314-542-WEST (9378) or toll-free 844-542-9378 to speak with a referral consultant and find a diabetes specialist that best meets your needs and preferences.*

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 or Nutrition Counseling services at Barnes-Jewish West County Hospital at 314-996-3823.*

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)

- 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 on the main floor at Barnes-Jewish West County Hospital. Upon arrival, please check in at the registration desk in the hospital lobby.
 - Self-parking is available in the front of the hospital.
- If you need to change or reschedule your surgical evaluation date, please call your orthopedic surgeon.

For more information on getting to Barnes-Jewish West County Hospital, parking and to download campus maps, visit BarnesJewishWestCounty.org/directions

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 replacement care team is here to help whenever you have a question. Important phone numbers are on page 27.



2-4 WEEKS BEFORE SURGERY

Get excited! We expect for you and your joint coach to attend the joint replacement class. You will meet people who are on this same journey and find ways to have a successful rapid recovery.

Barnes-Jewish team members take pride in providing an excellent learning experience during your joint replacement class. The joint replacement class is in Conference Room D located on the lower level of the hospital off the cafeteria. If you have questions, call your orthopedic surgeon's office. Phone numbers are listed on page 27.

What to expect during your Joint Replacement 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 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.
- Talk about ways to stay at your best health.
- Review the “making your muscles stronger” list of exercises on page 9. Start these exercises 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.

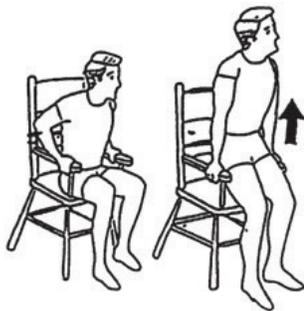
Remember to bring this Joint Replacement Journey Guide with you to class and during each step of your rapid recovery journey.

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 replacement class with your orthopedic physical therapist and registered nurse.

Follow this checklist to a stronger and healthier body.

- Make an appointment to see a physical therapist for one pre-operative strengthening and instruction visit.
- 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.
- View and practice your exercises with your joint coach. They can be found at ortho.wustl.edu/KneeExercises or ortho.wustl.edu/HipExercises



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.



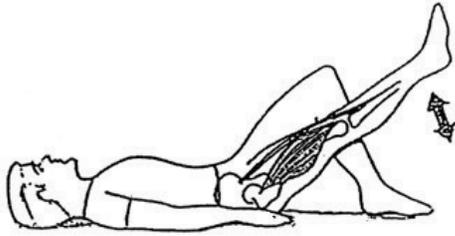
Standing Hip Extensors

- 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

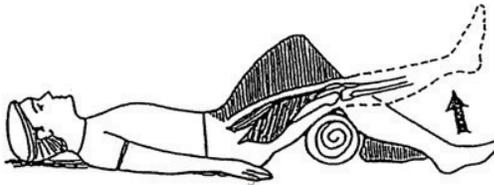
- Stand with your surgery leg away from the back of the chair.
- Keep your upper body and pelvis still; then gently move your surgery leg out to the side.
- Do not bend at your waist or lean sideways.



KNEE REPLACEMENTS ONLY

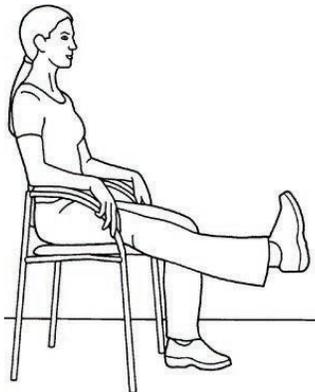
Straight Leg Raise

- 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 clean skin therapy 5 days before your surgery date to prevent infection.

Read and begin the instructions given to you about the special soap and nasal ointment. **Wear freshly-washed clothes and sleep in clean sheets.** This will help prevent infection

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 rthopedic 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 Center for Preoperative Assessment and Planning medication instructions.

SET UP YOUR HOME CHECKLIST

- | |
|---|
| <input type="checkbox"/> Prepare easy-to-eat meals for when you return home. |
| <input type="checkbox"/> For your safety, put your favorite things in places you can easily reach. |
| <input type="checkbox"/> Delay mail or have someone take care of your mail. |
| <input type="checkbox"/> Have someone take care of your children and pets. |
| <input type="checkbox"/> Secure someone to do your yard work. |
| <input type="checkbox"/> Do laundry. |
| <input type="checkbox"/> Clean your home. |
| <input type="checkbox"/> Make sure all stairs at your home have a sturdy railing. |
| <input type="checkbox"/> 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. |
| <input type="checkbox"/> Make sure all areas you walk in are well lit. Change burnt-out light bulbs and, if needed, add extra light to see. |
| <input type="checkbox"/> Have a chair with armrests to easily get up from a sitting position. Make sure the chair is sturdy and not too low. |
| <input type="checkbox"/> 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 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 care team or during your Center for Preoperative Assessment and Planning 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 replacement 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 clean skin therapy using the special soap and nasal ointment.**
- Do not use any lotions, powders or perfumes.**
- Continue to wear freshly-washed clothes and sleep in clean sheets.** This will help prevent infection.
- Pack your bag.** Please complete the "what to bring" checklist on page 15.

**Your joint replacement care team is here to help whenever you have a question.
Important phone numbers are on page 27.**

WHAT TO BRING TO THE HOSPITAL

<input type="checkbox"/> An attitude of success - you will soon be on a rapid recovery back to your active lifestyle
<input type="checkbox"/> Your Joint Replacement Journey Guide
<input type="checkbox"/> Phone numbers of anyone you may want to talk with during your stay at Barnes-Jewish West County Hospital
<input type="checkbox"/> Your insurance card and a photo ID. If you have a prescription card, please bring it
<input type="checkbox"/> Pack loose-fitting clothing such as t-shirts and drawstring or elastic-band shorts or loose pants
<input type="checkbox"/> Comfortable walking shoes and socks - make sure that the shoes are wide enough to allow for possible swelling. No flip-flops, sandals, or Crocs
<input type="checkbox"/> If you sleep with an obstructive sleep apnea CPAP machine, bring it with you
<input type="checkbox"/> Your joint coach should bring a method of payment for your new device that will assist you on the day of discharge.

PLEASE LEAVE THE FOLLOWING ITEMS HOME

<ul style="list-style-type: none">• 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 West County Hospital
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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

- To help prevent infection, you will need to wash with special soap, Scrub Care, which was provided during your visit to our Center for Preoperative Assessment and Planning (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 for the morning of surgery. This would have been provided during your visit to our Center for Preoperative Assessment and Planning (CPAP).

Parking

You will want to park nearest the area you will be receiving treatment. Please park in the lot directly in front of the hospital.

Check-in

- Check in at the surgery waiting area on the main floor of Barnes-Jewish West County Hospital. 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.
 - To update your joint coach, family member or friend about your surgery, a care team member will secure one of their cell phone numbers.

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

Have your joint coach, friends or family at your side to learn how to help you when you get home. As part of your rapid recovery journey, your joint coach needs to be at the hospital by 8 a.m. the day after surgery.

What to expect:

- A member from 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 for your new joint. You may have a drain coming out of your incision and connected to a container, which will help reduce swelling.
- 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.

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 PATIENT ONLY:

Knee Replacement Leg Positions

Patients should elevate their leg while keeping a straight knee.

Position 1: This position encourages a straight knee, but could be too painful at times. If so, change to position 2.



Position 2: This position uses pillows for elevation and keeps the knee straight.





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.

PAIN SCALE

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

* 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 get out of bed the day of surgery. This will occur a few hours after arrival to the orthopedic unit. 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.
- Additional preventative measures may include a special computerized sleeve that helps squeeze your leg muscle to keep the blood moving.
- 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 exercising your lungs with each breath to help improve air movement and air flow. You will continue to use this device when you go home.
- 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 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. To prevent constipation, 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 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



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. Please refer to page 26 regarding the checklist of safety items and equipment you need to be independent at home.

Planning your discharge

From the minute you talked about having joint replacement surgery at Barnes-Jewish West County Hospital 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 replacement 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
- Your options for continuing either outpatient or inpatient therapy to ensure a safe recovery after you leave the hospital.

Before you leave the hospital:

- 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 West County Hospital main entrance.

YOUR JOURNEY HOME

Our goal is for you to be successful in using your new joint 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 new joint at home.

Home-based therapy

You may have a personal orthopedic nurse and therapist visit you at your home to understand your healing needs. Your nurse will check your incision, remove your staples or sutures 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 replacement 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
- 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 replacement 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 care team will give you a plan on how to manage your pain when you go home. Before you leave the hospital, please make arrangements to visit your pharmacy to have your prescriptions filled.

- 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
 - **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

- **Distraction:** focus on something other than your pain
- **Relaxation:** find a quiet space, close your eyes and concentrate on your breathing

Constipation (trouble with bowel movements)

Pain medication 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 will 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 twice a day to keep your body moving and get your muscles stronger.

- ortho.wustl.edu/KneeExercises
- ortho.wustl.edu/HipExercises

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

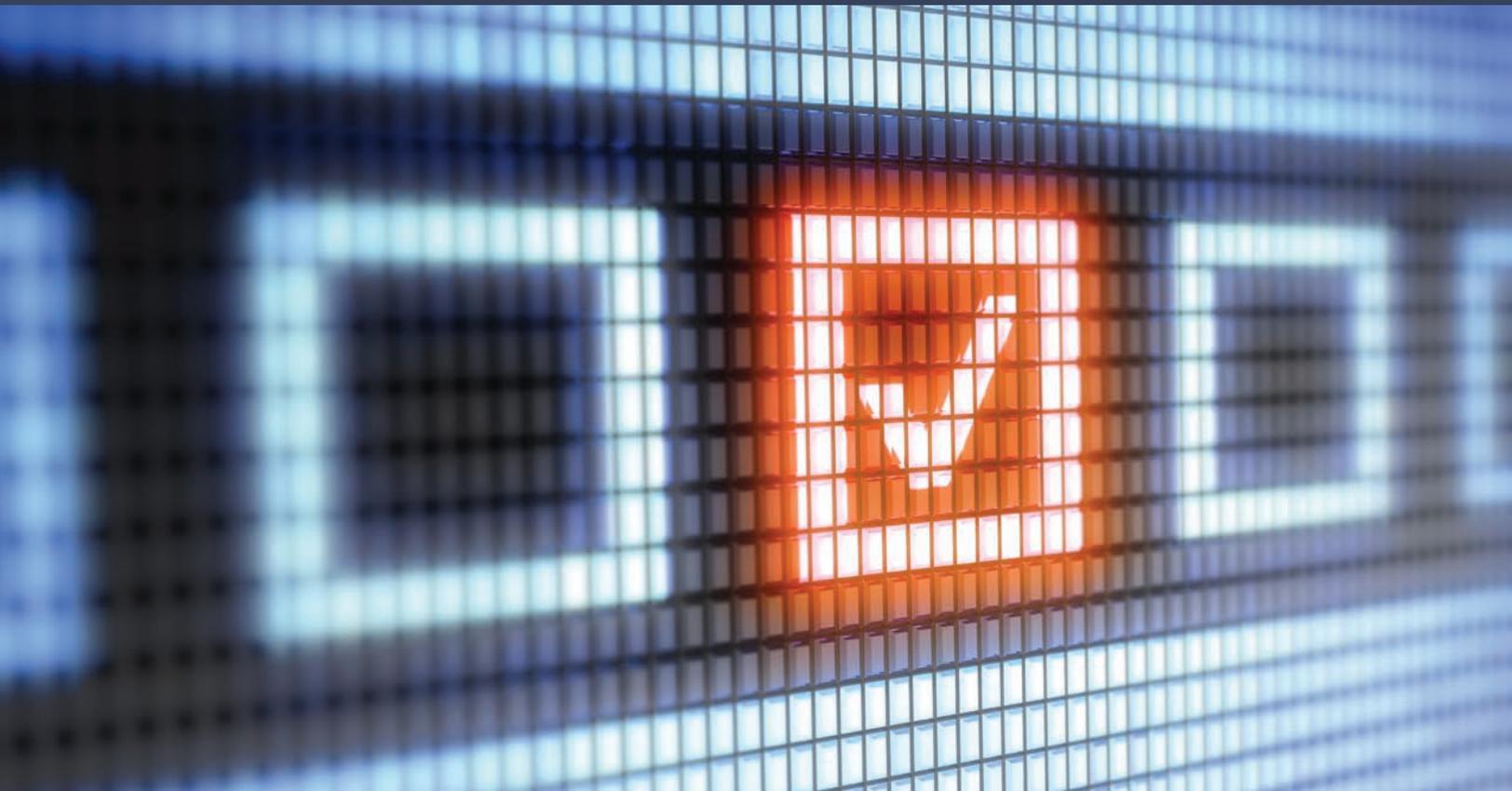
- Continue using your ice machine or an ice pack.
- Use it 10 to 15 minutes each time or up to 20 minutes every hour to lower pain.
- The ice machine pad is not meant to go directly on your skin. Use a piece of cloth in between.

Your follow-up appointment

You will have a follow-up appointment with your surgeon about 4-8 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.



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.**

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.

Avoid routine dental visits 6 months after your surgery. 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.

*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 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 and usually not covered by insurance)

These items need to be obtained by purchasing or borrowing prior to surgery as recommended by your surgeons office.

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 (Barnes-Jewish West County Hospital, 969 North Mason Road, Suite 230) 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

HIP REPLACEMENTS ONLY

(optional and not covered by insurance)

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.

KNEE REPLACEMENTS ONLY

(optional and usually not covered by insurance)

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

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

HEALTH CARE PROVIDER	PHONE NUMBER	OPEN HOURS
Orthopedic surgeon	Business hours: 314-514-3500 For assistance after business hours, call 314-388-5550 or toll free 866-582-8055	Monday to Friday: 8 a.m.-4:30 p.m.
Center for Preoperative Assessment and Planning (CPAP) Surgery Evaluation Center	314-362-4275 Toll free: 800-828-3783	Monday to Friday: 7:30 a.m.-4:30 p.m.
Barnes-Jewish West County Hospital Operator	314-996-8000	
1 East patient care station	314-996-8557	24 hours a day
1 West patient care station	314-996-8420	24 hours a day
In-patient therapy services	314-996-8426	Monday to Friday: 7:30 a.m.-4:30 p.m.

ADDITIONAL RESOURCES

NAME	NOTES
<p>Barnes-Jewish West County Hospital Directions and Maps</p>	<p>BarnesJewishWestCounty.org/directions</p>
<p>Hip Exercises Pre and Post Operative</p>	<p>ortho.wustl.edu/HipExercises</p>
<p>Knee Exercises Pre and Post Operative</p>	<p>ortho.wustl.edu/KneeExercises</p>
<p>Sports Therapy and Rehabilitation (STAR) Outpatient Rehabilitation Services</p>	<p>BarnesJewishWestCounty.org/STAR</p>
<p>Joint Replacement Class</p>	<p>Classes are held on the campus of Barnes-Jewish West County Hospital in Conference Room D, lower level off cafeteria. 12634 Olive Boulevard Creve Coeur, MO 63141</p>
<p>Washington University Orthopedics Joint Replacement Physician Office</p>	<p>Barnes-Jewish West County Hospital 969 North Mason Road, Suite 230 Creve Coeur, MO 63141</p>

DAILY HEALTH TASKS AT HOME

TASKS		DAY 1			DAY 2			DAY 3		
Pain Control	Pain medication, times taken:	<input type="checkbox"/>			<input type="checkbox"/>			<input type="checkbox"/>		
		<input type="checkbox"/>			<input type="checkbox"/>			<input type="checkbox"/>		
		<input type="checkbox"/>			<input type="checkbox"/>			<input type="checkbox"/>		
		<input type="checkbox"/>			<input type="checkbox"/>			<input type="checkbox"/>		
		<input type="checkbox"/>			<input type="checkbox"/>			<input type="checkbox"/>		
	Ice pack or ice machine use	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	Elevating legs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Exercise	Daily Exercises									
	Morning	<input type="checkbox"/> AM			<input type="checkbox"/> AM			<input type="checkbox"/> AM		
	Afternoon	<input type="checkbox"/> PM			<input type="checkbox"/> PM			<input type="checkbox"/> PM		
	Short walks around the home	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Prevention	Mobile compression devices (if ordered)	<input type="checkbox"/>			<input type="checkbox"/>			<input type="checkbox"/>		
	Blood clot prevention medication	<input type="checkbox"/>			<input type="checkbox"/>			<input type="checkbox"/>		
	Incentive spirometer (use hourly)	<input type="checkbox"/>			<input type="checkbox"/>			<input type="checkbox"/>		
	Stool softeners taken and fruits/veggies/fluids to prevent constipation	<input type="checkbox"/>			<input type="checkbox"/>			<input type="checkbox"/>		
Wound	Dressing change (according to discharge instructions)	<input type="checkbox"/>			<input type="checkbox"/>			<input type="checkbox"/>		
	Wound check	<input type="checkbox"/>			<input type="checkbox"/>			<input type="checkbox"/>		

		DAY 4			DAY 5			DAY 6			DAY 7					
Pain Control	<input type="checkbox"/>				<input type="checkbox"/>				<input type="checkbox"/>				<input type="checkbox"/>			
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Exercise																
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Prevention	<input type="checkbox"/>															
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Wound	<input type="checkbox"/>															
	<input type="checkbox"/>			<input type="checkbox"/>			<input type="checkbox"/>			<input type="checkbox"/>						

