Welcome to Joint Class!

Orthopedics

Barnes Jewish Hospital BC HealthCare

Washington University in St. Louis Physicians

America's Top Hospitals

21 Years Ranked Among the Nation's Best

The Joint Commission

National Quality Approval
Getting to Know Your Care Team
Getting to Know Your Care Team
Getting to Know Your Care Team
Our Goals

- Safety
- Mobility
- Infection prevention
- Prevention of complications
Getting Healthy for Surgery
Getting Healthy for Surgery

Health check
Check in with your primary care doctor and other specialists
Getting Healthy for Surgery

Healthy teeth
Schedule an appointment with your dentist
Getting Healthy for Surgery

✔ Joint coach
Choose a joint coach for your rapid recovery journey
Getting Healthy for Surgery

Stop smoking

It will help you heal faster
Getting Healthy for Surgery

- Iron
  Start taking an iron pill
Getting Healthy for Surgery

Nutrition

Eat well-balanced meals
Visit our Center for Preoperative Assessment and Planning (CPAP)

Pre-testing

- Health review
- Medications
- Bring insurance card and advance directive (if you have one)
- Decolonization: scrub care soap will be provided
Getting Ready for Surgery
Getting Ready for Knee Surgery

https://youtu.be/L5EkDkoSiNQ
Getting Ready for Hip Surgery

https://youtu.be/v6Ok5eG1UHk
1 Week Before Surgery
Start decolonization 5 days before your surgery date

- Scrub care soap bathing instructions
1 Week Before Surgery

Start decolonization 5 days before your surgery date

- Scrub care soap bathing instructions
- Clean sheets and clothes
1 Week Before Surgery

Start decolonization 5 days before your surgery date

- Scrub care soap bathing instructions
- Clean sheets and clothes
- Nasal ointment
1 Week Before Surgery

STOP TAKING:

- Herbal Supplements
- NSAIDs
- Aspirin
- Vitamin E
1 Week Before Surgery

- **Skin Check:**
  Do you have any open wounds?

- **Pack Your Bag**
Day Before Surgery
Day Before Surgery

- Take 2 pills of Celebrex with breakfast (if prescribed)
- Take Coumadin at noon (if prescribed)
- Do not eat after midnight
Day of Surgery

- Avoid eating and drinking before surgery.
- Take a warm bath before surgery.
- Take your medications as prescribed.

Journey Guide

Your Journey to a Safe Recovery Starts Now

Barnes-Jewish Hospital and Washington University Physicians are your partners in your surgery. We will help you to be well and go home. In fact, studies show that this may improve hospital stays, and length of stay. If you have questions about your surgery, please ask your surgeon, nurses or surgical staff. They will be here to help you recover safely. By doing this, you will be able to go home and be safe.
Barnes-Jewish Hospital
Parking Options
Surgery Check-In
Before Going Into Surgery
Recovery Room
Your Stay at the Barnes-Jewish Joint Center of Excellence
(7300/7400 South Campus)
Semi-Private Room
In-Room Care

https://youtu.be/VoVrBzk47G0
In-Room Care

https://youtu.be/QrUs1S8ulmo
In-Room Care

https://youtu.be/lhFapglMspY
# Pain Management

<table>
<thead>
<tr>
<th>Score</th>
<th>Description</th>
<th>Impact on Activities of Daily Living (ADLs)</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>No Pain</td>
<td>Does not interfere</td>
</tr>
<tr>
<td>1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Mild Pain</td>
<td>Mildly interferes</td>
</tr>
<tr>
<td>3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Moderate Pain</td>
<td>Somewhat interferes</td>
</tr>
<tr>
<td>5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>Severe Pain</td>
<td>Partially interferes</td>
</tr>
<tr>
<td>7</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>Very Severe Pain</td>
<td>Greatly interferes</td>
</tr>
<tr>
<td>9</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>Worst Possible Pain</td>
<td>Completely interferes</td>
</tr>
</tbody>
</table>

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

The goal is to keep your pain at a Level 4 or below.
In-Room Therapy

Physical and Occupational Therapy will help you:

• Get dressed
• Get in and out of bed/chair
• Get to and from the bathroom
• 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
Setting Up Your Home
Equipment Needed

Crutches  Walker  Raised toilet seat
Optional Equipment Needed

Tub transfer bench
Equipment Needed

Discharge and Your Journey Home
Discharge and Your Journey Home

- Home based-therapy:
  - Nursing
  - Physical and Occupational Therapy
- Preventing blood clots
- Wound check/incision care

- Pain medication
- Driving
- Follow-up appointments
- Return to work
Featured Patient: Karen Dodson

After receiving a diagnosis of advanced arthritis in her hip, Karen underwent a Total Hip Replacement. After her surgery, Karen is back to cycling, traveling, hiking, horseback riding, fishing and more!

To read more of Karen’s story and other patient testimonials, please visit our website at ortho.wustl.edu/story
The journey of a thousand miles begins with a single step.

Lao Tzu

Thank You!