Getting to Know Your Care Team
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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 Surgery

Chair push-ups:
- 2-4 weeks before surgery
- All joint replacements
Getting Ready for Surgery

*Hip Replacements Only

Pre-Surgery Exercise Demonstrations
2. Bridging
Getting Ready for Surgery

*Pre-Surgery Exercise Demonstrations*
2. Knee Range of Motion in the sitting position

*Knee Replacements Only*
1 Week Before Surgery
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
Barnes-Jewish Hospital
Parking Options
Surgery Check-In
Before Going Into Surgery
Operating Room
Your Stay at the Barnes-Jewish Joint Center of Excellence
(7300/7400 South Campus)
Semi-Private Room
In-Room Care

Your Post-Surgical Experience
In-Room Care

Your Post-Surgical Experience
In-Room Care

Your Post-Surgical Experience
## Pain Management

<table>
<thead>
<tr>
<th>Number</th>
<th>Pain Level</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>No Pain</td>
<td>Does not interfere with ADLs*</td>
</tr>
<tr>
<td>1</td>
<td>Mild Pain</td>
<td>Mildly interferes with ADLs*</td>
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<tr>
<td>2</td>
<td>Moderate Pain</td>
<td>Somewhat interferes with ADLs*</td>
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<td>3</td>
<td></td>
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<tr>
<td>4</td>
<td>Severe Pain</td>
<td>Partially interferes with ADLs*</td>
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<td>5</td>
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<tr>
<td>6</td>
<td>Very Severe Pain</td>
<td>Greatly interferes with ADLs</td>
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<tr>
<td>7</td>
<td></td>
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<tr>
<td>8</td>
<td>Worst Possible Pain</td>
<td>Completely interferes with ADLs*</td>
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<tr>
<td>9</td>
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</tbody>
</table>

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

Recommended Adaptive Equipment
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!