

# Patient Journey Guide

**WASHINGTON UNIVERSITY PHYSICIANS  
BARNES-JEWISH HOSPITAL  
BARNES-JEWISH WEST COUNTY HOSPITAL  
MISSOURI BAPTIST MEDICAL CENTER**

The doctors and staff at Washington University Orthopedics, Barnes-Jewish Hospital, Barnes-Jewish West County Hospital and Missouri Baptist Medical Center are partners in your journey to a healthier lifestyle with your new joint. Studies show that hip and knee replacements improve quality of life. With this guide, you will prepare for living a healthier and more active lifestyle. During your stay with us we will help you safely recover. By reading this guide, you're already on your journey to recovery and returning to your favorite activities.

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



## **YOUR JOURNEY TO RECOVERY STARTS NOW.**



**This is your journey guide to a healthier life.  
You will have an excellent orthopedic 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 this guide along with you to all appointments, classes, meetings and your hospital stay.
- Review your surgery timeline on page 2.

Patient	Surgeon	Procedure
<b>My surgery will take place at:</b>		
<input type="checkbox"/> <b>Barnes-Jewish Hospital</b> 1 Barnes-Jewish Hospital Plaza Drive St. Louis, MO 63110	<input type="checkbox"/> <b>Barnes-Jewish West County Hospital</b> 12634 Olive Blvd. Creve Coeur, MO 63141	<input type="checkbox"/> <b>Missouri Baptist Medical Center</b> 3015 N. Ballas Rd. St. Louis, MO 63131

**SURGERY TIMELINE**

	DATE	TIME	NOTES
<b>Getting healthy for surgery</b> Meeting with your orthopedic surgeon			Learn more on page 5
<b>Joint replacement class</b> Let's learn about the surgery experience			Learn more on page 6
<b>Getting ready for surgery</b> Surgery evaluation at the Center for Preoperative Assessment and Planning (CPAP)			Learn more on page 8
<b>Preparing your skin for surgery</b> Start your preparations 5 days before your day of surgery			Learn more on page 11
<b>Day of surgery</b> 1-3 days before surgery, your surgeon's office will call you and tell you what time to arrive			Learn more on page 18
<b>Day after surgery</b> Your joint coach will attend a physical therapy session and discharge class			Learn more on page 21
<b>Planning your discharge</b> Meeting with your care team			Learn more on page 22
<b>Your journey home</b> Visit from your home care team			Learn more on page 24
<b>Continuing your recovery</b> Visit an outpatient therapy center			Learn more on page 24
<b>Follow-up appointment</b> Talk about your progress with your surgeon and next steps of your treatment plan			Learn more on page 26



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## 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><b>Orthopedic Surgeon</b> Your surgeon and surgical care team will guide your care and perform your joint replacement surgery.</p>	<p><b>Registered Nurse (RN) and Patient Care Tech (PCT)</b> Your care team 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><b>Anesthesia Team</b> 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> Your physical therapy team plans the best way for you to build your strength before and after receiving your new joint. This team utilizes special training to help get you moving and boost your abilities with your new joint.</p>
<p><b>Nurse Practitioner (NP)</b> 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> 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> 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 (available at Barnes-Jewish Hospital)</b> The orthopedic concierge will help with any lodging needs for your loved ones during or after your stay. 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. The concierge focuses on providing an exceptional experience for you and your loved ones while you are at the hospital.</p>

## GETTING HEALTHY FOR SURGERY

Let's get started! Here is a checklist that will guide you to be your healthiest for your new joint and new start.

### Choose a joint coach for your care journey

Your joint coach plays an important role in your recovery. Select a spouse, family member, or friend who can be by your side during your entire journey. Please choose a coach based on the following:

- **Your coach must:**
  - Be in good physical condition.
  - Come to your joint education class with you.
  - Stay with you 24 hours a day after you are discharged from the hospital for up to 1 week.
  - Provide transportation to and from surgery and doctor visits.
  - Communicate clearly with your doctor's team as needed.
- **Your coach will assist you with:**
  - Medication and pain management.
  - Personal care such as bathing and using the bathroom.
  - Household chores, meal prep.
  - Position changes, including getting in and out of bed.
  - Following all instructions from your doctor's office including exercises and restrictions.
- **Your coach will:**
  - Motivate you to be your best during your journey.
  - Help you stay on track and reach your recovery goals.
  - Be a second set of ears to learn with you.
  - Help you become independent faster.
  - Learn the proper exercises from therapy and encourage these exercises.

### Check-in with your primary care doctors

It is important to check in with your primary care physician and other specialists such as your heart or lung doctor. Please tell your orthopedic surgeon if you are being treated by any other 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.

### Stop smoking and the use of nicotine products

Nicotine products include cigarettes, patches, nicotine gum, tobacco, e-cigarettes and vaping products. **You must stop smoking.** Your body will recover faster and prevent infection. *For tips on how to change habits, reduce stress, and prevent relapses, visit [smokefree.gov](http://smokefree.gov) or call toll-free 1-800-QUIT-NOW (1-800-784-8669). The Washington University Living Well Center® also offers a smoking cessation program. To learn more or register, call 314-514-3565.*

### Diabetes

It is very important to control your blood sugar levels during your journey. This will help you heal faster, prevent wound complications and assist in preventing infection. *For more information, call the Barnes-Jewish and Washington University Diabetes Center at 314-TOP-DOCS (314-867-3627) or toll-free at 866-867-3627.*

### 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. A registered dietician can help you understand how to reach your goals faster, perform better and be healthier. *If you are interested in additional nutrition counseling, call the Washington University Living Well Center® at 314-514-3565.*

### Returning to work

Ask your surgeon's office when you are likely to return to work. Your care team will help you prepare to go back to work safely and return to your active lifestyle.



## GETTING READY FOR SURGERY: JOINT CLASS

Get excited! As part of your surgery plan, you and your joint coach are required to attend the joint replacement class. You will meet people who are on this same journey and find ways to have a successful recovery.

### JOINT REPLACEMENT CLASS

Your care team members take pride in providing an excellent learning experience during your joint replacement class. **Your joint coach must attend the class with you.** If you have questions, call your orthopedic surgeon's office.

Joint replacement classes are held virtually. Your nurse coordinator will provide you with the link.

#### 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 your recovery back to your active lifestyle.

- Talk about ways to stay at your best health.
- Review the “making your muscles stronger” list of exercises on page 14. 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 7.

**Remember to bring this Patient Journey Guide with you to class and during each step of your recovery journey.**

## SAFETY ITEMS AND EQUIPMENT

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 these items 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

*(not covered by insurance)*

**If recommended by your surgeon, these items need to be purchased or borrowed prior to surgery.**

#### Hip replacement kit

The kit includes a plastic sock aide, dressing stick, 32” reacher, elastic shoelaces (2 pairs), long-handled sponge and a long-handled shoe horn.

#### Toilet

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

#### Tub transfer bench

This will help you get in and out of the bathtub.

#### Shower chair

You will sit on this while taking a shower.

### KNEE REPLACEMENTS ONLY

*(optional and 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.





## WHEN TO STOP YOUR MEDICATIONS

**7 days before surgery, stop taking:**

- All oil-soluble vitamins, including fish oil, Omega 3, and Vitamin E.
- Hormone replacement medications, including Estradiol, Prempro and Testosterones.
- Multivitamins
- Glucosamine
- Chondroitin
- Dietary supplements

Some examples of blood thinning medications include:

- Plavix
- Clopidogrel
- Coumadin
- Warfarin
- Pradaxa
- Xarelto
- Eliquis
- Effient
- Jantoven
- Aspirin

**Stop blood-thinning medications \_\_\_\_\_ days prior to surgery**

**Consult with your prescribing provider/cardiologist before stopping your blood-thinning medication**

**It might be time for you to stop taking other medications before surgery, in addition to the medications and supplements listed above. Please review your Center for Preoperative Assessment and Planning medication instructions.**

## PREPARING YOUR SKIN FOR SURGERY

The purpose of preparing your skin before surgery is to ensure that your skin is thoroughly cleansed to reduce the amount of bacteria that is normally found on skin. This helps to lower your risk of developing a surgical site infection.

### DECOLONIZATION THERAPY

Getting rid of MRSA is called “decolonization”. Decolonization helps decrease the amount of germs on your body and helps avoid infections after surgery.



**Germs can live in your nose and on your skin. There are two parts that decolonization therapy focuses on:**

- Nasal ointment:** rub nasal ointment into each of your nostrils (the inside of your nose) twice a day for 5 days. The nasal ointment can be picked up from your pharmacy.
- Scrub Care soap:** take a shower with a special soap called Scrub Care once a day for 6 days. The soap will be given to you at your pre-testing visit.

**Start date for decolonization therapy:** \_\_\_\_\_

TASK	DAY 5	DAY 4	DAY 3	DAY 2	DAY 1	DAY OF SURGERY
<b>Nasal ointment</b>	<input type="checkbox"/> AM	<input type="checkbox"/> AM	<input type="checkbox"/> AM	<input type="checkbox"/> AM	<input type="checkbox"/> AM	<i><b>DO NOT</b> use nasal ointment the day of surgery.</i>
	<input type="checkbox"/> PM	<input type="checkbox"/> PM	<input type="checkbox"/> PM	<input type="checkbox"/> PM	<input type="checkbox"/> PM	
<b>Shower with Scrub Care</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> <i>Take your last shower using Scrub Care before surgery. <b>DO NOT</b> apply lotion, ointments, or oils on your skin after showering.</i>

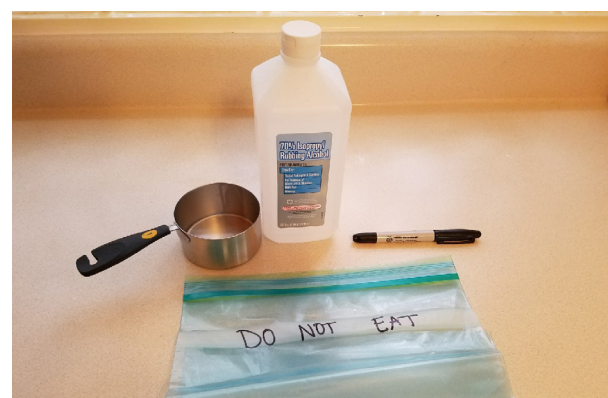
### HEALTH CHECK

- 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.

**For additional information, please refer to the information you received during your Center for Preoperative Assessment and Planning visit or your Joint Class materials.**



## ICE THERAPY: MAKING YOUR OWN ICE PACK



### Ingredients

- 1 quart or 1 gallon plastic freezer bags (depending on how large you want the cold pack)
- 2 cups water
- 1 cup rubbing alcohol
- Blue food coloring (optional)

### Instructions

1. Fill the plastic freezer bag with one cup of rubbing alcohol and two cups of water. The blue food coloring is optional, but please consider using the blue food coloring and/or labeling the pack for safety purposes.
2. Try to get as much air out of the freezer bag before sealing it shut.
3. Place the bag and its contents inside a second freezer bag to contain any leakage.
4. Leave the bag in the freezer for at least an hour.
5. When ready to use, place a towel between the gel pack and bare skin to avoid burning the skin.

## SET UP YOUR HOME CHECKLIST

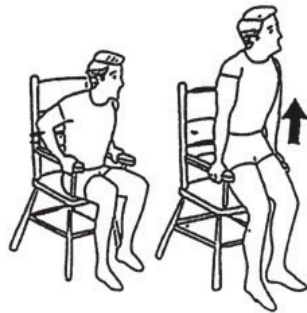
<input type="checkbox"/> Prepare easy-to-eat meals for when you return home.
<input type="checkbox"/> For your safety, put your favorite things in places you can easily reach.
<input type="checkbox"/> Delay mail or have someone take care of your mail.
<input type="checkbox"/> Have someone take care of your children and pets.
<input type="checkbox"/> Have someone take care of your yard work.
<input type="checkbox"/> Do your 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 7.

## MAKING YOUR MUSCLES STRONGER

Building your muscles now will help your recovery after surgery. 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 physical therapist and registered nurse.

### FOLLOW THIS CHECKLIST TO A STRONGER AND HEALTHIER BODY

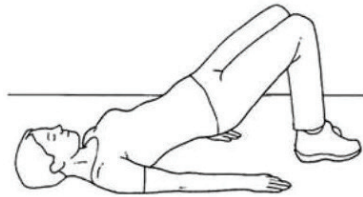
- Make an appointment to see a physical therapist for one pre-operative strengthening and instruction visit.**
- Do each exercise 10 times, twice a day.**
- If any exercise is painful, don't do it. Exercise may be hard to do, but it should NOT be painful.**
- View and practice your exercises with your joint coach.**



### 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

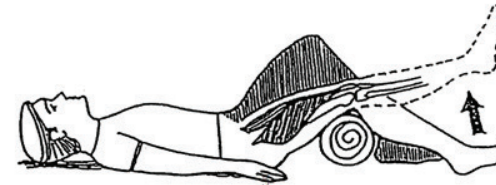
- Stand with your surgery leg away from the back of the chair.
- Keep your upper body and pelvis still; then gently move your surgery leg out to the side.
- Do not bend at your waist or lean sideways.



## KNEE REPLACEMENTS ONLY

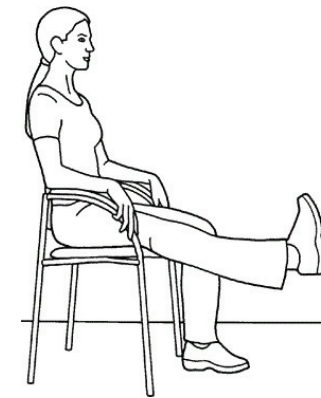
### Straight Leg Raise

- 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

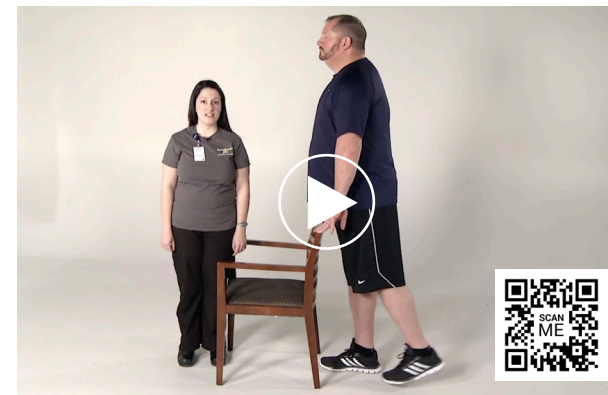
- Lie on your back. Put a rolled pillow or large towel roll under your knee. Bend your other knee (for comfort).
- Slowly lift the foot of the "surgery knee" off the floor until the knee is as straight as it can be. Hold straight for 5 seconds, then lower your foot slowly. Your thigh may be turned out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



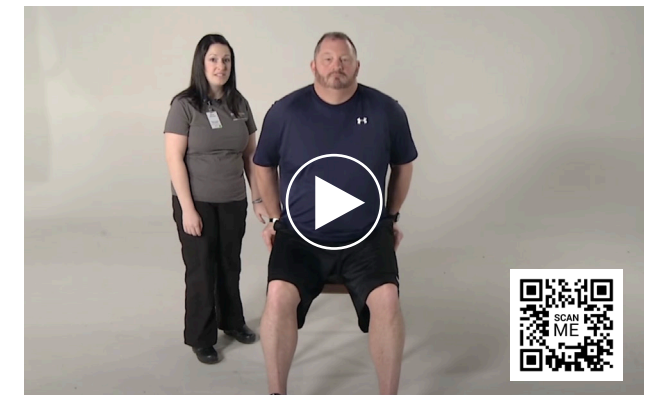
### Knee Range of Motion (ROM) while sitting

- 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.

Scan the QR codes below with your phone or visit our website to watch tutorials on how to correctly perform these exercises.



Knee Exercises: [ortho.wustl.edu/KneeExercises](https://ortho.wustl.edu/KneeExercises)



Hip Exercises: [ortho.wustl.edu/HipExercises](https://ortho.wustl.edu/HipExercises)



## DAY BEFORE SURGERY

To be at your best health for surgery please take some time to review the following.

- Pack your bags.** Complete the “what to bring” checklist on page 17.
- 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 13.**  
For a successful rapid recovery, your home will need to be in order and ready for you to return.
- 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.
- Eat a filling dinner.** You cannot eat or drink anything after midnight, including chewing gum and lozenges. Your nurse coordinator will let you know if you can have clear liquids the morning of surgery.
- 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.**
- Continue to wear freshly-washed clothes and sleep in clean sheets.** This will help prevent infection.

**Your care team is here to help. Please call your surgeon’s office if you have any questions.**

## WHAT TO BRING TO THE HOSPITAL

- An attitude of success!
- This journey guide.
- List of your current medications and health history.
- Your insurance card.
- Your photo ID.
- A prescription card (if you have one).
- Loose-fitting clothes for discharge, such as t-shirts and drawstring or elastic-band pants.
- Comfortable non-skid shoes and socks (No flip-flops, sandals or Crocs).
- Personal toiletry items.
- If you sleep with a breathing machine for obstructive sleep apnea, you must bring it with you.
- Phone numbers of people you may want to call during your stay.
- A walker or crutches (if you have them) for when you go home.
- A hip kit if recommended by your surgeon.

## WHAT NOT TO BRING TO THE HOSPITAL

- Jewelry.
- Valuables such as a purse, wallet and large amounts of money.
- Medicines from home — your care team will give you all medicines you will need during your stay.

## 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 given to you for the morning of surgery.

### Parking at Barnes-Jewish Hospital

- **Valet parking** – Located at the lobby entrance on the street level of Barnes-Jewish Hospital Plaza Tower. As you travel from Kingshighway, take entrance A on Barnes-Jewish Hospital Plaza, and continue past the stop light at the entrance to the Plaza 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.
- **Plaza Garage** – A subsurface parking garage located at entrance A, near the corner of Kingshighway and Barnes-Jewish Hospital Plaza, across the street from Barnes-Jewish Hospital Plaza Tower.

### Parking at Barnes-Jewish West County Hospital

- **Valet parking** – Available at the front entrance, located on the east side by the emergency department.
- **Self parking** – Free parking is available on surface lots.

### Parking at Missouri Baptist Medical Center

- **Valet parking** – Free valet parking is available from 7 a.m. - 3:30 p.m. Monday through Friday at the hospital's main entrance.
- **Main Garage** – Free parking is easy and convenient in the covered main garage.

### Check-in

- Barnes-Jewish Hospital:** check in at the surgery waiting area on the main floor of the hospital.
- Barnes-Jewish West County Hospital:** check in at the surgery waiting area on the lower level procedural floor of the hospital.
- Missouri Baptist Medical Center:** check in at the surgery check-in area on the second floor of the West Pavilion.

We are here to help. If you need directions, please visit the information desk.

- After you check in, you will go through hospital registration. Upon completion, your care team member will take you to the pre-surgery area.

### 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 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 recover.
- Your care team of specialists will be with you during your rapid recovery journey.



## YOUR HOSPITAL STAY

Have your joint coach, friends or family at your side to learn how to help you when you get home.

### 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 will help keep the swelling under control.
- Your orthopedic nurse or therapist will help you get out of bed. They will be safely helping you recover.
- Your safety is our biggest priority. If you are alone and want to get up, please contact us with the call light. **Do not attempt to get up alone.**

### Call light

You will have access to your care team at all times with your personal hand-held call light. You will be shown how this works by simply pushing one button that will connect you to a team member.

### HIP REPLACEMENT PATIENTS ONLY:

Your care team will discuss with you your individualized hip precautions.

### KNEE REPLACEMENT PATIENTS 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 help manage your pain. Having pain after surgery is expected and normal. You will be asked to rate your pain using the 0 to 10 pain scale. Our goal is to keep your pain within the tolerable range. The tolerable range falls in the low to moderate pain levels when using the pain scale (level 4 or less – see below pain scale). Your care team will assist you during your stay on how to manage your pain by combining different methods such as ice therapy, relaxation, repositioning and medication. Please use your call light to let your care team know when you start feeling uncomfortable. This will help us to be proactive in keeping your pain within tolerable level.

### PAIN SCALE

	<b>0</b> No Pain	<i>Does not interfere with ADLs*</i>
	<b>1</b>	
	<b>2</b> Mild Pain	<i>Mildly interferes with ADLs*</i>
	<b>3</b>	
	<b>4</b> Moderate Pain	<i>Somewhat interferes with ADLs*</i>
	<b>5</b>	
	<b>6</b> Moderate Pain	<i>Partially interferes with ADLs*</i>
	<b>7</b>	
	<b>8</b> Severe Pain	<i>Greatly interferes with ADLs*</i>
	<b>9</b>	
	<b>10</b> Worst Pain Possible	<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). 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 shortly 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 the sooner you move after surgery the more successful the recovery will be.

### 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, you will take blood-thinning medications as directed by your surgeon.
- While in the hospital, additional preventive 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.

### 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. **While you are in the hospital, it is important that your joint coach attends a therapy session with you.**

- 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

### HOSPITAL ORTHOPEDIC THERAPY SESSION

Date: \_\_\_\_\_

Time: \_\_\_\_\_

### 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. Anesthesia, pain medication and not moving around can cause constipation.
- Be sure to drink plenty of fluids (water is always best) and eat whole grains, fruits and vegetables.
- Activity will help with your digestion. To prevent constipation, your surgeon will prescribe a stool softener or laxative.

Scan the QR codes below with your phone or visit our website to watch tutorials on how to correctly perform your therapy exercises.



Knee Exercises:  
[ortho.wustl.edu/KneeExercises](http://ortho.wustl.edu/KneeExercises)



Hip Exercises:  
[ortho.wustl.edu/HipExercises](http://ortho.wustl.edu/HipExercises)



### Surgeon and nurse practitioner responsibilities

Your surgeon and the nurse practitioner will visit you regularly during your hospital stay. At discharge, you will receive your medication prescriptions plus any equipment you need. Please refer to page 7 regarding the checklist of safety items and equipment you need to be independent at home.

### Planning your discharge

It is important to us that your journey is successful. Our goal is to get you back to your active lifestyle safely. As you recover, your entire care team will 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 after discharge

Your care team will work with you to determine your needs at home for a safe recovery.

### Discharge information for joint coaches

A nurse educator will talk to you and your joint coach to give you information about your discharge. You and your joint coach will watch the Total Hip and Total Knee Replacement Discharge Readiness Class video, which will provide you with best practices for a successful recovery. To watch the video, scan the QR code with your phone's camera or visit [ortho.wustl.edu/TJR](http://ortho.wustl.edu/TJR).

### At discharge

- 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.
- Your nurse will also give you discharge prescriptions. You can get these filled at your regular pharmacy.

### BARNES-JEWISH HOSPITAL PATIENTS

#### Mobile Pharmacy:

Your discharge prescriptions can be filled at the Barnes-Jewish Hospital mobile pharmacy. The mobile pharmacy can bring the prescription medicines to your hospital room before you leave.



## CARE AT HOME CHECKLIST

- Wear shoes that have enough support to prevent slips and falls. Do not wear backless 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 healthcare wellness checks. It is important to stay healthy.**

## 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 nicotine-free.**  
Being nicotine-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.

## YOUR JOURNEY HOME

Our goal is for you to be successful in using your new joint and be ready to return to an active lifestyle. 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 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. **DO NOT** submerge your incision (in a tub, hot tub, pool, lake, river, etc.) until it is healed and your surgeon gives approval. 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
- Skin breakdown from the cast or brace if it has been prescribed for your recovery
- If you are overly worried, anxious or very concerned about any issue

### CONTACT YOUR SURGEON:

**Business Hours:** 314-514-3500  
**After-hours Exchange:** 314-388-5550  
or toll-free 866-582-8055



### 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.

### Postoperative comfort plan

Your care team will give you a plan on how to manage your pain when you go home.

- Remember to practice these 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 (knee surgery patients only):** 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.
- Take your pain medication as prescribed. As your pain lessens, take less pain medication.

### 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 customized 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. Sleeping pills are not recommended because they can have considerable side effects. Contact your surgeon's office if you have trouble sleeping.



### Home exercise plan

Do your exercises twice a day to keep your body moving and get your muscles stronger.

- [ortho.wustl.edu/KneeExercises](https://ortho.wustl.edu/KneeExercises)
- [ortho.wustl.edu/HipExercises](https://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 ice therapy for several weeks after surgery.
- Do not apply ice therapy directly on your skin. Use items such as a towel, wash cloth or pillow case as a barrier in between.
- Apply ice therapy up to 20 minutes at a time every hour to lower pain and decrease swelling.









### Your follow-up appointment

You will have a follow-up appointment with your surgeon about 3-8 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.
- Perform 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.

## ADDITIONAL RESOURCES

NAME	NOTES	
<b>Washington University Orthopedics</b> Resources for total hip and knee replacement patients	<a href="https://ortho.wustl.edu/TJR">ortho.wustl.edu/TJR</a>	
<b>Barnes-Jewish Hospital</b> Directions and Maps	<a href="https://BarnesJewish.org/directions">BarnesJewish.org/directions</a>	
<b>Barnes-Jewish West County Hospital</b> Directions and Maps	<a href="https://BarnesJewishWestCounty.org/directions">BarnesJewishWestCounty.org/directions</a>	
<b>Missouri Baptist Medical Center</b> Directions and Maps	<a href="https://missouribaptist.org/directions">missouribaptist.org/directions</a>	
<b>Total Hip and Total Knee Replacement Discharge Readiness Class</b> Providing your and your joint coach the knowledge for a successful recovery	<a href="https://ortho.wustl.edu/TJR">ortho.wustl.edu/TJR</a>	
<b>Hip Exercises</b> Pre and Post Operative	<a href="https://ortho.wustl.edu/HipExercises">ortho.wustl.edu/HipExercises</a>	
<b>Knee Exercises</b> Pre and Post Operative	<a href="https://ortho.wustl.edu/KneeExercises">ortho.wustl.edu/KneeExercises</a>	
<b>Sports Therapy and Rehabilitation (STAR)</b> Outpatient rehabilitation services	<a href="https://BarnesJewishWestCounty.org/STAR">BarnesJewishWestCounty.org/STAR</a>	
<b>American Association of Hip and Knee Surgeons</b> Airport security with an implant	<a href="https://hipknee.aahks.org/will-my-artificial-joint-set-off-airport-security-metal-detectors/">https://hipknee.aahks.org/will-my-artificial-joint-set-off-airport-security-metal-detectors/</a>	
<b>TSA</b> Notification card for individuals with disabilities or medical conditions	<a href="https://www.tsa.gov/sites/default/files/disability_notification_card_508.pdf">https://www.tsa.gov/sites/default/files/disability_notification_card_508.pdf</a>	

**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"/>		
	Ice therapy	<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"/>	<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"/>	<input type="checkbox"/>	
Repositioning										
Exercise	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"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prevention	Blood clot prevention medication	<input type="checkbox"/>			<input type="checkbox"/>			<input type="checkbox"/>		
	Incentive spirometer ( <i>use hourly</i> )	<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 ( <i>according to discharge instructions</i> )	<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"/>			<input type="checkbox"/>		
	<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>			<input type="checkbox"/>			<input type="checkbox"/>		
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Exercise	<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"/>	
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Prevention	<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"/>		
Wound	<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"/>		

**It is extremely important that you thoroughly wash your hands before touching your incision.**

**It is extremely important that you thoroughly wash your hands before touching your incision.**



