

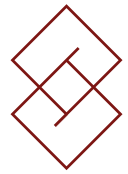


GUIDE TO TOTAL HIP AND KNEE REPLACEMENT



LANCASTER ORTHOPEDIC GROUP

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THANK YOU FOR CHOOSING LANCASTER ORTHOPEDIC GROUP!



Welcome to our Total Joint Replacement Program!

You likely have many questions about joint replacement surgery. This book is designed to provide you with the information you need as you move through your journey to independence with your new joint.

We hope this information will help to ease any anxiety and prepare you for a successful recovery. Please review this information before attending our Total Joint Replacement Pre-Operative Education class and bring it with you on the day of surgery.

Lancaster Orthopedic Group

Lancaster Orthopedic Group has been bringing the most innovative surgical approaches to our patients since 1985. We combine this clinical excellence with a focus on the patient experience and on working closely with patients to help them to achieve their goals.



Lancaster Orthopedic Group Surgery Center (LOGSC)

LOGSC is a Pennsylvania-licensed Medicare Certified outpatient surgery center accredited by the Accreditation Association for Ambulatory Health Care. LOGSC was designed and built specifically to provide the most efficient, effective, and cost-effective orthopedic care possible.



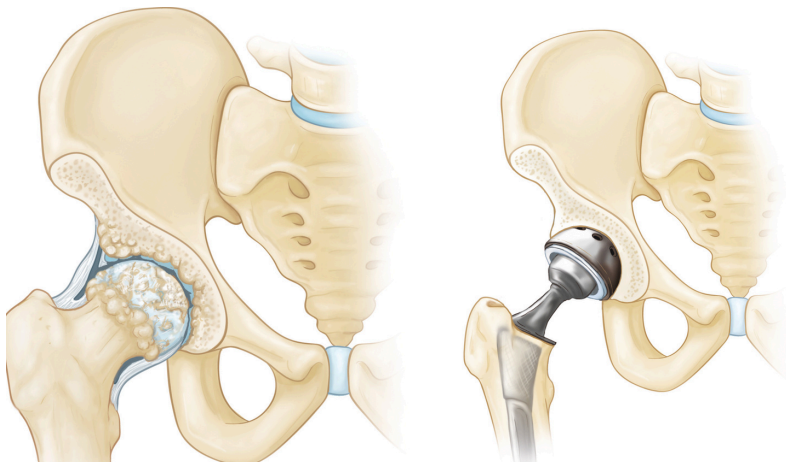
LOG Surgery Center

Lancaster Orthopedic Group

Joint Replacement Surgery

Total joint replacement (also called joint “arthroplasty”) is a surgical procedure in which parts of an arthritic or damaged joint are removed and replaced with a metal, plastic, or ceramic device called a prosthesis. The prosthesis is designed to replicate the movement of a normal, healthy joint.

This is one of the most commonly performed orthopedic procedures with over 850,000 knee replacements and over 450,000 hip replacement performed in the U.S. each year.



While some total joint replacement procedures are still performed in a hospital setting, many are now done on an outpatient basis, where recovery time is outstanding and studies show a decrease in the likelihood of infections, and an increase in patient satisfaction.

Risks and Complications

Your doctor will explain the potential risks and complications of total joint replacement surgery. Most complications can be treated successfully. Some of the more common complications of joint replacement surgery include infection, blood clots, nerve injury, and prosthesis problems like loosening or dislocation.

Our program is designed to help to reduce the risk of these complications, but your education and ability to actively participate in your care will be critical in this effort.

Anesthesia

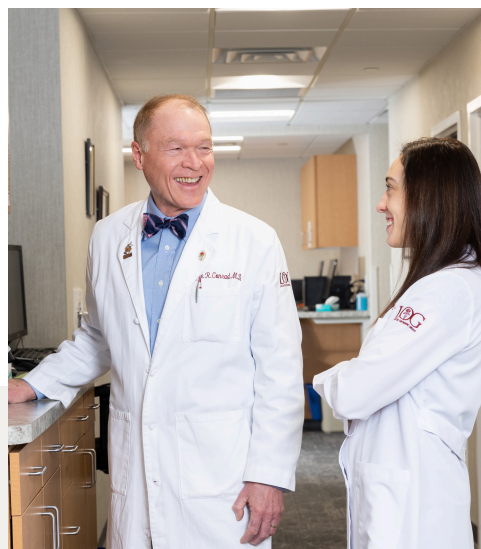
There are, generally, three (3) types of anesthesia used during these procedures. Your surgeon and anesthesiologist will collaborate to recommend the best approach for you.

- General Anesthesia - puts you to sleep following an injection of medication into your IV. You will not feel any pain and you will be completely asleep throughout surgery
- Regional Anesthesia - Numbs a part of your body after an injection
- Multi-Modal Pain Program - involves an injection in and around the nerves (this is commonly used to reduce the dependency on pain medications)

OUR JOINT REPLACEMENT PROGRAM

Our program has been designed by our surgeons to provide you with a seamless experience, guiding you through every step of the process.

Every component of the program is intended to give you the best chance at a speedy recovery and the ability to get back to doing the things you love.



Your Team

A team of people will work on preparing you for the procedure and assisting with your recovery.

Surgeon

Physician Assistant/
Nurse Practitioner

Anesthesiologist

LOGSC
Staff

Physical Therapist

Surgical
Scheduling

Pre--Operative
Testing

Nurse
Navigator

My Important Information

My Surgeon_____

Phone Number_____r

Joint Class Date _____
Time_____

Surgery Date_____

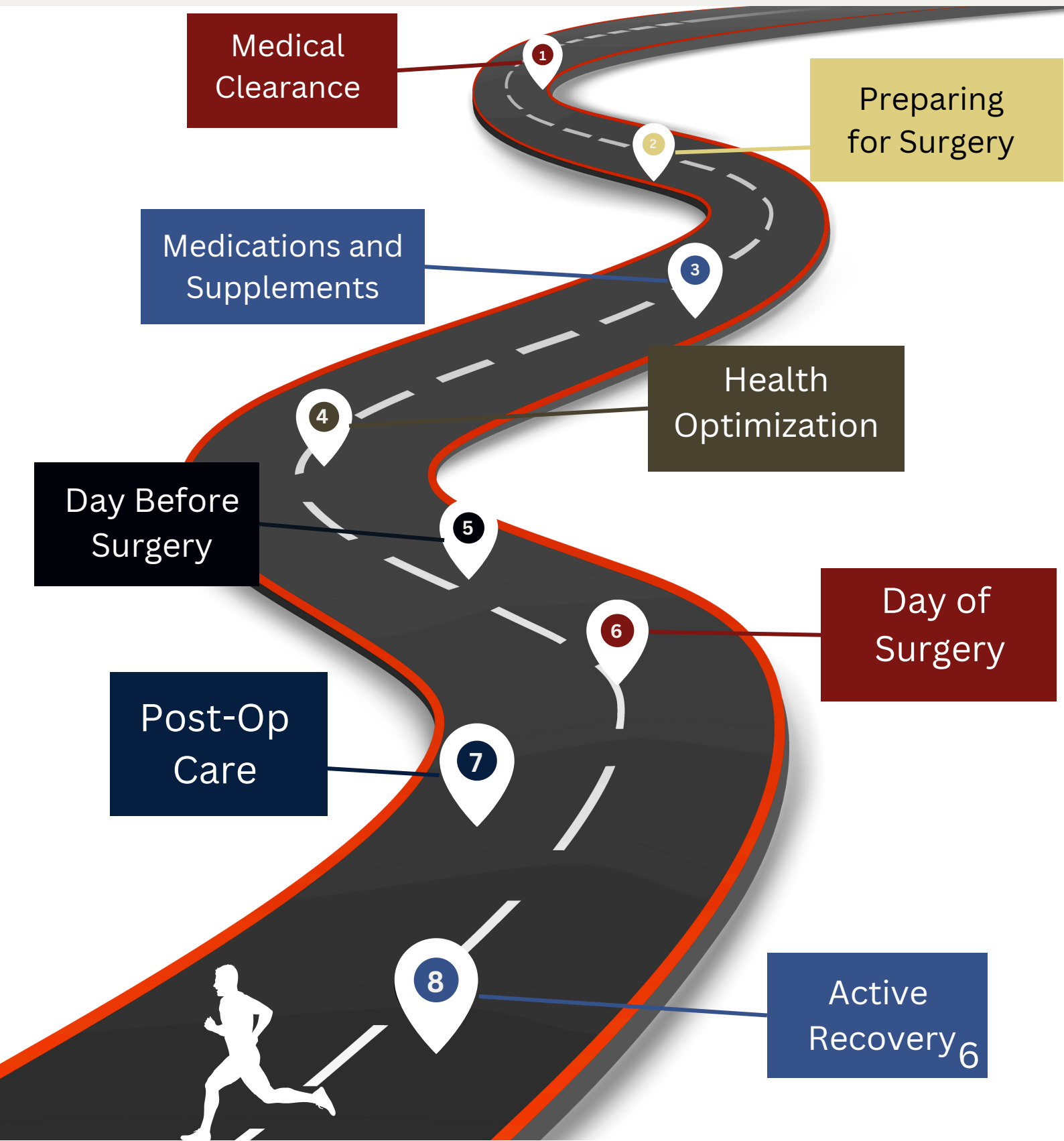
Physical Therapist _____
Therapy Appointment Date _____

My Coach _____



YOUR JOINT REPLACEMENT JOURNEY

From the moment you and your surgeon decide that you are a good candidate for joint replacement surgery, we'll guide you through the entire journey!



Medical
Clearance

Preparing
for Surgery

Medications and
Supplements

Health
Optimization

Day Before
Surgery

Day of
Surgery

Post-Op
Care

Active
Recovery₆



MEDICAL CLEARANCE



It is CRITICAL that you help us to ensure everything on this checklist is addressed in a timely manner!

Before we can perform your joint replacement surgery, we need to understand your health so we can reduce the risk of complications and give you the best chance for a speedy recovery.

The medical clearance process will differ for each patient. **Your team will determine what examinations or tests are required in your situation and provide you with specific instructions.**

Medical Clearance Checklist

See the specific list provided by your physician.
It may include any of the following:



Blood tests or other lab work



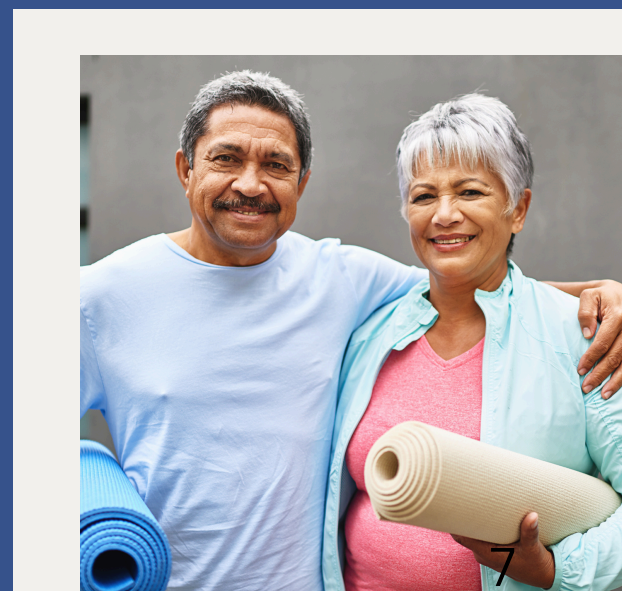
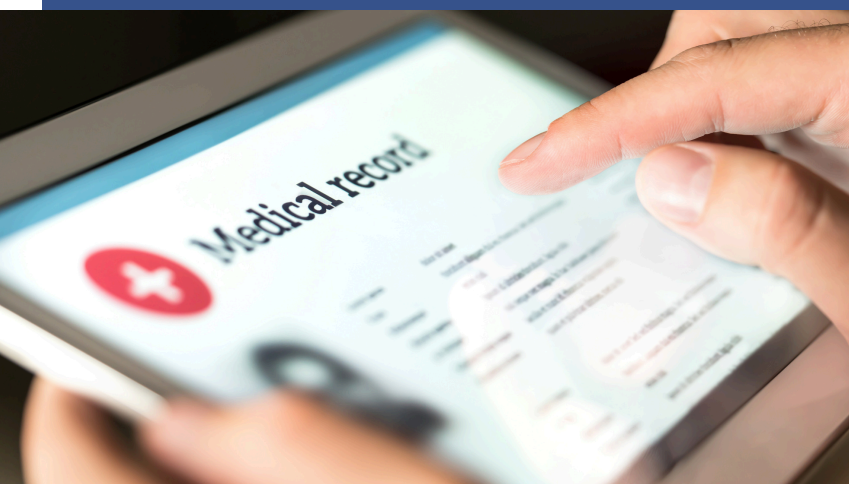
EKG to check your heart



Evaluation by your Primary Care Physician



Evaluation by a heart doctor (if needed per PCP)





PREPARING FOR SURGERY



Your Home Support Team



You'll need someone to be with you on the day of surgery and for the first 24 hours after the procedure. Ideally you have a coach with you for the pre-operative class who is able to help you during your recovery.

Preparing Your Home

- ☐ Remove throw rugs as these create a tripping hazard.
- ☐ Be sure you have a path that is free of clutter and wide enough for a walker.
- ☐ Have a chair ready that is comfortable, firm and has armrests.
- ☐ Consider having nightlights in key areas - hallways, bedroom and bathrooms
- ☐ Have a plan to ensure that pets and small children don't interfere with your ability to get around
- ☐ Have items you use frequently within easy reach (glasses, phone, food and medications).



Total Joint Replacement Class

Patients who attend in-person joint replacement class consistently have an easier post-operative recovery. We strongly encourage you to attend on of these informative sessions!

To schedule your class, contact : Rachel Groff at (717) 327-2803

Physical Therapy and Exercises

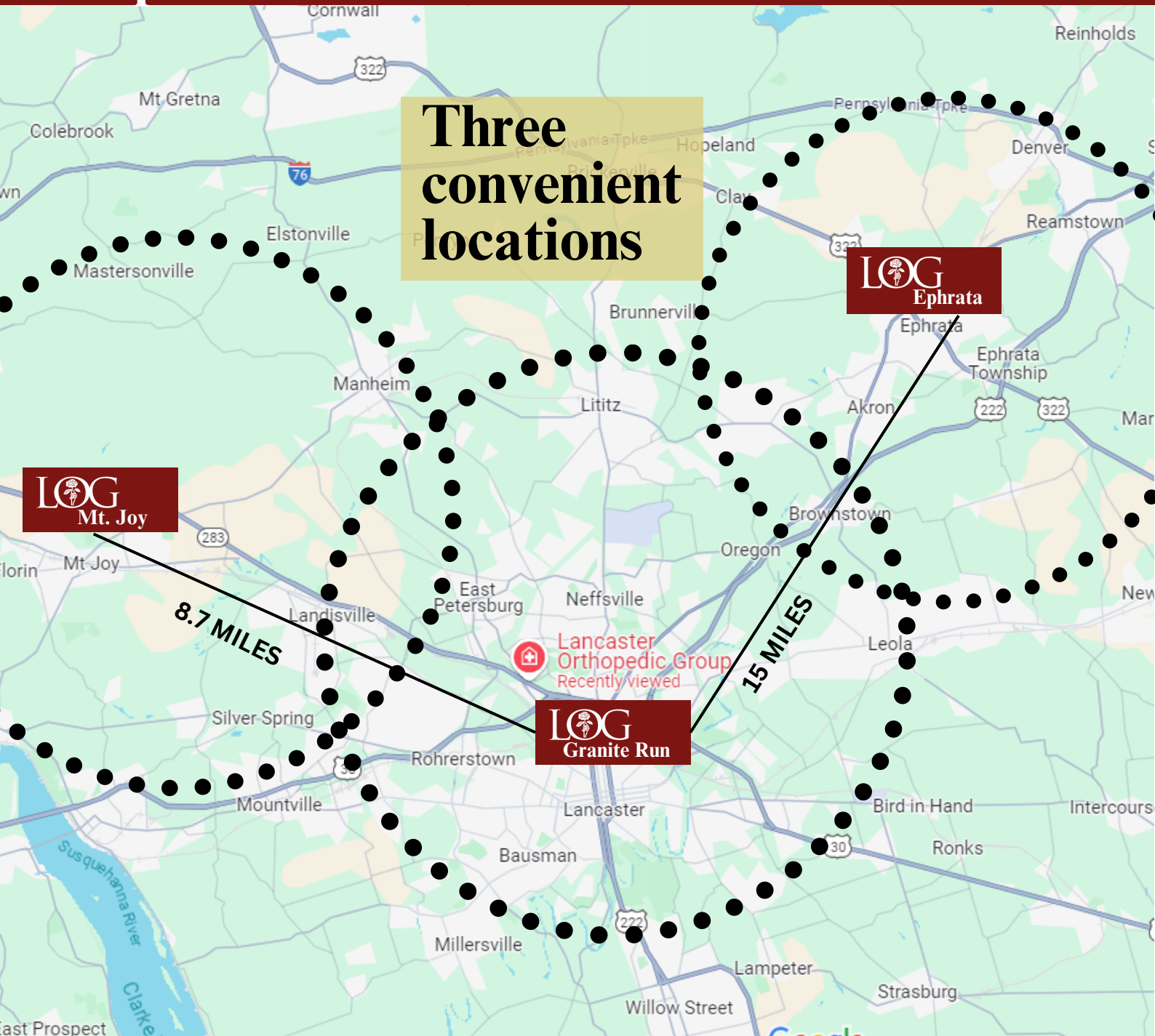
Patients who start physical therapy BEFORE surgery tend to do better AFTER surgery.

- We'll schedule you for a "pre-hab" visit with one of our therapists.
- You'll learn how to use an assistive device like a walker and how to prepare your home for your return after surgery.
- You'll be instructed in exercises that you should start doing BEFORE surgery. This will ensure that you understand the exercises so you do them correctly after surgery. It will also give you a head-start on improving your strength, balance and mobility - all of which will help to speed your recovery.



Lancaster Orthopedic Group

Sports, Hand & Physical Therapy



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PREPARING FOR SURGERY

You will need some special equipment at home. Before your surgery, you can talk to your team and therapist about what you'll need so you can have it in advance.

Assistive Devices/Personal Aids and Equipment You May Need:

Walker

A walker with five (5) inch wheels is standard equipment but your situation may warrant different devices.



Reacher



Elevated Toilet Seat

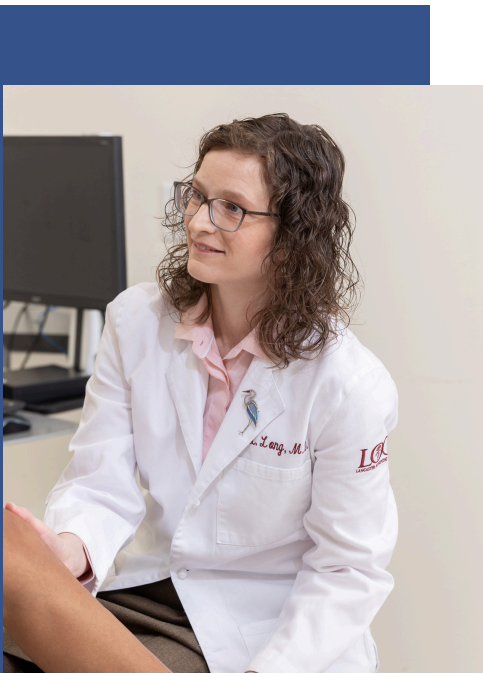


Bedside Commode



Other devices that could be helpful:

- Long-handled sponge
- Leg raiser
- Dressing stick
- Long-handled shoe horn
- Sock aid
- Tub transfer bench
- Shower chair



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MEDICATION AND SUPPLEMENTS

Any medications or supplements you take can have an impact on your surgery.

You'll be provided specific instructions regarding what medications to continue/discontinue and when. **Please read these instructions carefully and if you have any questions contact your team.**



Diabetes/Insulin

- Manage your diabetes before surgery to reduce complications after surgery, such as infection
- Stress can affect your glucose levels before and after surgery
- Your diabetes and insulin will be managed with your team through thorough pre and post op

Blood Thinning Therapy

- Blood thinning medication can be prescribed to thin your blood, reducing the chance of harmful blood clots after surgery. These can be oral or by injection
- Please take as advised by your team.

Non-Steroidal Anti-Inflammatory Drugs (NSAIDs)

- Ask your surgeon when to stop NSAIDs such as:
 - Ibuprofen (Motrin, Advil)
 - Naproxen (Aleve)

Herbal Supplements

- Stop taking herbal supplements ten days prior to surgery
 - Examples: CBD Oil, Echinacea, Ephedra, Vitamin E

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HEALTH OPTIMIZATION

Your overall health will play an important role in how well you do during, and after surgery

Nutrition

Eating healthy foods before your operation and in the days following surgery will impact your recovery. A healthy diet will speed your healing.

Here are useful resources for eating healthy. If you have specific questions, please ask your team!

MyPlate.gov



Weight Management



Talk with your doctor regarding your weight management. It is often advised that patients lose weight before surgery to improve their recovery

Find healthy eating tips at:
eatright.org
myplate.gov

Alcohol

Before surgery, be honest with your health care providers about your alcohol use and how frequently you drink.

This information helps determine if you are at risk for alcohol withdrawal or other alcohol-related problems that could occur after surgery and affect your recovery



Smoking



Smoking may:

- Cause breathing problems. increasing the risk of medical complications
- Slow recovery
- Increase the risk of infection and blood clots after surgery

We encourage you to quit at least a few weeks before surgery

REMINDER: LOG Surgery Center is a smoke-free facility

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THE DAY BEFORE SURGERY



You will receive a call to confirm the procedure and the time you need to arrive. For Monday Surgeries, we'll call you on Friday.

Shower/Bathing Instructions

The night before your surgery, take a shower or bath with 4% Chlorhexidine (Hibiclens) soap. **This can be purchased from a local pharmacy.** You will need a total of 4 ounces. This special soap reduces the number of germs on your skin.



- Moisten skin with water
- Apply 4% CHG soap (about 2 oz.) to your body with a wash cloth from the neck down. **DO NOT APPLY ABOVE the NECK.**
- Avoid contact with eyes and ears. (If necessary, rinse eyes with water for 15 minutes and seek medical attention if burning persists.)
- Wash with special attention the area where the incision will be and any skin folds.
- Keep soap on your skin for at least one minute and rinse thoroughly.
- Do not scrub skin too hard.
- Use a clean towel to dry.
- Do not apply lotions, sprays or powders.
- Put on clean clothes.
- **YOU WILL REPEAT THIS PROCESS IN THE MORNING SO KEEP THE BOTTLE OF HIBICLENS.**

The Evening Before Surgery

Follow these and any other guidelines provided to avoid a delay or cancellation of your surgery!

DO NOT consume any of the following after midnight:

- Food
- Milk Products
- Orange Juice
- Broth
- Jello
- Mints/Candy/Gum/Cough Drops
- No alcohol starting the evening before the procedure.
- No tobacco products after midnight





THE DAY OF SURGERY



LOG Surgery Center

413 Granite Run Drive
Lancaster, PA 17601

(NOT at the main LOG office at 231
Granite Run Drive)

Phone: 717-925-2900



When to Arrive

Please arrive _____.

If you are delayed please call 717-925-2900 to inform staff.

Getting Ready for Your Procedure



- Repeat the 4% CGS shower or bath before leaving home.
- Remove all jewelry (including wedding bands and body piercings).
- Do not apply make-up, hairspray, perfume, or cologne.
- Wear loose, comfortable clothing.
- If you wear false eyelashes, we recommend removal prior to your procedure.
- Continue to follow dietary restrictions. **REMINDER: You may only have clear liquids after midnight. You should have nothing by mouth, including clear liquids for the two (2) hours immediately prior to your arrival.**
- You'll be provided a locker or bag for your personal items. Please leave all valuables at home or with a family member. LOG Surgery Center will not be responsible for lost or stolen items.
- If you wear contact lenses, glasses, a hearing aid, a partial plate, or another prosthesis, you may be asked to remove them prior to your procedure.
- If you are female between the ages of 12-55, you may be asked to take a pregnancy test.



You may have moderate amount of clear liquids (12 oz.) up to two (2) hours prior to your scheduled arrival time on the day of your surgery. No carbonated beverages please.

Acceptable clear liquids :

- Water
- Gatorade (no RED Gatorade)
- Clear Tea (no cream/milk)
- Fruit juices you can see through (no pulp)
- Black Coffee (no cream/milk)

IMPORTANT:

You should have nothing by mouth for the two (2) hours prior to your scheduled arrival time.

Please Bring with You



- Your current medication list
- List of allergies you may have to medications, latex or food.
- Insurance cards
- Photo ID
- A copy of your advanced directive or living will, if applicable
- Your CPAP/Bi-PAP unit or any respiratory inhalers.
- Any payment required for your surgery.
- If you have an insulin pump or spinal cord stimulator, bring the remote



THE DAY OF SURGERY

The Pre-Operative Area

- Once registered, you'll be taken to the Pre-Op Area
- You'll be asked to remove your clothing and jewelry and put on a gown. Your clothes and belongings will be placed in a secure area
- Staff will listen to your heart and lungs.
- The surgical area will be prepared, including shaving.
- You will have an intravenous (IV) tube inserted to give you fluids and medications.
- You will see both your surgeon and anesthesiologist who will answer any questions.

Surgery

-

The Recovery Area

-



Discharge and Getting Home

Please make arrangement for a responsible adult to accompany you and stay at LOGSC during the procedure. He or she must drive you home and remain with you overnight as required by anesthesia guidelines.

For 24 hours after receiving anesthesia you should not operate a motor vehicle or power equipment, drink alcohol, make important decisions or sign legal documents.

You will be discharged according to your surgeon's instructions. The adult accompanying you must come to the reception desk for instructions. Following this, you'll be taken out by wheelchair. You cannot take an Uber, Lyft, Taxi or similar service.



POST-OPERATIVE CARE



Managing Pain

- A prescription for pain medication will be sent to your pharmacy.
- Loss of appetite is common after an operation, but it is important to take pain medicine with food to prevent nausea.

Constipation - Anesthesia and pain medicine can cause constipation. You should not go more than three days without a bowel movement. Eating high-fiber foods such as fresh fruit, vegetables, whole grain breads, oatmeal, nuts or beans can help. Be sure, also, to drink plenty of water.

Preventing Blood Clots

A pulmonary embolism is a sudden blockage of a major blood vessel (artery) in the lung usually caused by a blood clot.

- Start moving and walking as soon as it's safe to do so.
- Take blood thinner medication EXACTLY as instructed.
 - If you get off track, do NOT attempt to correct this on your own. Call your surgeon right away.
- Change positions often when sitting or laying down.
- Follow your ankle pump exercise instructions
- Follow any compression stocking instructions.

Symptoms of pulmonary embolism include: Sudden shortness of breath; Sharp chest pain with coughing or deep breath; Rapid heart beat; Cough that brings up pink, foamy mucus; Dizziness or lightheadedness. **CALL 911 IF YOU HAVE ANY OF THESE SYMPTOMS.**



POST-OPERATIVE CARE



Incision Care

- **DO NOT:**
 - Remove the dressing unless your surgeon tells you to.
 - Take a bath in the tub, use a hot tub, or go swimming
 - Use lotions, creams, powders, or other productions on your incision.
 - Rub or touch your incision
 - Let animals, pets, or pet hair near your incision, as it may cause infection
- You **SHOULD:**
 - Take a shower, unless your surgeon tells you otherwise
 - Ice your incision throughout the day to reduce swelling

Your knee may drain for 1-2 days, if this persists contact your surgeon

AQUACEL Surgical Dressing

This surgical dressing is waterproof and will cover your incision line.

If you have compromised dressing, please call our office to speak with your surgeon's team

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POST-OPERATIVE CARE



Safe Walking and Moving

- Use the walking aide your therapist recommended
- Take walks often. It is recommended to take one every hour and on flat, even ground. Ask your therapist if you should be assisted by someone while walking.
- Bags or devices on the front of your walker can help you carry items safely. Do NOT carry too much in your walker because it could tip over.
- Using the stairs:
 - When going **UP** the stairs, step up with your non-operative leg first
 - When going **DOWN**, step down with your operated leg first.
 - Use railings when possible



Lifting Precautions

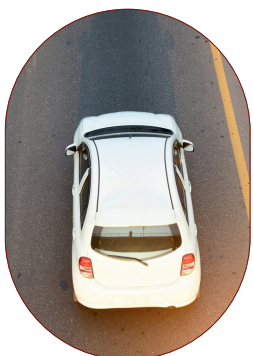
- Do **NOT** lift anything heavy after surgery.
- Avoid squatting or bending to lift any object.
- Avoid climbing ladders.
- Your surgeon will inform you when it is OK to resume these activities.

Bathing and Toileting

- Sit while bathing following your surgery.
- Ask your physical therapist which type of chair will be best for your bathroom.
- Have somebody nearby when showering until you are steady.
- Do **NOT** use the toilet paper holders or racks mounted to the wall when getting on or off the toilet. Use specifically installed grab bars if you have them.



Other IMPORTANT Precautions



- Do **NOT**
 - Drive until you are cleared by your surgeon
 - Pivot or twist your operated leg
 - Kneel or squat
 - Bend your operated leg beyond a 90-degree angle
 - Cross your operated leg or ankle
- When taking extended car rides, make sure to take breaks every 30-45 minutes

Please discuss with your care team when it is safe to stop following these precautions.



ACTIVE RECOVERY

Your surgery is followed by an “active” recovery period.

Research shows that the more patients get up and move after having hip or knee replacement surgery, the better their recovery will be. Being active can prevent many problems that can occur if you are inactive.



IMPORTANT INFORMATION



Contact Us

Lorem ipsum dolor sit amet, consectetur adipiscing elit.
Vestibulum vehicula libero nec metus aliquet pellentesque id
eget ex. Maecenas posuere.



+123-456-7890

hello@reallygreatsite.com

www.reallygreatsite.com