



HIP AND KNEE

REPLACEMENT PROGRAM



WELCOME TO TUCSON ORTHOPAEDIC INSTITUTE JOINT REPLACEMENT PROGRAM

We appreciate your confidence in choosing Tucson Orthopaedic Institute for your care.

To help you during your recovery, please use the following information to prepare for your surgery.



GETTING YOUR HOME READY

- ✓ Remove all rugs
- ✓ Have hand railings installed on all stairways
- ✓ Tuck away lamp and phone cords
- ✓ Rearrange furniture to allow for easy access to the kitchen, bedroom and bathroom
- ✓ Rails in your shower are helpful during bathing, as well as a mat to help prevent slipping
- ✓ Be sure small pets can be cared for and will not get "under foot"
- ✓ Install nightlights in bathrooms, bedrooms and hallways

CALL TO SCHEDULE PHYSICAL THERAPY



Your first PT appointment will be scheduled within 3-4 days of surgery. **Please call (520) 784-6550 to schedule your post-op PT sessions.**



Please visit our website at tucsonortho.com/education for video demonstrations on home PT and post-operative care. These should be reviewed before your procedure.



DAY OF SURGERY: WHAT TO BRING

- ✓ Walker - No tennis balls on back two legs
- ✓ Insurance card and photo ID
- ✓ A list of medications you are currently taking
- ✓ Tennis shoes - No sandals
- ✓ Loose, comfortable clothes - NO yoga pants or skinny jeans
- ✓ Wash with antibacterial soap the morning of, or night before, surgery
- ✓ Do not bring any jewelry (rings, watch, necklace, piercings)



DAY OF SURGERY / PRE-OP PREPERATION

- After you are admitted, you will be escorted to the pre-operative preparation area
- You will be asked to change into a hospital gown and your clothes will be placed in a bag with your name on it
- You will also remove your dentures, eyeglasses, contact lenses, and hearing aids
- The Pre-Op Nurse will check your medical record, perform a brief physical exam, and take your vitals
- An IV will be started and the anesthesiologist will interview you
- Your surgeon will verify and mark the surgical site with his/her initials while you are awake and alert

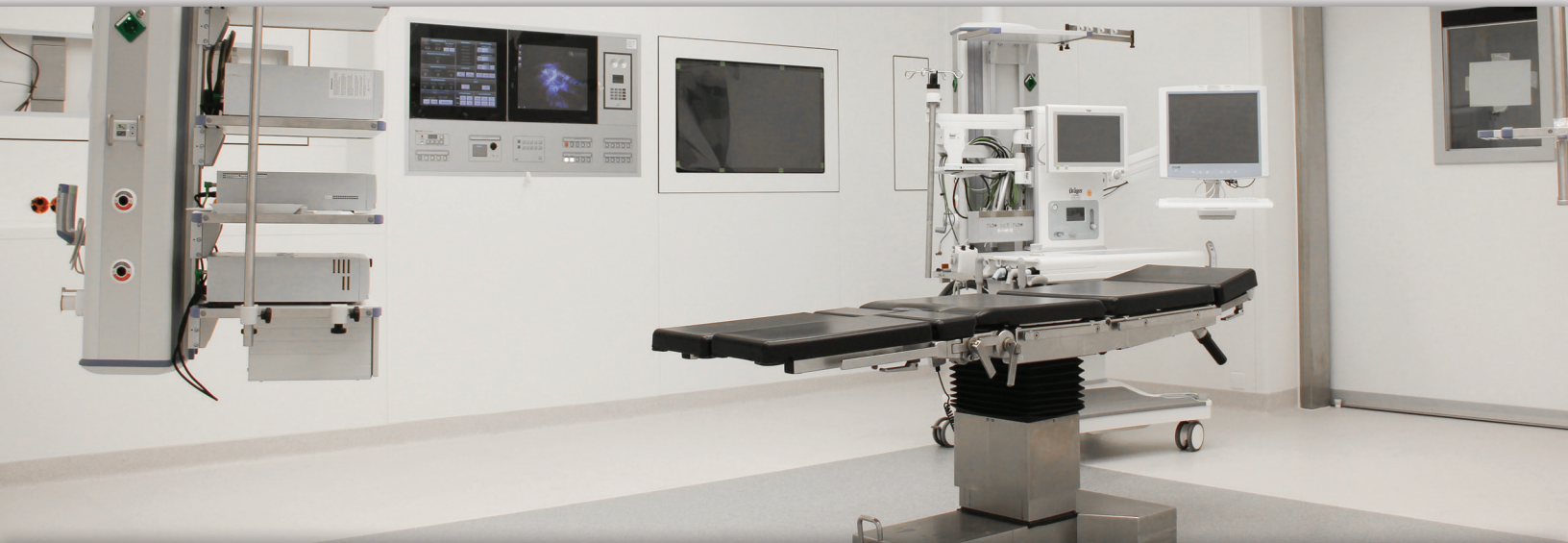


DAY OF SURGERY ANESTHESIA

- Your anesthesiologist will meet with you prior to your surgery to review your medical history and inform you of the type of anesthesia you will receive
- Report any difficulty you have had with anesthesia, or other health concerns, to your anesthesiologist and Pre-Op Nurse

DAY OF SURGERY IN THE OPERATING ROOM

- Medications will be given during surgery to keep you relaxed and pain free
- Procedure will last approximately 60-120 minutes
- Pain medication will be injected around the joint for post-op pain control while you are still under anesthesia



DAY OF SURGERY RECOVERY ROOM

- Your surgeon will inform your family how the procedure went
- Once awake, start your exercises immediately
- Before leaving you will walk with your walker, climb steps (if present in your home), and show our staff you are safe and comfortable for discharge home
- Your discharge paperwork will be given to your family member if you are going directly home



POST-OPERATIVE CARE ICE AND ELEVATION

- Nothing under the knee
- Place pillow under affected ankle (Knee Only)
 - Elevates and extends the leg
 - Elevate to heart level or higher
- Ice Surgical Site
 - 20 minutes at a time
 - Do not place ice directly on the skin; wrap in a washcloth
- Ice and elevate after
 - Exercise
 - Ambulation
- Ice as often as possible!



DRESSINGS AND SHOWERINGS

- Ace Wrap
 - Can be removed 24 hours after surgery
 - If prescribed by your surgeon, stockings will be worn every day for two weeks, except when sleeping or showering
- Waterproof Dressing on Incision (Knee and Hip)
 - After Ace dressing is removed you can shower with waterproof dressing on
 - When showering, use a shower mat to help prevent slipping
 - Bandages can be removed seven (7) days after surgery; pull off SLOWLY when removing
- Once Dressing is Removed
 - Let water and soap run over the incision - pat dry
 - Keep Wound Clean! Wash your hands and wear clean clothes
 - No ointments, creams or bandages are to be used on the incision
 - No swimming, baths, or hot tubs until your surgeon says you can



PAIN CONTROL

- An electronic prescription will be sent to your preferred pharmacy on the day of your surgery
- Use Tylenol Extra Strength and Ibuprofen for mild to moderate pain
- Use your prescribed narcotic for moderate to very severe pain
- Drink a lot of water! It will help you feel better and ease constipation



REMEMBER

We cannot make the pain go away completely. We aim to manage discomfort to allow you to eat, sleep and move around. We will do all we can to ensure your comfort and safety.

COMMON COMPLAINTS AND RECOMMENDATIONS

DIFFICULTY SLEEPING

You may take Benadryl 50 mg - 100 mg
1 hr before bedtime

LACK OF APPETITE

Eat small, frequent meals
Drink smoothies, shakes or supplemental drinks

CONSTIPATION

Use a laxative or stool softener
Perform an abdominal massage

SWELLING

Apply an ice pack for 20-30 minutes
Elevate lower leg above heart level when icing
If swelling persists, notify your surgeon

NUMBNESS ALONG INCISION

This is normal



WHEN TO CALL YOUR SURGEON

- If you develop increased redness accompanied with heat or increased cloudy drainage to the surgical site
- If you experience sudden onset of shortness of breath or chest pain
- If you have persistent nausea and/or vomiting
- If you develop cool, pale or blue feet or toes
- If your temperature is at, or above, 101°F
- If you experience a life-threatening emergency, please call 911 or go to your closest Emergency Room

PATIENT EDUCATION

At Tucson Orthopaedic Institute, we want you to feel equipped to take control of your treatment and care. Our team has prepared detailed tools and resources to assist you in your return to good health.

Please be sure to please go to our website at tucsonortho.com/PatientEducation and review the physical therapy videos prior to your surgery. We have created this page as a resource to download information packets, videos and more.

Our resources will continue to grow and be available for you to use before, during and after your visit.

