



**TOTAL KNEE & HIP REPLACEMENT | PATIENT EDUCATION MANUAL**





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**IMPORTANT DATES AND TIMES**

MEDICAL CLEARANCE (IF NEEDED)

Date \_\_\_\_\_

Time \_\_\_\_\_

FOLLOW UP APPOINTMENT WITH SURGEON

Date \_\_\_\_\_

Time \_\_\_\_\_

JOINT EDUCATION CLASS

Date \_\_\_\_\_

Time \_\_\_\_\_

OUTPATIENT PHYSICAL THERAPY APPOINTMENT

Date \_\_\_\_\_

Time \_\_\_\_\_

SURGERY

Date \_\_\_\_\_

Time \_\_\_\_\_

NOTES:

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## WELCOME



**THANK YOU for choosing to have your orthopedic surgery at Flagler Health+.**

Our team of experienced and compassionate professionals is dedicated to helping you achieve an improved level of activity and higher quality of life.

Our hospital offers a Joint Education Class for you and the individuals who will be helping you throughout your surgical experience and recovery. During this class, you will receive information and will also have the opportunity to ask any questions you may have. Classes are offered on Mondays and Wednesdays at 10 am. Please see page 11 for more information or call our Orthopedic Coordinator at Flagler Hospital at 904.819.4551 to register.

We hope this information helps you prepare for your surgery and recovery. If you have questions, please call and ask any one on your healthcare team to get your questions answered.



## ABOUT FLAGLER HEALTH+

Flagler Health+ is a comprehensive healthcare system committed to advancing the physical, social and economic health of the communities we serve.

Since 1889, we've cared for our friends, families and neighbors. And when it comes to your well-being, no one is more committed than Flagler Health+. We are uniquely poised to meet our growing community's healthcare needs by providing innovative care in new places, and in new ways.

### National Recognition for Excellence in Care

Flagler Health+'s flagship location, Flagler Hospital, is a 335-bed hospital that has been named among America's 50 Best Hospitals for quality and safety out of nearly 4,500 nationwide.





## HOW THIS GUIDE CAN HELP YOU

It is our belief that well-prepared patients achieve the best surgical results. This guide will help you be prepared to achieve the best outcome from your joint replacement. Physical preparation, education, continuity of care and pre-planned discharges are important to creating the best results. This guidebook exists to give you and your caregivers everything you'll need for a rapid return to a healthy, active lifestyle.

### THIS GUIDEBOOK WILL HELP YOU UNDERSTAND:

- What to expect during your hospital stay
- What you need to do before and after surgery
- How to properly care for your joint replacement

### HOW TO USE THIS BOOK:

- Read through the entire manual. We are here to clarify and answer any questions you may have about this material. Don't be shy about asking questions.
- Focus carefully on the pre-operative preparations such as exercises, home preparation, and the important checklist.
- Bring this manual with you to the Joint Education Class and to the hospital on your day of surgery.
- Bring any lingering questions with you to the Joint Replacement Class. Feel free to write them down in advance.



## IMPORTANT FLAGLER HEALTH+ PHONE NUMBERS

FLAGLER HEALTH +  
**904.819.5155**

ORTHOPEDIC COORDINATOR  
**904.819.4551**

PRE-OP DEPARTMENT (OUTPATIENT SURGERY)  
**904.819.4506**

ORTHOPEDIC FLOOR NURSE'S STATION (8TH FLOOR)  
**904.819.8056**

SURGICAL WAITING ROOM DESK  
**904.819.2147**

### IMPORTANT INFORMATION

- FMLA/Disability forms should be filled out by the surgeon's office BEFORE surgery. Please allow 7-10 business days for these forms to be completed.
- You may be required to obtain medical, cardiac, and/or other specialty clearance before surgery. The hospital requires a written clearance note from these physicians before surgery. These forms should be faxed by your doctor to the orthopedic surgeon's office. The surgeon's office will then fax everything to the hospital prior to your surgery. Please do not wait to complete your medical clearance. Failure to obtain these clearances could result in your surgery being canceled.
- The Main Lobby elevators are the best elevators to use for family and friends to access the Orthopedic Floor (8th floor).

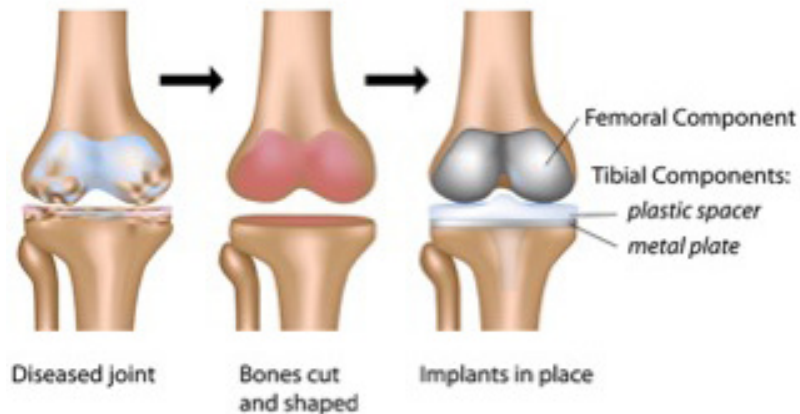


## TOTAL KNEE REPLACEMENT

Knee replacement surgery, also called knee arthroplasty, can help ease pain and return function in severely diseased knee joints. During the knee replacement surgery, a surgeon will remove a small amount of damaged bone and cartilage and replace it with an artificial joint.

For most patients, knee replacement provides relief from pain and better mobility and quality of life. After you have recovered from surgery and have been cleared by your doctor, you can enjoy a range of low-impact activities, such as walking, swimming, golfing, and/or biking. Talk to your surgeon about your limitations after surgery.

### THIS IS AN EXAMPLE OF ONE TYPE OF KNEE REPLACEMENT AVAILABLE:



### IT IS NORMAL TO HEAR AND/OR FEEL A CLICK AFTER SURGERY.

This is from the contact of the artificial joints (metal/plastic) during activity.

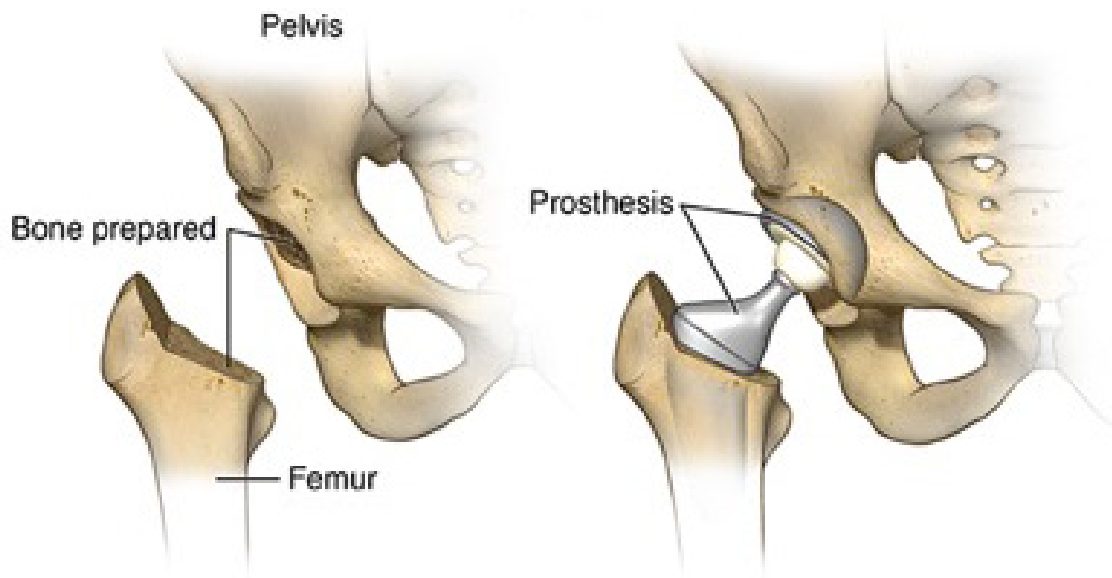




## TOTAL HIP REPLACEMENT

Hip replacement, also called hip arthroplasty, During hip replacement surgery, your surgeon removes the damaged areas of your hip joint and replaces them with an artificial joint. The surgery may be done through the back (posterior), the front (anterior), or the side (lateral) of the hip joint. This artificial joint, also called a prosthesis, helps reduce pain and improve function in your hip.

### TOTAL HIP REPLACEMENT EXAMPLE:



After you have recovered from surgery and have been cleared by your doctor, you can enjoy a range of low-impact activities, such as walking, swimming, golfing, and/or biking.

**TALK TO YOUR SURGEON ABOUT YOUR LIMITATIONS AFTER SURGERY.**



## MEDICAL CLEARANCE

If required, you must obtain medical clearance for surgery from your primary care physician. If you have any specialists that you see regularly, such as a Cardiologist or a Pulmonologist, you might need to get clearance from them as well.

This is an extremely important step in the process to have surgery. PLEASE complete this in a timely manner and do not wait until just before your surgery! Without medical clearance, your surgeon will not perform surgery.

**You may also require a variety of medical tests, including:**

- Blood work
- Urinalysis
- Electrocardiogram (or an EKG)
- Chest X-Ray

Please communicate your surgery date with your primary care physician's office and/or specialist's office so they can schedule your appointment(s) accordingly.



## PRE-OPERATIVE AND JOINT REPLACEMENT CLASS

A pre-operative phone call with Flagler Hospital is required for all patients who will be undergoing joint replacements. During this call, a pre-operative nurse will review your medical history and medications, assure that all consents are correct and signed. They will also give you instructions about when to arrive on the day of your surgery, what medications to take on the morning of your surgery and any other preparation. You do not have to schedule this, a nurse from Flagler Hospital will call you.

For your safety, it is extremely important that you tell the pre-operative nurse all of the medications you take at home. In order for the nurse to make a complete and accurate list of all your medications, please be sure to include prescriptions, vitamins, supplements, herbals and any other over-the counter medications.

### QUESTIONS

If you have any questions regarding your pre-operative phone call or about your medications, please contact the pre-op department at 904.819.4506.

The Joint Education Class provided by Flagler Hospital is designed to fully prepare you for surgery – during your hospital stay through recovery, answer any remaining questions, and ease any concerns. All patients having a total joint replacement surgery are expected to attend this class.

Please register in advance by visiting [FlaglerHealth.org](http://FlaglerHealth.org) or calling our Orthopedic Coordinator at 904.819.4551.

## JOINT EDUCATION CLASS MONDAY & WEDNESDAY FROM 10AM - 11AM

### DIRECTIONS TO THE CLASSROOM

Park in Parking Lot A. Enter through the Main Lobby of Flagler Hospital. Use the Main Lobby elevators and go to the 8th floor. The classroom will be to your left as soon as you get off the elevator.

TO VIEW A VIDEO OF THE JOINT  
EDUCATION CLASS, PLEASE SCAN....





## PREPARING FOR JOINT REPLACEMENT SURGERY

### SMOKING CESSATION

Smoking can slow the recovery process and increase medical complications. Some medical complications caused by smoking can include blood clots and/or wound healing problems after surgery. If you smoke, it is advised that you quit before surgery. Please note that Flagler Health+ is a smoke free campus. For more information, visit [tobaccofreeflorida.com/quityourway](http://tobaccofreeflorida.com/quityourway) or call 1.877.822.6669.

### DIABETES MANAGEMENT

It is very important to effectively manage your blood glucose before, during, and after surgery. Managing your blood glucose effectively can reduce complications such as infection after your surgery. If you are diabetic, your blood glucose will be managed and monitored throughout your entire hospital stay. Check with your surgeon to see what level your Hemoglobin A1C should be.

### DENTAL VISITS

After joint replacement surgery, antibiotics must be taken prior to any dental work, surgery, or other invasive procedures. Please refrain from any routine dental cleansings for 12 weeks after surgery. Please follow your surgeon's protocol.

### HELP AT HOME

In the first weeks after surgery, you may want some help at home. Please make arrangements for this assistance prior to surgery. Family and neighbors may be able to help with meals, cleaning, laundry, driving, and other needs. Flagler Health+ established Care Connect+, an outreach program which helps area residents connect with the resources they need. If you are in need of specific assistance or more information, please visit [CareConnectPlus.com](http://CareConnectPlus.com) and complete the Get Connected form or call 904.819.3070.



## HOME SAFETY

Falls are the most preventable cause of injury post-joint replacement. Making a few simple changes around your home can help reduce this risk.

- Always keep your cell phone or cordless phone with you
- Use chairs with straight backs and sturdy arm rests which make it easier to stand
- Raise the seat height of a low chair by adding a cushion
- Clear clutter from pathways so you do not fall
- Ask someone to help clean up spills
- Remove throw rugs
- Tape down electric cords or tuck them behind furniture
- Use a night-light or have a light source in every room
- Move the items you use most often to counter height to avoid excess bending or reaching
- Do your laundry before having surgery or ask someone to assist with this task
- Clean your house before having surgery or ask others to help you clean
- Wear shoes that fit and will not fall off your feet when you walk and do not walk around in socks

### KITCHEN

- Plan some easy-meal menus and shop in advance
- Make and freeze meals ahead of time. After surgery, you may want bland/comfort foods
- Stock up on foods that are easy to prepare
- Many grocery stores will deliver right to your door. Contact your local grocery store for more information

### BEDROOM

- Sleep on a bed that you can get in and out of easily and/or consider installing a bedrail
- Consider having a bedroom on the first floor of the home
- Some people find it more comfortable to sleep in a recliner or propped up on some pillows for a period of time after surgery



## HOME SAFETY ( CONTINUED )

### BATHROOM TIPS

- Prevent slips and falls by installing railings and non-slip surfaces
- Check existing grab bars for strength and stability, and repair if needed
- Watch out for hazards, such as wet floors
- Dry off in the shower to prevent bringing water out onto the floor
- Stock up on toiletries and other items you will need during recovery

### STAIRS

- Arrange things so you do not have to use the stairs often
- Make sure stairs have handrails that are securely fastened to the wall
- Fix loose or uneven steps
- Cover bare wood stairs with nonskid strips. If there is carpet, be sure it is firmly attached

### OUTDOORS

- Try not to walk on uneven sidewalks or ground
- When stepping off a curb, be aware of its height
- Add more outdoor lighting, if needed
- Watch for pets that could be tripped over, jump on you, or lie in your walking path



## PREPARATION CHECKLIST

### BEFORE SURGERY

- I completed my medical clearance and lab work
- My diabetes is under control (Hemoglobin A1C)
- I have stopped smoking before my surgery
- I have prepared my home as suggested for safety
- I have arranged for someone to drive me home when I am discharged from the hospital and stay with me the first week after surgery
- Do not eat or drink after midnight the night before surgery unless instructed otherwise

### HOSPITAL STAY: WHAT TO BRING

- Loose and comfortable clothing
- Shoes with a back and non-skid soles so they will not slide off your feet
- Personal hygiene toiletries
- Eyeglasses, contact lenses, denture case, hearing aids and batteries
- CPAP machine and tubing
- Cell phone and charger
- This guidebook

### ADDITIONAL INFORMATION

- Leave jewelry, credit cards, check book, and cash at home
- Do not bring any medication with you to the hospital unless instructed to do so



## DAY OF SURGERY

### BEFORE LEAVING HOME

- Shower as instructed
- Brush your teeth
- Wear clean, comfortable clothes
- Do not use any perfume, deodorant, cream, lotion, powder, or nail polish
- Take only the medicine that you were instructed with a small sip of water

### ARRIVING AT THE HOSPITAL

- Come to the outpatient surgery area located on the south side of the hospital and park in **parking lot E** ( please note that this is NOT the main entrance )
- Enter through the automatic doors and proceed to the outpatient surgery registration desk to check-in
- From here, you will be escorted to the pre-operative surgery area
- The Pre-op (Outpatient Surgery) telephone number is 904.819.4506

### SURGERY

You will be prepared for surgery in the pre-operative area of outpatient surgery. Your nurse will start an IV, confirm the planned procedure and review your medical history. Your operating room nurse, as well as a member of the anesthesiology team, will interview you and speak to you about the type of anesthesia that will be used during surgery. They will escort you to the operating room where your surgeon will confirm the correct site for surgery. Following surgery, you will be taken to the recovery room. A nurse will keep your family updated on your progress while you are in surgery and in the recovery room. After surgery, your surgeon will speak with your family and/or friends.

If your surgeon plans for you to go home the same day as your surgery, you will be brought back to the outpatient area from the recovery room where nurses and/or physical therapists prepare you for discharge home.

For patients staying in the hospital after surgery, you will be taken to the orthopedic unit located on the 8th floor of the hospital. Your friends and family will be notified of the room number once it is available.

*Your surgeon will discuss this with you PRIOR to your surgery.*





## DAY OF SURGERY ( CONTINUED )

### PAIN CONTROL

During your hospital stay, you will be asked to rate the intensity of your pain. A numbered pain scale is used and ranges from 0 – 10, as seen below:



There are several different types of pain control methods available that will keep you comfortable and allow you to be up and walking shortly after your surgery. Your surgeon will choose the appropriate pain control method for you based on your medical history and the amount of pain you are experiencing.

It is important for you to communicate with your healthcare team if the pain medication is not sufficient, if you are not as alert as you think you should be, or if you are nauseated. Adjustments can be made to make you feel more comfortable.

### OTHER METHODS FOR PAIN MANAGEMENT

Here are other ways to have good pain control:

- Using cold therapy or ice
- Changing your position or walking
- Listening to music
- Using integrative therapies such as aromatherapy, acupressure, guided imagery, or the music relaxation channel on the television
- Anything you have found to be helpful at home



## HOSPITAL STAY

Some patients go home the day of their surgery while others may need to stay overnight. If you have to stay overnight, you will be admitted to the hospital for 1–3 days, or longer depending on your medical condition. While in your hospital room, the nurse and other staff members will:

- Frequently monitor your vital signs and assess your surgery site
- Give IV fluids, antibiotics, and medications as ordered (including home medications)
- Monitor your oxygen level
- Educate and prepare you for discharge

### TED AND SCD

After surgery you may have TED (Thrombo-Embolism Deterrent) hose and/or SCDs (Sequential Compression Devices) on your legs. These are both placed to help prevent blood clots from forming in your legs after surgery. TED hose are elastic and fit snugly to prevent blood from pooling and blood clots from forming in your lower legs. SCDs wrap around the lower legs, plug into a device with a motor, and massage your legs to promote blood flow.

### PREVENTING FALLS DURING YOUR HOSPITAL STAY

After joint replacement surgery, you are at a high risk of falling and our goal is to help you avoid falls. Falls can happen because of:

- Changes in your balance caused by the surgery
- Using new equipment such as a cane
- Taking pain medicine

Call the nurse before you get out of bed and when you are done in the bathroom. We may use a bed alarm during your stay to remind you to call for help. Staff will check on you often to keep you safe. A fall may result in a longer stay in the hospital or even another surgery. Remember, the hospital is not your familiar environment. You may be connected to cords, pumps, or other equipment. Even if you no longer need therapy, you still need to ask for help to get up or walk.

Your physical therapy will begin the day of surgery and you will be out of bed and walking within 6 hours of surgery. This aids in your recovery and helps prevent complications. The physical and occupational therapists will work with you to begin a program tailored to your needs.

### PREVENTING FALLS AT HOME

It is important to do what you can to lower your risk of falling. See the section *Preparing Your Home* at the beginning of this book for things you can do to make your home safer and prevent falls.



## PREPARING TO GO HOME

It is common to feel anxious when you think about caring for yourself away from the hospital. The more you learn, the more confident you will feel. It is best if you have someone stay with you for the first week. Most often, you will be ready to go home when you are able to walk safely and do your exercises. Your surgeon will decide when you are ready to leave the hospital. A nurse, case manager, or social worker will visit you in the hospital to discuss any help you may need.

### **Before you leave, you can expect to be given:**

- Written instructions for how to care for yourself and when to call the surgeon
- Prescriptions for pain and blood thinner medicine as ordered by your surgeon
- Follow-up appointments

## DRIVING

You will not be able to drive until you are no longer taking narcotic pain medication and able to walk independently. Always check with your surgeon if you have any questions about when you can safely drive again. Please make arrangements for family or friends to drive you to all of your appointments during this time.

## DISCHARGE OPTIONS

Your physician and hospital staff will discuss your discharge plan with you based on your medical needs.

Possible discharge options include:

### **OUTPATIENT PHYSICAL THERAPY**

Outpatient therapy services will include physical therapy at an outpatient center. Your surgeon will provide you with a prescription for this.

### **HOME HEALTHCARE**

Home healthcare may be recommended for you for a safe transition home. This could include a nurse and/or physical therapist that will visit you at home after you are discharged from the hospital.

### **SKILLED NURSING FACILITY**

A skilled nursing facility will provide 24 hour trained care for patients who need more intensive therapy or a higher level of care. This will only be ordered by your surgeon if absolutely necessary.



## AT HOME CARE

### LEAVING THE HOSPITAL

Your doctors and therapists will decide when you are able to go home. After you have been given all of the needed instructions, you will be ready for the trip home. It is normal for you to feel tired and worn out. Plan rest periods in between your activities. Your energy level will improve in the days and weeks ahead.

- Plan to wear loose-fitting clothing such as a button down shirt, that is easy to get on and off
- Sit in the front passenger seat of the car and recline the backrest a little
- Always wear your seatbelt
- If you are traveling a long distance, plan to get out of the car and stretch every hour. This will keep you from getting too stiff and will also help prevent blood clots in your legs.

### PREVENTING INFECTION

A replacement joint is not as good at fighting germs as a natural joint. Infection can be a serious problem after joint replacement surgery. If a new joint gets infected, it is hard to cure.

#### **You can help prevent infection by:**

- Cleaning your hands with soap and water or hand sanitizer. Clean your hands:
  - After using the toilet or blowing your nose
  - After doing laundry, housework, or yard work
  - After petting or caring for animals
- Making sure your healthcare team washes their hands before and after they take care of you
- Making sure your family and friends wash their hands

### CARING FOR YOUR INCISION

Normally, it takes about 2 weeks for your incision to heal enough to stay closed. If you have sutures or skin glue, this will be removed about 2 weeks after surgery. Over the next 6-to-8 weeks, your incision may feel tight and itchy, which is part of normal healing. It is common to have more swelling and pain 4-to-7 days after surgery, which is often after you leave the hospital. After about a week, swelling and pain will get better day-by-day. You will continue to have some swelling over the next 6-to-12 months.

#### **Keep your dressing clean and dry**

- You may shower (consider a shower chair), but refer to the instructions you were given by your surgeon
- Do not submerge your incision in water or take baths until your surgeon tells you it is okay
- Wear loose clothing that is easily washed and does not rub or irritate the incision
- Never dab lotion, ointment, powders, or perfume on the incision



## AT HOME CARE ( CONTINUED )

### PREVENTING PNEUMONIA

Take deep breaths every hour while you are awake to clear the anesthesia from your lungs and help prevent pneumonia. You will start this in the hospital. You will need to continue this practice at home until you are walking around your home about every hour during the day.

You will be instructed by the respiratory therapist or nurse on the use of an Incentive Spirometer (IS).

Incentive Spirometry is a deep breathing exercise that your surgeon will order to assist you after surgery. The hospital will provide you with an IS meter. Continue use at home after discharge from the hospital.

#### How to Use Your Incentive Spirometer

1. Sit upright or as far upright as you can
2. Breathe out normally
3. Close your lips around the mouthpiece
4. Breathe in slow and steady through your mouth until your lungs are full
5. Remove the mouthpiece and hold your breath for 5 seconds
6. Breathe normally



### PREVENTING BLOOD CLOTS

A deep vein thrombosis (DVT), a very rare complication of surgery, is a blood clot that can form in a leg vein after joint replacement surgery. A piece of the clot can break off, travel through the blood stream to the lung, causing a pulmonary embolism. Your surgeon will recommend the appropriate activities that will help to prevent this from occurring. This may include:

- A sequential compression device (SCD) that improves your blood flow by gently squeezing and releasing your leg or foot. This is used in the hospital.
- Medicine to prevent clotting
- Activity to help increase circulation:
  - Ankle pumps while lying in bed
  - Walking
  - Exercises in the back of this book or from your physical therapist



## AT HOME CARE ( CONTINUED )

### REST OR SLEEP

After surgery, you may have a hard time sleeping. Taking your pain control medication around bedtime controls your pain so you can stay asleep. Rest will help you get your strength back more quickly.

#### Here are some tips to help you rest:

- Go to bed at the same time each night
- Stop and rest for a few minutes after activity
- Take short naps or rest periods when you are feeling tired



### PREVENTING CONSTIPATION

A side effect of taking pain medicine is constipation. Decreased activity can also lead to constipation.

#### To avoid becoming constipated:

- Gradually increase your intake of fiber-rich foods such as fruits, vegetables, and whole grains.
- Drink 8 or more 8 oz. glasses of fluids each day
- Stay as active as you can
- Consider drinking prune juice each day
- Consider taking a stool softener or laxative. Many of these are available over-the-counter at your local store. If you have questions, ask your doctor or pharmacist.

### PRECAUTIONS AFTER SURGERY:

For safety of your knee replacement, you should follow these precautions after surgery:

#### Knee Replacement Surgery:

- Do not sit on low chairs
- Do not twist your knee for six to eight weeks
- Do not sit longer than an hour at a time. This can make the muscles around your knee stiffen
- Do not place a pillow directly under your operative knee

#### Hip Replacement Surgery:

After a hip replacement, you will need to learn new ways to move to protect your new hip.

These are called hip precautions:

- Do not step far back with your surgical leg
- Do not turn your surgical leg outward



## AT HOME CARE ( CONTINUED )

When you return home, walking and daily exercises will be part of your routine. Walking will become easier and more enjoyable as your knee or hip becomes stronger.

### Support Stockings

TED hose are elastic support stockings that may be ordered for you after discharge. The stockings fit your legs snugly and help improve blood flow and keep blood and fluid from swelling in your foot and ankle. It is important to wear them after surgery as instructed by your surgeon.

## PAIN CONTROL:

### Cold Therapy:

Apply ice packs to affected joint as needed for discomfort or swelling for 20 minutes using a barrier, such as a pillow case or other clean fabric, between the ice pack holder and your skin.

### Pain Medications:

- Take pain medication when needed, as prescribed by your surgeon.
- Consider taking your pain medication before you exercise. You should feel a little better every day as you get stronger and your body heals.
- Don't wait until the discomfort is intolerable to take medication.
- It may be helpful to keep a written record of when you take your pain medication (include time, medication, and dosage).
- As you have less discomfort, start to decrease how many pills you are taking and how often you are taking them. Eventually, you will no longer need pain medication.
- Do not drink alcohol or drive while taking pain medication.
- If you have new pain or swelling that is different from the pain you had in the hospital, please let your doctor and/or physical therapist know.

### Body Changes:

- Drink plenty of water to keep from getting dehydrated or constipated.
- Your energy level may be decreased for up to one month after surgery. Ensure that you get up to 8 hours of sleep per night to help with this.
- Get up slowly after you sit or lie down to improve your balance and coordination.

### Dressing Care:

You will be instructed by your surgeon and before you leave the hospital how to care for your dressing.



## AT HOME CARE ( CONTINUED )

### Swelling

Swelling is common following joint replacement surgery. Some people have swelling while still in the hospital. Others may notice it once they are home and become more active. Areas most likely to become swollen are the foot, ankle, knee, and thigh. To prevent swelling, elevate your feet higher than heart level and wear your compression stockings as prescribed by your surgeon. If your swelling does not decrease after sleeping all night and elevating your legs during the day, please call your surgeon's office.

### Knee Replacement Patients:

You may experience knee pain and/or swelling after exercise or activity. You can relieve this by elevating your leg and applying ice wrapped in a towel.

### EXERCISE GUIDE:

Regular exercise to restore your knee or hip mobility and a gradual return to everyday activities are important for your full recovery. Your surgeon and physical therapist may recommend that you exercise and walk approximately 20 to 30 minutes two or three times daily.

### Walking

Soon after your surgery, you will begin to walk short distances and perform everyday activities. At first, you will walk with a walker. This early activity aids your recovery and helps your knee or hip regain its strength and movement. *Walking is the best way to help your knee or hip recover.*

### Stair Climbing

The ability to go up and down stairs requires strength and flexibility. At first, you will need a handrail for support and will only be able to go one step at a time. Always lead up the stairs with your good leg and down the stairs with your operated leg. Remember, "Up with the good" and "Down with the bad". You may want to have someone help you until you have regained most of your strength and mobility. A physical therapist will teach you how to use stairs before you leave the hospital.

### Early Post-operative Exercises

The following guide can help you better understand your exercise/activity program that is supervised by your physical therapist and orthopedic surgeon. Start the exercises on the following pages as soon as you are able. You can begin these in the hospital. Exercise and activity should consistently improve your strength and mobility.

If you have any questions, contact your surgeon or physical therapist.





## AT HOME CARE ( CONTINUED )

### DIET AND NUTRITION

Good nutrition and a well-balanced diet are important factors in healing and restoring strength after a total joint replacement. Use this food and lifestyle pyramid as a guide to healthy eating every day.





## WHEN TO CALL YOUR SURGEON

### CALL YOUR SURGEON IF:

- You have a fever over 101 degrees Fahrenheit (38.3 degrees Celsius)

### Your incision:

- Has increased redness
- Is hot to touch
- Is more painful than it has been
- Oozes a new drainage or smells bad
- Bleeds enough to come through your bandage
- Your pain medicine is not managing your pain
- You have side effects from your medicine such as an upset stomach, throwing up, redness, rash, or itching
- You have pain or swelling in the calf of either leg or in your surgical arm
- The edges of your incision come apart
- You have any questions or concerns about your health

### CALL 911 IF YOU EXPERIENCE:

- Chest pain and/or shortness of breath
- Coughing up blood or unexpected bleeding
- Continued and increased swelling or pain
- Dark and/or black stools



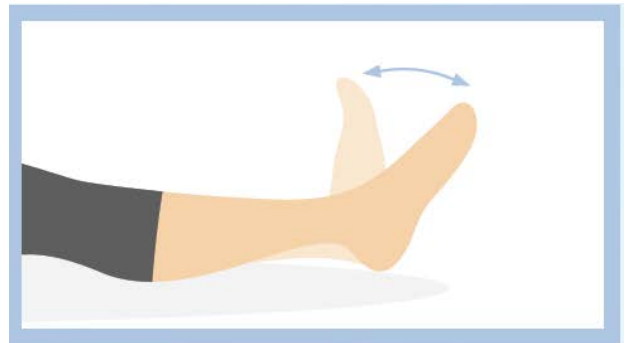
## EXERCISES FOR KNEE AND HIP REPLACEMENT

This exercise program will help you increase strength, regain motion, and return to your everyday activities. Begin these exercises on the day after you leave the hospital unless told otherwise by your healthcare team.

**Repeat each exercise 10 times, 3-4 times each day. Continue these exercises until your surgeon or therapist tells you to stop.**

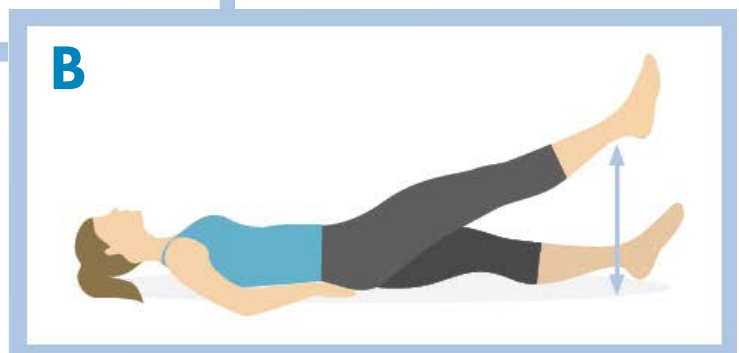
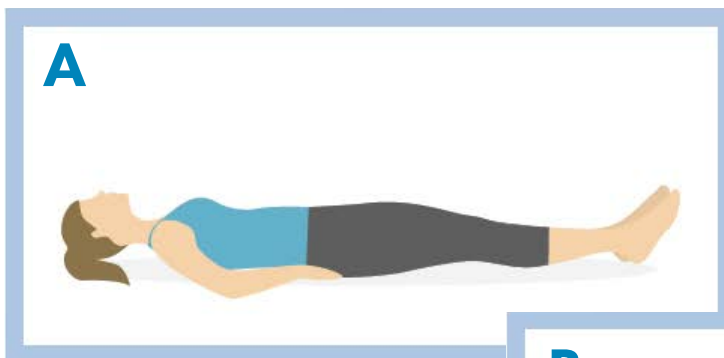
### ANKLE PUMPS

- While sitting in a chair or lying in bed, straighten your knee and slowly move your foot forward and backward.
- Perform this exercise periodically for two to three minutes, two to three times an hour.
- You should perform this exercise daily until you are fully recovered and all swelling has subsided.



### STRAIGHT LEG RAISES

- While lying on your back, tighten the thigh muscle with your knee fully straightened out on the bed (A)
- Lift your leg several inches (B). Hold for 5-10 seconds. Slowly lower.

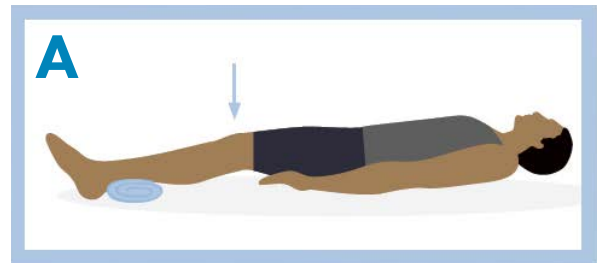




## EXERCISES FOR KNEE AND HIP REPLACEMENT

### KNEE STRAIGHTENING EXERCISES (A)

- Place a small rolled towel just above your heel so that it is not touching the bed.
- Tighten your thigh. Try to fully straighten your knee and touch the back of your knee to the bed.
- Repeat until your thigh feels fatigued



### SITTING UNSUPPORTED KNEE BENDS (B)

- While sitting at your bedside or in a chair, bend your knee as far as you can until your foot rests on the floor.
- Hold for 5-10 seconds. Straighten your knee fully.
- Repeat several times until your leg feels fatigued or until you can completely bend your knee.



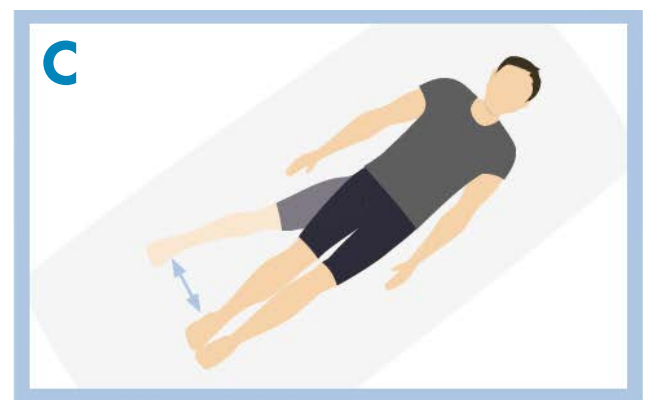
**Repeat each exercise 10 times,  
3-4 times each day.  
Continue these exercises until  
your surgeon or therapist  
tells you to stop.**

### BUTTOCK CONTRACTIONS

- Tighten buttock muscles and hold to a count of five.

### ABDUCTION EXERCISE (C)

- Lying on your back, slide your leg out to the side as far as you can and then back.





## FREQUENTLY ASKED QUESTIONS

### **How long will I be in the hospital?**

Every patient and every situation is different. You will be discharged as soon as our team determines you are ready, which may be within one day.

### **How soon will I be walking?**

You will start walking on the day of your surgery. A nurse or physical therapist will help you begin walking within 6 hours of surgery.

### **How long will I need to use my walker?**

You will use your walker 2 to 4 weeks after surgery, though this varies patient to patient. Your therapist will work with you to wean you from your walker.

### **How long do I have to follow hip precautions?**

Your surgeon will tell you how long you have to follow hip precautions. Typically, about three weeks.

### **When can I lay on my operated side?**

As soon as the day after your surgery, if it feels comfortable.

### **When can I take a shower?**

Unless otherwise instructed by your surgeon, you can take a shower when you get home.

### **How long does it take to recover from joint replacement surgery?**

This varies from person-to-person. Short-term recovery takes about 6-12 weeks and long term recovery could take up to 6 months or longer.

### **When can I drive?**

It is not safe for you to drive if you are physically impaired or taking narcotic pain medication. It is recommended that you be able to walk completely independently without an assistive device before attempting to drive.

### **When can I go back to work?**

Depending on your job, you can go back to work when your surgeon clears you to do so.

- 1 Main Entrance
- 2 Emergency Care Center
- 3 Anderson-Gibbs Building
- 4 Care Fast+ Urgent Care
- 5 Community Hospice
- 6 Flagler Family Medicine
- 7 Flagler Health+ CAIR Center
- 8 Flagler Health+ Employee Health & Wellness
- 9 Flagler Health+ Imaging Center
- 10 Flagler Health+ Orthopedic Specialists
- 11 Jakadofsky Building
- 12 Outpatient Surgery & Heart Center
- 13 Public Pharmacy
- 14 Wellness Center
- 15 Parking lots (A-F)
- 16 Shuttle Bus Stops
- 17 Helpoad



# FLAGLER HOSPITAL CAMPUS MAP



**THANK YOU!**



**Thank you for choosing Flagler Health+ for your joint replacement needs.**

We hope that this book serves as a helpful reference for you as you prepare for and recover from your surgery. Please do not hesitate to ask our experienced team of surgeons, physician assistants, nurses, rehabilitation specialists and other team members if you have any additional questions. Ask to speak to our Orthopedic Coordinator or any of our nurses and let us know how we are doing.

We hope that you had an excellent experience during your visit and invite you to share your feedback on Google or at [Facebook.com/flaglerhealth](https://www.facebook.com/flaglerhealth).



*Open the camera on you phone, point it at the QR code, click the notification which will direct you to the correct webpage.*

**We welcome your feedback.**

