

So You're Having a Total Knee Replacement?



Your team of nurses, hospitalists, therapists and social workers are here to help you every step of the way.

This presentation is meant to assist you before, during and after your surgery.

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It is important that you review the Total Knee Replacement patient information binder provided to you. The information included in this presentation is just an overview to help familiarize you with the process involved in a Total Knee Replacement.

Meet Patty.

Follow Patty's
journey through
Total Knee Replacement.



STEP 1: Preparing for Surgery

Prepare Yourself & Your Home



Remove all throw rugs from the areas in which you will be walking. Prepare meals that can be frozen. *Refer to page 4 of your binder for a complete listing of preparatory measures for you and your home.*

Attend Your Appointments

(approx. 1 week prior to surgery)

- Pre-operative Orthopaedic Office appointment*
- Pre-admission Testing Center (PATC) appointment*
- Pre-operative Physical Therapy (PT) appointment*

*These appointments are scheduled by the Canandaigua Orthopaedic office at the time your surgery is scheduled.

Note: Canandaigua Orthopaedic will provide you with a prescription for physical rehabilitation to be scheduled for post-surgery. They will also write a prescription for lab work to be done monitoring your Coumadin level twice a week. Canandaigua Orthopaedic will contact you after they receive the lab work and adjust your Coumadin accordingly.

- Pre-operative Orthopaedic Office appointment**
- Pre-admission Testing Center (PATC) appointment
- Pre-operative Physical Therapy (PT) appointment

At Canandaigua Orthopaedics:

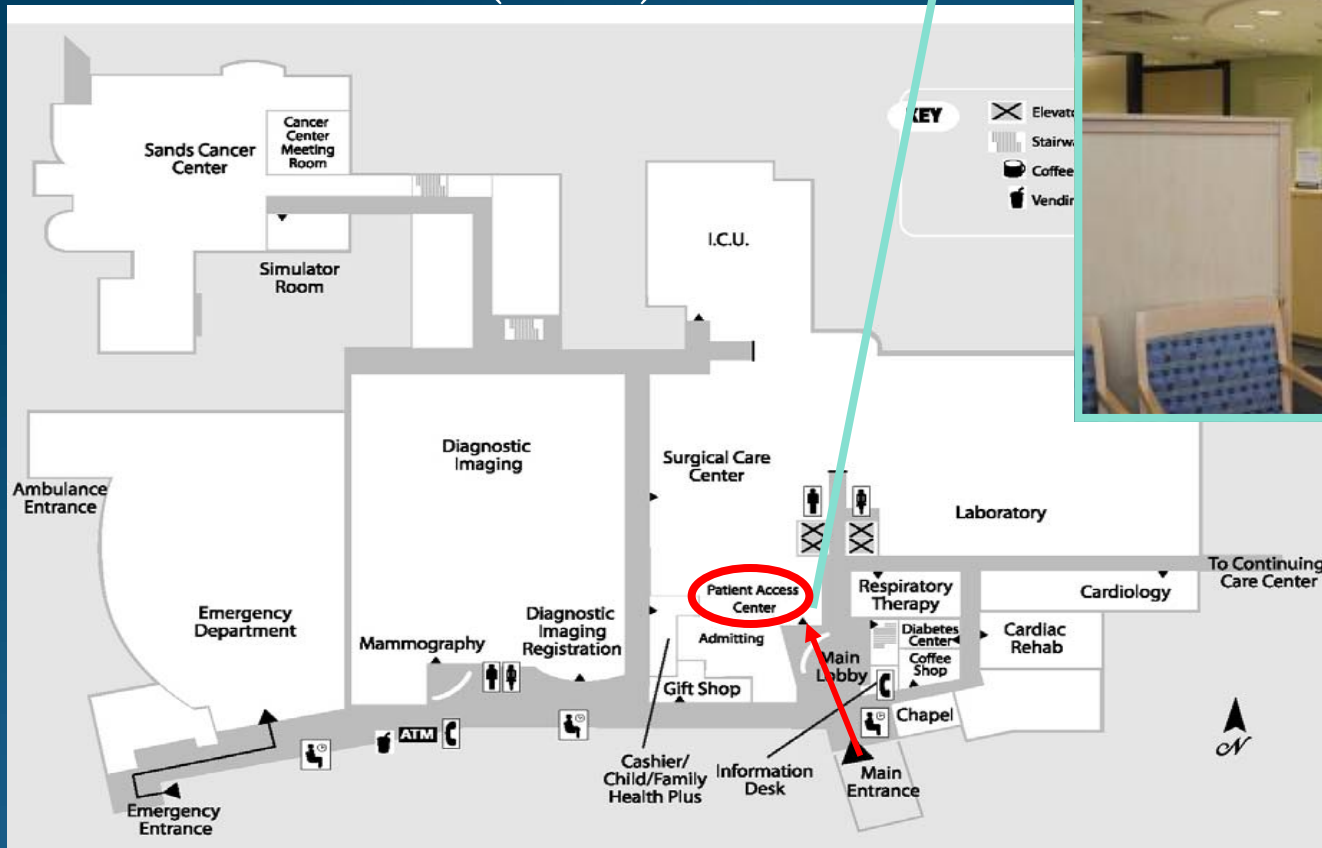
A Physician Assistant
will review your
surgery details with
you.



- Pre-operative Orthopaedic Office appointment
- Pre-admission Testing Center (PATC) appointment**
- Pre-operative Physical Therapy (PT) appointment

Where is PATC?

PATC is located within the Hamlin Family Patient Access Center (PAC).



At the Patient Access Center (PAC):

- A staff member will ask for your insurance information and your surgery co-pay will be due.
Remember to bring your insurance card with you.
- Once this is completed, you will wait to be called by someone in PATC.

At the Pre-Admission Testing Center (PATC):

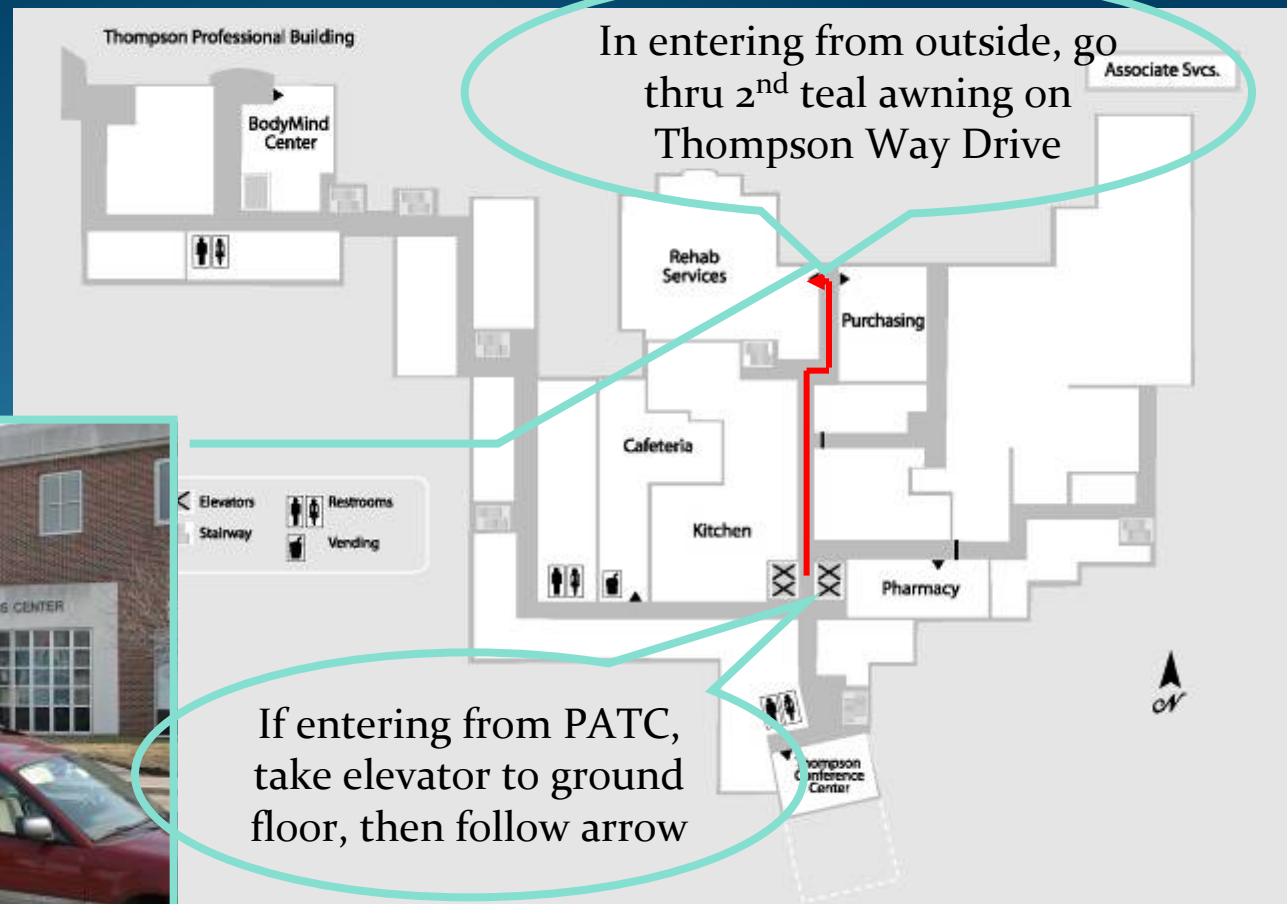
A nurse will discuss preparations for surgery and anesthesia, review your medical history and complete a physical assessment. **Remember to bring all medications in their original bottles.**



- Pre-operative Orthopaedic Office appointment
- Pre-admission Testing Center (PATC) appointment
- Pre-operative Physical Therapy (PT) appointment**

Where is Physical Therapy (PT)?

PT is located in the
Rehabilitation
Services
Department.



At Rehabilitation Services (PT):

A therapist will verify your current living arrangements, instruct you on using a walker, limiting the amount of weight you place on your leg, climbing stairs and will review your exercise program with you.



If you have a walker, remember to bring it with you.

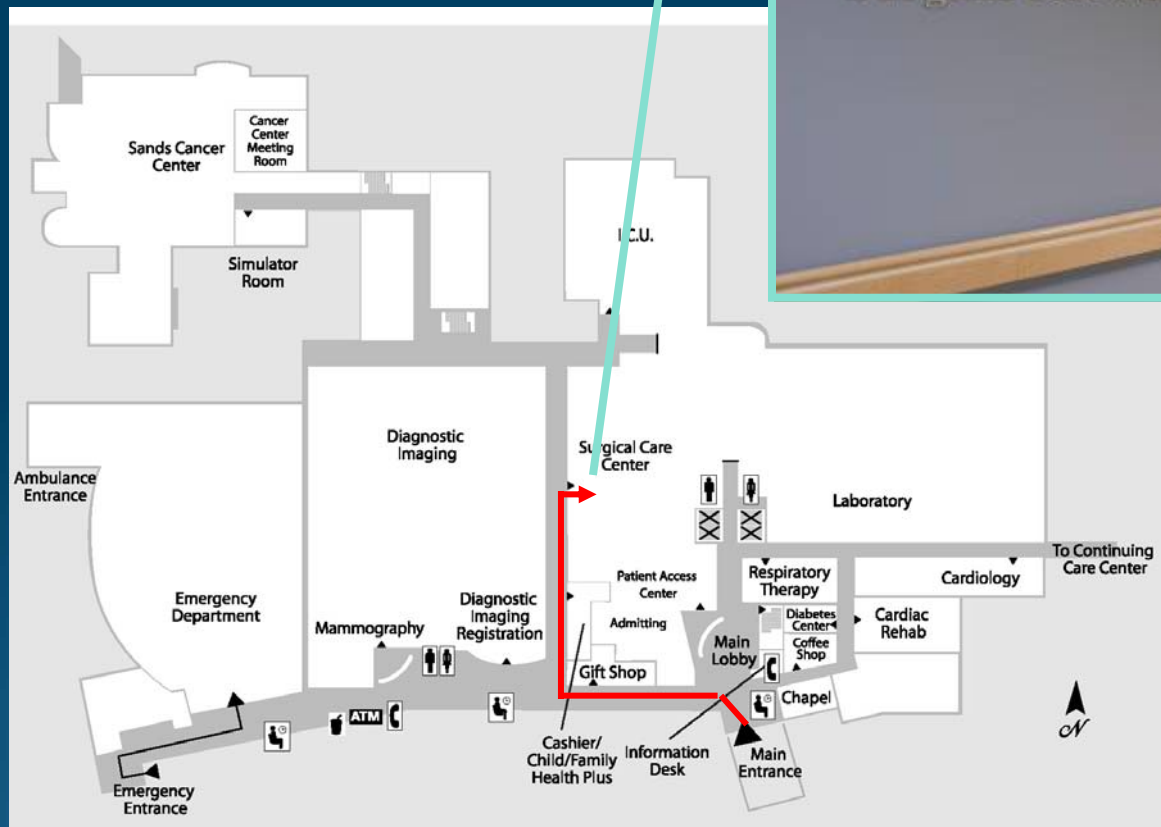
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A call from Social Work

- Note that on the same day that you attend your appointments with Canandaigua Orthopaedic, PATC and PT, a social worker will call you at home to discuss your discharge needs following surgery (i.e. Do you have a caregiver at home to assist you after surgery?)

STEP 2: Day of Surgery

Where is the Surgical Care Center (SCC)?



To help orient you, these sailboats are located all along the hallway outside of SCC.

Note: Patients should not arrive prior to 6 a.m. when the main entrance to the hospital opens.

CPM fitting

If your surgeon has requested it, you will be fitted with a Continuous Passive Motion (CPM) machine.



Going to Surgery

You will be taken into the operating room while your family waits in the waiting room.



Going to Recovery

Once surgery is over, you will be taken to the Post Anesthesia Care Unit (PACU). Your family should continue to wait in the waiting room or nearby until they are called.



Physician/Family Consultation

While you are in recovery, the physician will update your family on how the surgery went.



Moving to Your Hospital Room

Once your time in PACU is complete, you will be transported to your hospital room where your family can re-connect with you.



STEP 3: Your Hospital Stay*

**You can expect to stay at the hospital for 3 nights.*

CPM at Work

IF your surgeon has requested it, you may wake up fitted with a Continuous Passive Motion (CPM). This helps with flexibility.



Assessment of Pain

Pain medication must be requested; it is not a scheduled medication. Maintaining adequate pain control is necessary to allow participation in therapy. You will be assessed on pain; the goal is that your pain not exceed 5 on a scale of 0-10.

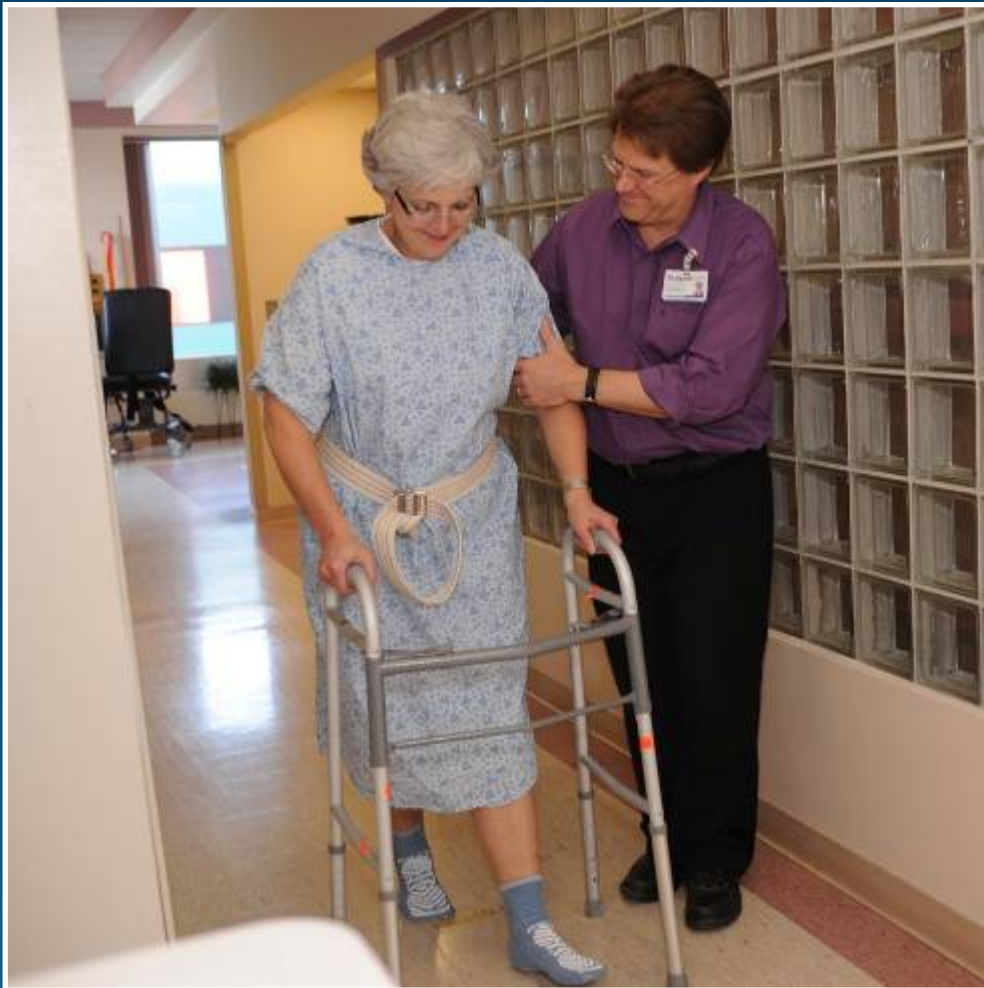


Getting You Into a Chair



You will be expected to be out of bed and in a chair for at least one hour 2-3 times a day.

Getting You Up and Walking



On the day after surgery, you will be able to walk short distances and to the bathroom with supervision from your therapists or nurses.

Using Adaptive Equipment

Your occupational therapist will teach you how to use adaptive equipment such as a sock aide and reacher.



Help with Navigating Stairs



A physical therapist will assist you in how to climb stairs.

STEP 4: Leaving the Hospital

Discharge from the Hospital

Before leaving, you will be asked to do the following:

- Walk by yourself with crutches or a walker
- Completely perform your exercise program
- Get in and out of bed with little to no assistance
- Go to the bathroom with little to no assistance
- Use stairs with or without assistance depending on availability of help at home
- Have a complete understanding of Coumadin, if ordered (*Note: Blood draws will be required 2x per week if you are on Coumadin.*)

Transfer to Post-Hospital Facility *(if required)*

If you are not able to return home safely when it's time to leave the hospital, you may be transferred to the Pines Avenue of the M.M. Ewing Continuing Care Center or an alternate post-hospital facility, as available, to continue your therapy.



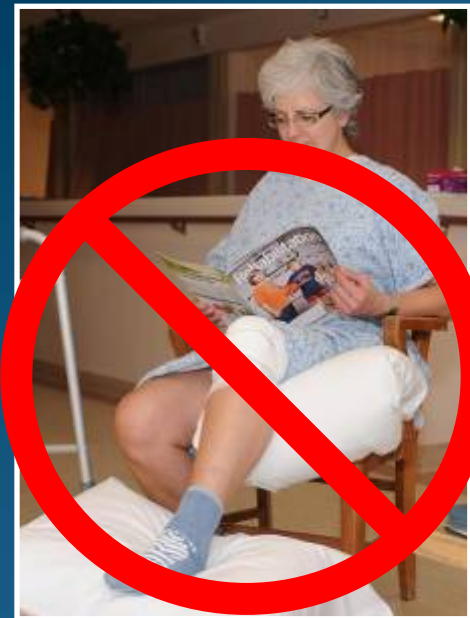
STEP 5: Recovering at Home

What to Do Once Home

- Unless instructed by your doctor or physical therapist, use your walker or crutches whenever you are on your feet
- Perform your exercises 2x daily, increasing the number of repetitions as you become stronger
- Periodically elevate your operated leg above the level of your heart
- Continue to ice your leg after doing your exercises, after being on your feet for any length of time and if it is sore and swollen
- Use your reacher and sock aide to put on your shoes, socks and pants if you cannot bend far enough to do so without them
- If necessary, sit on a high commode chair/raised toilet seat in the bathroom and do not use low chairs (place pillow in seat of chair to make it taller)

What NOT to Do

1. Only use equipment which is approved by your therapist or doctor



2. Only perform exercises you have been taught by your therapist or that your doctor has approved

3. Do NOT prop your operated knee with a pillow



4. Do NOT pivot on your operated leg



We value you, the patient, as a partner in your care.

It is important for you to realize that you will be responsible for a major portion of your rehabilitation.

You can rest easy, though, knowing that Thompson Health professionals will be there to guide you through the process step by step.

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