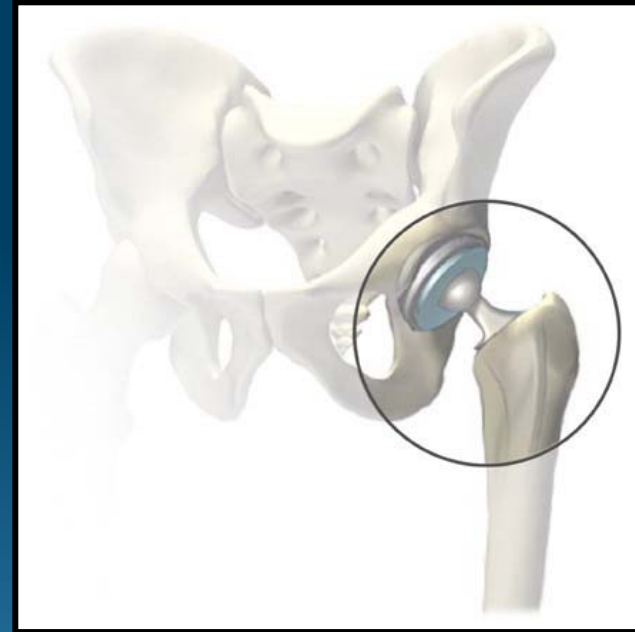


So You're Having a Total Hip Replacement?



Your team of nurses, surgeons, 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.

Thompsonhealth

Advanced Technology. Exceptional Care.

It is important that you review the Total Hip 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 Hip Replacement.

Meet Patty.

Follow Patty's
journey through
Total Hip 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:

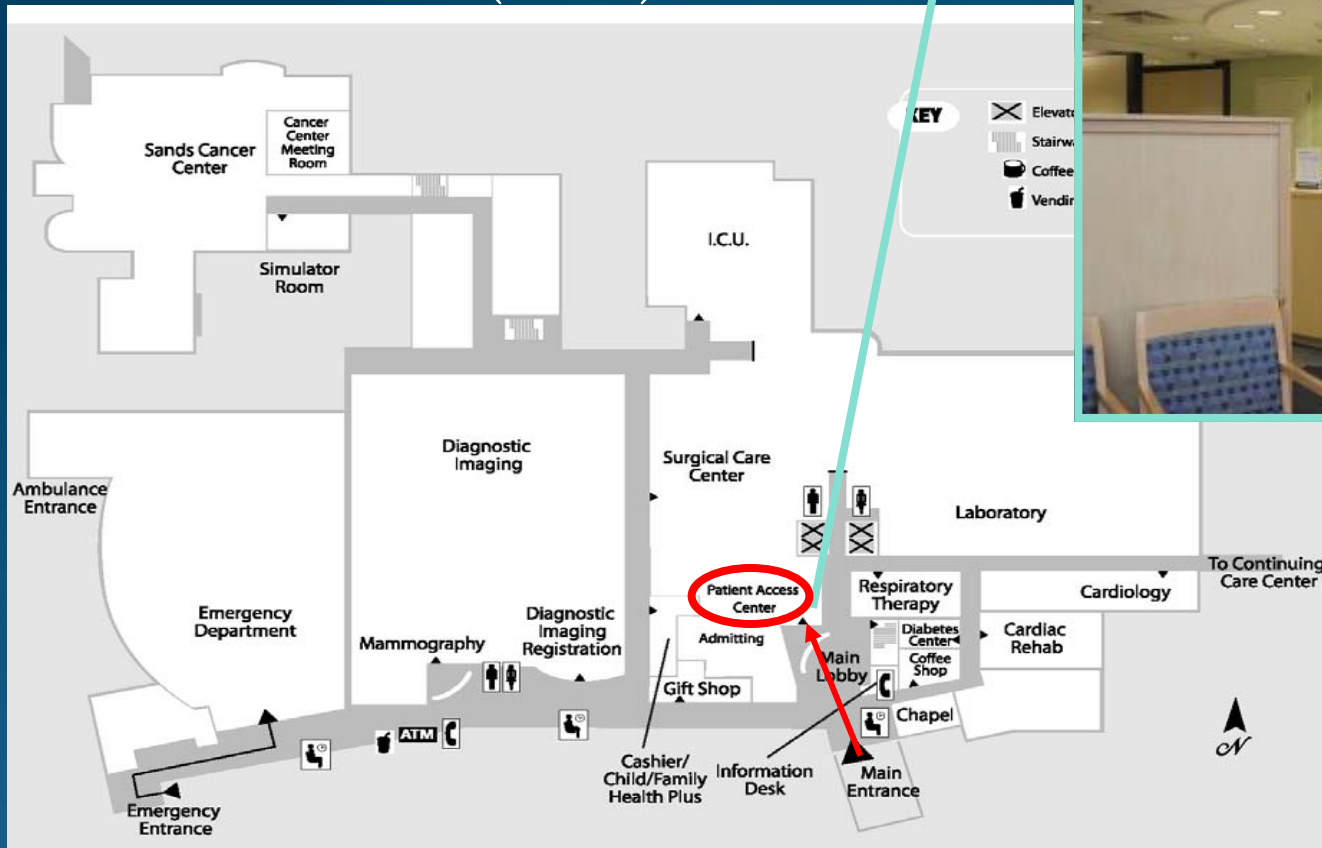
A Physician Assistant
will review your
surgery details
with you.



- 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):

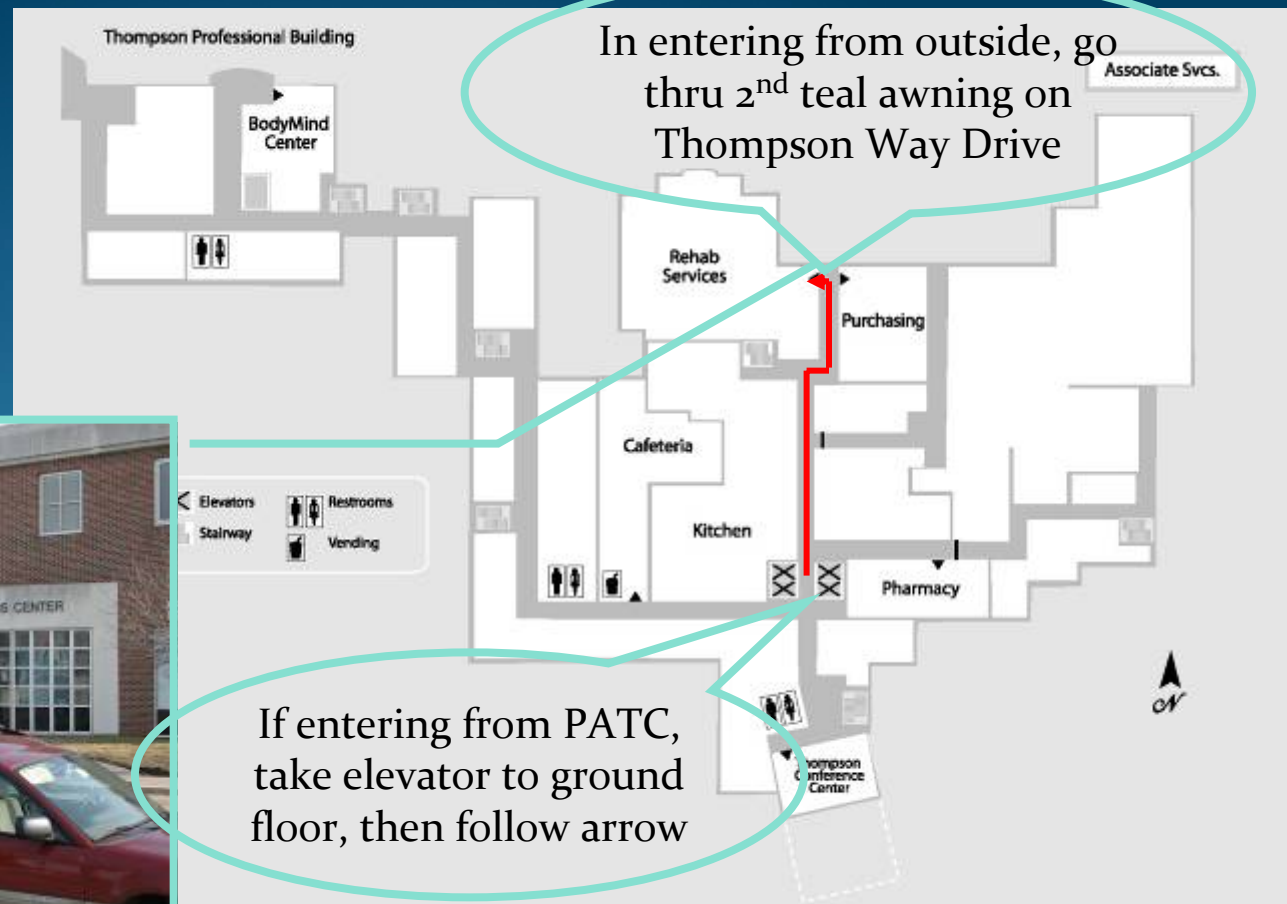
A nurse will discuss preparations for surgery and anesthesia, review your medical history and complete a physical assessment. **Remember to bring all medications in their original bottles.**



- 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 review your hip precautions and exercise program with you.



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

Thompsonhealth

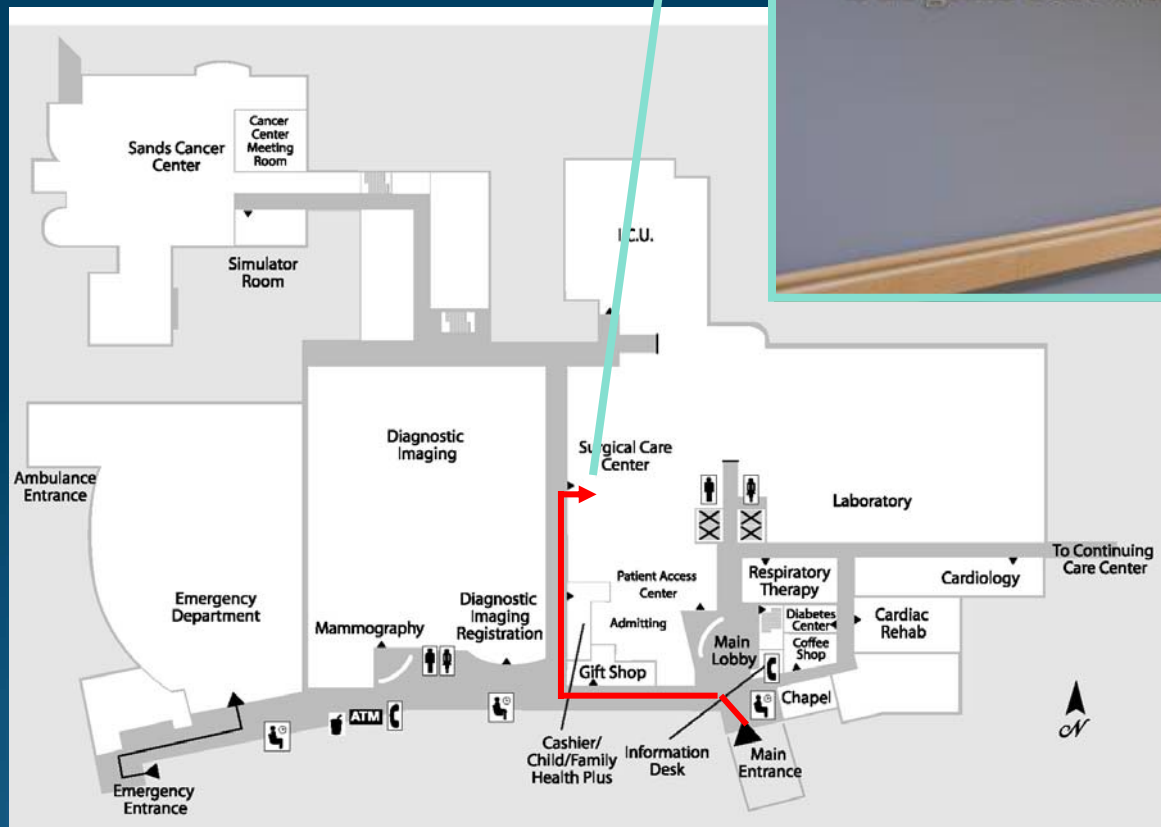
Advanced Technology. Exceptional Care.

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.

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.*

Care After Surgery

When you awake from surgery, you may be wearing any of the following:

- **A bulky dressing** on your operated leg
- **Large wedge pillow or straight leg brace** to maintain proper alignment of your legs
- **Systemic Compression Devices** which fit on the lower legs and fill with air to maintain circulation

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.

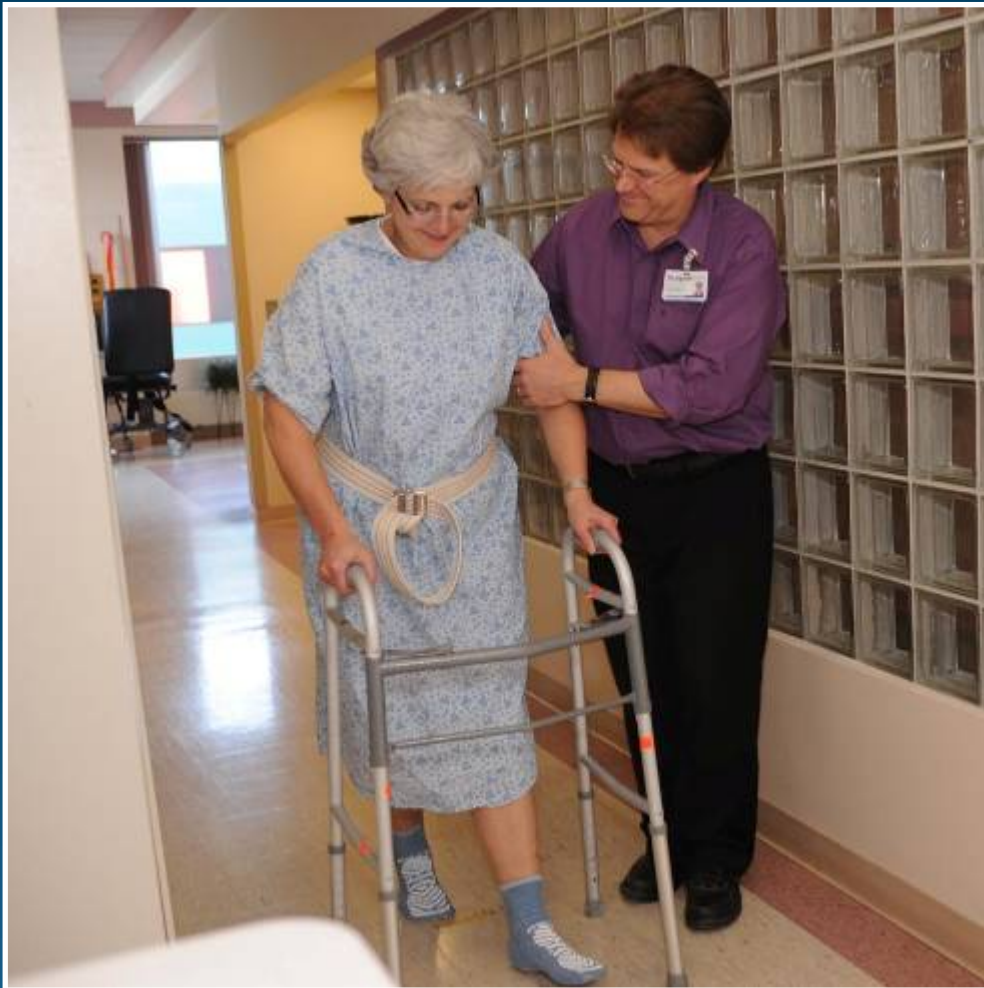


Getting You Into a Chair



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
- 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
- Showering instead of bathing will help prevent dislocation and maintain hip precautions. Discuss with your therapist the option of using a shower chair or tub bench.
- 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)

How to Prevent Hip Dislocation

1. Your operated leg must not cross the midline of your body so please do NOT lie on your side unless you have a pillow between your knees



2. Do NOT bend your hip more than 90 degrees (including bringing your knee higher than your hip or bending forward when sitting)

3. Do NOT rotate your operated leg inwards or pivot while standing 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.

Thompsonhealth

Advanced Technology. Exceptional Care.