

Pre-operative Class 2

Who is your Buddy at Home?

Your Buddy is a family member, friend, neighbor, or private caregiver. You will be required to have assistance when you go home for the first week after your joint replacement surgery. Your Buddy drives you home when discharged from the hospital and to follow-up appointments with your surgeon and Physiotherapy. Your Buddy will assist you with meals, stairs, bathing, and or changing bandages as necessary. Most importantly your Buddy is the person who is there if an emergency should arise.

Fasting and Preparation for Surgery

Start fasting at midnight the night before your surgery. This means you are not allowed any solid food after 12 midnight the night before your operation. You will be given instructions on fluids when you call in for your appointment time. You may brush your teeth, but not swallow the water.

You may not chew gum or candy.

Take only those medications directed by the nurse or Anaesthetist.

Things to pack for your hospital stay

Pack comfortable clothes – either loose fitting shorts or pants and shoes that have a bit of wiggle room because often your foot is swollen on your operative side.

Bring your crutches.

Toiletry items such as a hair brush and toothbrush.

If you require a machine to help you breathe at night such as a CPAP please bring it the morning of your operation.

A cell phone is allowed, but please turn it off while you are in the operating room.

You are also allowed to bring \$20 or less, no valuables.

Most medications will be provided. Please bring eye drops, nasal spray, inhalers, Cancer medications, or anything newer to the market. Please ask the nurse today whether you need to bring any of your medications.

Dentures, glasses, and hearing aids (including cases) are required.

The Operating Room – Day 0

A nurse will check you in.

The Anaesthetist will speak with you.

The surgeon will ask you what you are having done and initial or mark your leg.

The Operating room nurse will take you to the O.R. Surgery will take approximately one and one half hours.

Then you will go to the Recovery Room for another one and one half hours.

It will be about four hours from your O.R. time until you are on the ward, where you will have your recovery.

Post-op Day 0-1

You will be having lab work if needed and x-rays.

You will be up in the chair for meals.

You will be up with a physiotherapist and given exercises.

The nursing staff will have you up to the bathroom.

Home exercises will be given to you by the physiotherapist and you will do stairs with crutches prior to your discharge.

Managing Pain

In the Recovery Room you will receive an Iv narcotic if necessary.

On the ward we use several different medications.

Acetaminophen or Tylenol, Anti-inflammatories, long-acting narcotic, short acting narcotic, and if your surgeon allows you may use ice 10 minutes out of an hour.

Managing Pain at Home

You will be given a 7-10 day prescription for a Narcotic, it is often combined with Acetaminophen.

Towards the end of your prescription start to wean off the Narcotic and just use it at night time

If you feel you still need more narcotic follow-up with your GP to get another prescription.

Prevention of Delirium

Notify the nurse if you have had a problem with confusion in the hospital in the past.

Wear your glasses and hearing aids.

We have ear plugs if it is too noisy or you may bring your own.

Get moving as soon as possible.

Limit your alcohol prior to your admission.

Prevent constipation and infection.

Post-op dental Care

It is recommended you wait 3 months before having dental work done after surgery.

You may have to take prophylactic antibiotics before invasive dental work for up to two years after implant surgery or for your life if you are Diabetic or immune compromised.

Please contact your Dentist prior to any dental work for instructions.

Important!

If you have or develop any sores, wounds, or rashes on your legs or surgical area inform your surgeon immediately!

Infection – Signs and Symptoms

Less than 1% of people develop wound infection. It may occur rather rapidly.

Signs and symptoms include redness, swelling, drainage, or heat

A Slight fever or a general feeling of unwellness or chills may accompany it

Contact your surgeon or family Dr.

Key is Prevention

The key is prevention. Wash your hands for 20 seconds frequently.

Do this before preparing meals, after using the washroom, or before dressing changes.

Follow directions for care of your incision.

Avoid people with infections and colds.

Keep incision clean and dry.

Bed Transfers using Aids

Hip patients please review Oasis website video – getting in and out of bed, a car, or bathtub.

If you do not have a computer please go to your local library and they will be pleased to assist you.

Going Home 0-1 days after Surgery

Be Prepared!

You require transportation home, a black plastic garbage bag to help you slide into your car and position yourself correctly for the ride home, a support person, your Buddy, equipment and mobility aides. The Physiotherapist will give you a form for the Red Cross. You may pick up your equipment one week before your surgery.

You require access to a bedroom, bathroom and kitchen.

Avoiding Falls

Wear non-slip, supportive footwear

Use handrails

Always get up slowly

Medications may cause dizziness or drowsiness

Remove clutter and scatter rugs

At Home

Hip patients - The Physiotherapist will call you within one week of discharge for a phone class and then an in person appointment at the hospital usually around 2 weeks after surgery

Knee patients – The outpatient visit will be booked approximately two weeks after your surgery. You can expect a call from the Physio department.

Continue with the home exercises three times daily or as directed by the Physiotherapist

Take pain medication 20-30 minutes prior to doing your exercises

Ice packs may be used as required and allowed

Balance between activity and rest

Elevate your leg to decrease swelling

Expectations

Controlled relief of pain and good mobility

Exercise must be a lifetime commitment

Check with your Physiotherapist or surgeon prior to questionable activity

Post-op Surgeon Appointments

You will be seen by your surgeon at approximately 2 weeks post-op in the Ortho clinic to have your staples removed

You will again see him at approximately 6 weeks and usually 3 months or as needed

When can I drive?

On average, not before 6 to 8 weeks post-op. You must discuss this with your surgeon. It does not matter whether it is your right or left leg or whether it is your hip or your knee. You must ask your surgeon for permission to drive again. If you were to have an automobile accident your insurance may not cover you if you have not had permission to drive.

Consider medications. Some medications make you drowsy and decrease alertness.

Take the Handi-dart, taxi, bus, or family and friends or your Buddy.

When can I fly? Check with your surgeon. After you check with your surgeon check with your insurance to make sure it is valid.

What time is my Surgery? VJH

Expect a phone call between 12 and 2pm the day prior to your surgery to give you your arrival time. (Note: if your surgery is on Monday expect the call on Friday)

Go to the new Polson Tower Entrance the morning of surgery and follow directions as per booking clerk.

Please Remember

The chemicals used in scented products can make some people sick, especially those with fragrance sensitivities, asthma, allergies, and other medical conditions.

Vernon Jubilee Hospital is a SCENT Free facility. Please ensure that you and your visitors do Not wear any scented products or fragrances such as perfumes, colognes, aftershave, lotions, or other fragrances. Use unscented personal care products.