



Intercoastal Medical Group  
Ambulatory Surgery Center

# TOTAL HIP AND KNEE REPLACEMENT CLASS

Preparing for surgery—and knowing what to expect afterward—can make a big difference in your recovery.

These simple steps help reduce complications, support healing, and get you back to feeling your best as quickly and safely as possible.



# CLASS GOALS

- Prepare you for surgery
- Explain what to expect during your stay
- Help you plan for recovery at home
- Reduce anxiety by answering common questions



# TO DO: PREPARE YOUR HOME FOR A SAFE RECOVERY

- Arrange for someone to stay with you during the first few days after surgery
- Place frequently used items within easy reach
- Add pillows to low chairs to make standing easier
- Clear pathways for safe movement with a walker
- Remove throw rugs, cords, or other trip hazards
- Use a tote bag, apron, or basket to carry items as you move around
- Confirm essential supplies with your home health provider





# DRIVING

**You will not be cleared to drive until:**

- Your surgeon gives permission
- You are no longer taking prescription pain medication



# TO DO:

## OBTAIN EQUIPMENT

- Ensure you have these items prior to surgery
- Check with your home health agency







# TO DO: MEDICATIONS AND MEAL PLANNING

- Refill your regular medications before surgery
- Prepare and freeze small-portion meals
- Stock up on staples like bread, vegetables, and fruit
- Unless otherwise instructed, drink eight - 8 oz glasses of water per day





## TO DO:

# MEDICAL CLEARANCE

- All patients must complete Pre-Anesthesia Testing (PAT)
- Bring your insurance card, photo ID, and a complete list of medications
- Carefully follow the instructions about which medications to stop taking and when to stop them before your surgery
- Notify your surgeon if there are any changes to your health before surgery



# DENTAL CARE

- Any dental infections must be treated before surgery
- No dental procedures (including cleanings) within 3 days before or 3 months after surgery
- Always tell your dentist about your joint replacement before any procedures







# PREVENTING INFECTION

- Shower with CHG (Chlorhexidine) soap the night before and morning of surgery
- Do not apply lotions or powders after showering
- You'll receive antibiotics before, during, and after your procedure
- ***You will also be tested for *Staph aureus* via nasal swab:***
  - 25–30% of the population are carriers, less than 2% colonized with MRSA
  - Commonly found on the skin and in the nose

# TO DO: USING CHG SOAP

- Use **2 nights before and morning of surgery**
- Wash hair and body with regular soap and rinse
- Turn off water, then apply CHG soap from neck down (avoid eyes and genital area)
- Scrub surgical area for 3 minutes
- Rinse well and dry with a clean towel
- Put on clean clothes



# TO DO:

## PRE-OP EXERCISES TO STRENGTHEN YOUR MUSCLES PRIOR TO SURGERY.



Half squats



Stair climbing



Ankle pumps



Hip abduction



Hip flexion





# COUNTDOWN TO SURGERY: THE “NOT TO DO LIST”

- Stop NSAIDs (e.g., ibuprofen, aspirin, Aleve) and blood thinners 7 days before surgery
- Do not shave your legs for 7 days prior
- On surgery day: No lotions, powders, deodorant, contacts, makeup, or nail polish
- Leave all jewelry, medications, and valuables at home

# COUNTDOWN TO SURGERY



- **2 Days Before:**
  - Shower with CHG soap
  - Confirm post-surgery caregiver
- **Day Before:**
  - Shower with CHG soap
  - Carb load until midnight
  - Drink clear liquids until 2 hours before arrival
- **Day Of:**
  - Final CHG shower
  - No food or drink 2 hours before your arrival







# **SURGERY DAY: WHAT TO WEAR**

- Loose-fitting clothes
- Slip-on, closed-heel shoes (no ties)
- Pants or shorts with elastic waistbands

# SURGERY DAY TIMELINE



- Registration/Sign-in
- Pre-op admission- Interview with Nurse
- IV Preparation
- IV Antibiotics
- Anesthesia Process
  - Interview
  - Block (possible)
  - Spinal (In OR room)
- Operating Room
- Recovery Room
- Discharge



# AFTER SURGERY:

## DISCHARGE

- Bring your walker with you on the day of surgery
- You'll go home the same day when medically stable
- You will receive additional instructions about your care and recovery before you are discharged
- Your surgeon will electronically send your new prescriptions to your pharmacy prior to your surgery
- You must have an adult with you for the next few days
- Home Health services will start the day after your surgery



# AFTER SURGERY: TOOLBOX FOR RECOVERY

- Ice Therapy, Tylenol, Stool Softeners, Laxatives
- Narcotics for pain control
- Nausea Medicine – if needed
- Nerve Pain Medicine/Muscle Relaxer
- Aspirin 81 mg 1 per day orally for 30 days



# RISK FACTORS

- Inactivity
- Dehydration
- Hospitalization
- Trauma
- Clotting disorders with previous clot
- Smoking
- Obesity

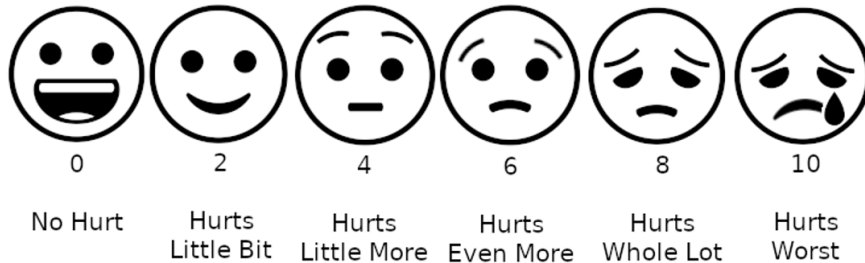






# AFTER SURGERY: MANAGING PAIN

- Some pain is expected — it should be tolerable
- Stay ahead of the pain - take medication as prescribed/as needed
  - Example: “Take every 6 hours as needed for pain”
  - This means to take pain meds when you start to hurt but NO SOONER than the time on the prescription
- “Motion is lotion” — gentle movement aids healing
- Ice therapy: anytime you have pain, you can apply ice to the site that hurts
- Take meds 20–30 minutes before physical therapy, and apply ice after
- No need to wake up for pain medication if sleeping comfortably





# AFTER SURGERY: BREAKTHROUGH PAIN

- What is breakthrough pain?
  - If you take a pain pill at 8am and can't take another until 2pm, but start to have pain, this is called "breakthrough pain"
- How to manage "breakthrough pain?"
  - Ice therapy
  - Tylenol
  - Some physicians will order other medicines for breakthrough pain



# PAIN MEDICATION & STATE LAW

- The state of Florida has very strict laws that your surgeon must abide by when prescribing pain medication.
- There are restrictions on how much pain medication your surgeon can prescribe.
- Please discuss with your surgeon if you have any questions regarding your prescriptions.

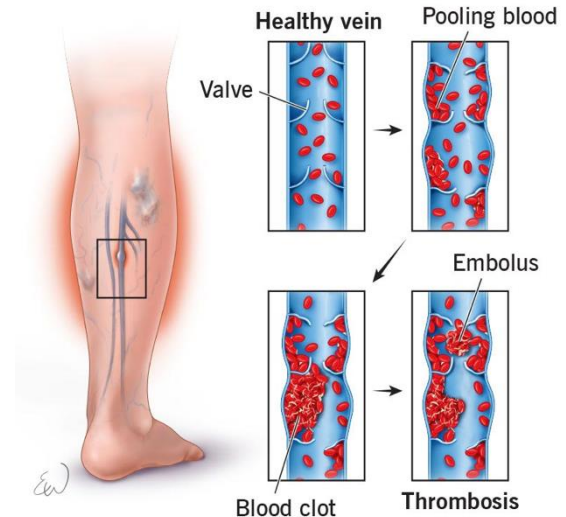


# AFTER SURGERY: BLOOD CLOTS

## SYMPTOMS – DVT

- Swelling may be present in:
  - Thigh, calf, or arm that does not go down with elevation or returns almost immediately when getting up.
  - May have a change in skin color (red, blue, pale)
  - Extremity may be warm or cool to the touch
  - pain and tenderness commonly in calf, behind the knee or groin

## Deep Vein Thrombosis



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# AFTER SURGERY: BLOOD CLOTS CONT.

## **BLOOD CLOT PREVENTION – WAYS TO DECREASE RISK:**

- Exercise and early mobility after surgery
- No long periods of sitting or standing
- Elevate your legs
- Avoid crossing your legs
- Control your weight
- Wear support hose for at least 4-6 weeks if instructed by your surgeon
- Take blood thinners as prescribed by your surgeon after surgery





# AFTER SURGERY: PREVENTING CONSTIPATION

- Common after surgery due to medication and inactivity
- Drink water, use stool softeners/laxatives, and move around
- Reducing pain meds may help





# AFTER SURGERY: WHO TO CALL

- If you are having a medical emergency, please call 911.
- Call your Orthopedic Surgeon's office directly for:
  - Appointment scheduling or rescheduling.
  - Surgery scheduling or cancellation
  - Prescription refills:
    - Call when you start to run low on medicine
    - It can take up to 48 hours for prescriptions to be refilled



# THANK YOU

Thank you for choosing Intercoastal Ambulatory Surgery Center.  
We're honored to support you every step of the way



Intercoastal **Medical Group**  
**Ambulatory Surgery Center**