



Intercoastal **Medical Group**
Ambulatory Surgery Center

TOTAL JOINT 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



- Start wash 2 nights before surgery, continue each night, 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
- **Total shoulder replacement patients:** in addition to CHG soap, wash with hydrogen peroxide
- 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
 - Do NOT eat any solid food after midnight.
May drink clear liquids until 2 hours prior to your arrival time to surgical center





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



- **Hip and knee surgery patients:** 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
- **Total hip and knee patients:** Aspirin 81 mg orally once daily for 30 days.
- **Shoulder replacement patients:** Aspirin 81 mg orally once daily for 14 days.



RISK FACTORS

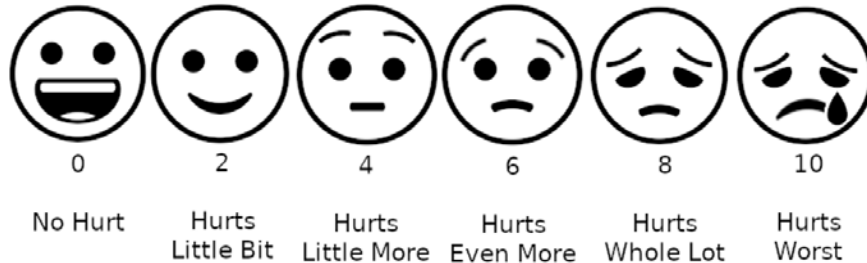
- Inactivity
- Dehydration
- Hospitalization
- Trauma
- Clotting disorders with previous clot
- Smoking
- Obesity





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.

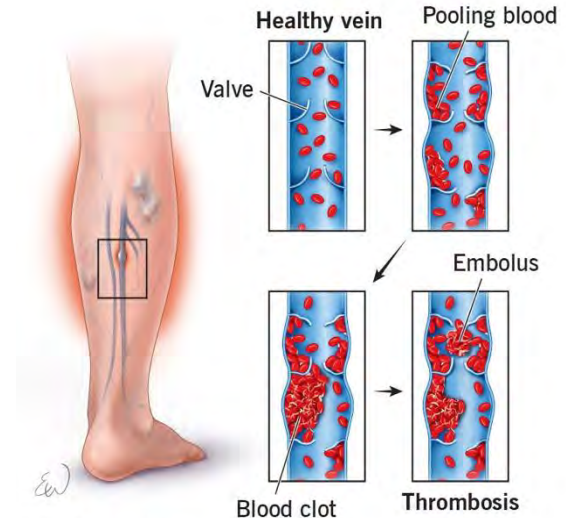


AFTER SURGERY: BLOOD CLOTS

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



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