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# Your Total Joint Replacement

*What to Expect Before, During, and After Surgery*

# Welcome!



*Pre-op Care and  
Instructions*



*Hospital Stay and  
Surgery Details*



*Post-op Care and  
Instructions*



*Q&A Session*



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# Before Your Joint Replacement



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# Preparing for Surgery

## ❖ Medical Evaluation

- ❖ Assemble Your Medical and Personal Information
- ❖ *Specialist Evaluation*-cardiology, hematology, pain management, pulmonology, endocrinology
- ❖ *Pre-Operative Optimization*
  - Pre-admission testing (lab work, EKG)
  - Pre-operative medical evaluation
  - Discuss post-operative medications
  - If out of area-televisit can be done
  - Will be contacted to schedule



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# Preparing for Surgery: What YOU can do!

## ❖ Homecoming Preparation

### ❖ Getting the house ready

- ❖ Consider fall risks such as narrow walkways, throw rugs, electrical cords
- ❖ Elevated toilet seat, shower stool, cryotherapy-purchase independently

## ❖ Preparing for Your Hospital Stay

### ❖ What to bring

- ❖ Comfortable, loose-fitting clothes
- ❖ Devices/chargers
- ❖ Leave jewelry, cash, and other valuables at home

## ❖ Other Considerations

- ❖ Avoid alcohol use 48 hours before surgery
- ❖ Avoid/quit tobacco use

# Before Surgery

## ❖ *1 week before surgery*

- ❖ Stop blood thinners, supplements, other medications according to handout
- ❖ Consider starting a stool softener

## ❖ *1 day before surgery*

- ❖ Wash with cleanser provided by hospital
- ❖ Nothing to eat or drink after midnight
- ❖ Review medications to hold prior to surgery

## ❖ *Day of surgery*

- ❖ Bring home medications, CPAP with you
- ❖ Arrival to hospital approximately 2 hours before start time



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# During Your Joint Replacement



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# Hip Replacement Surgery

## ❖ Anesthesia Considerations

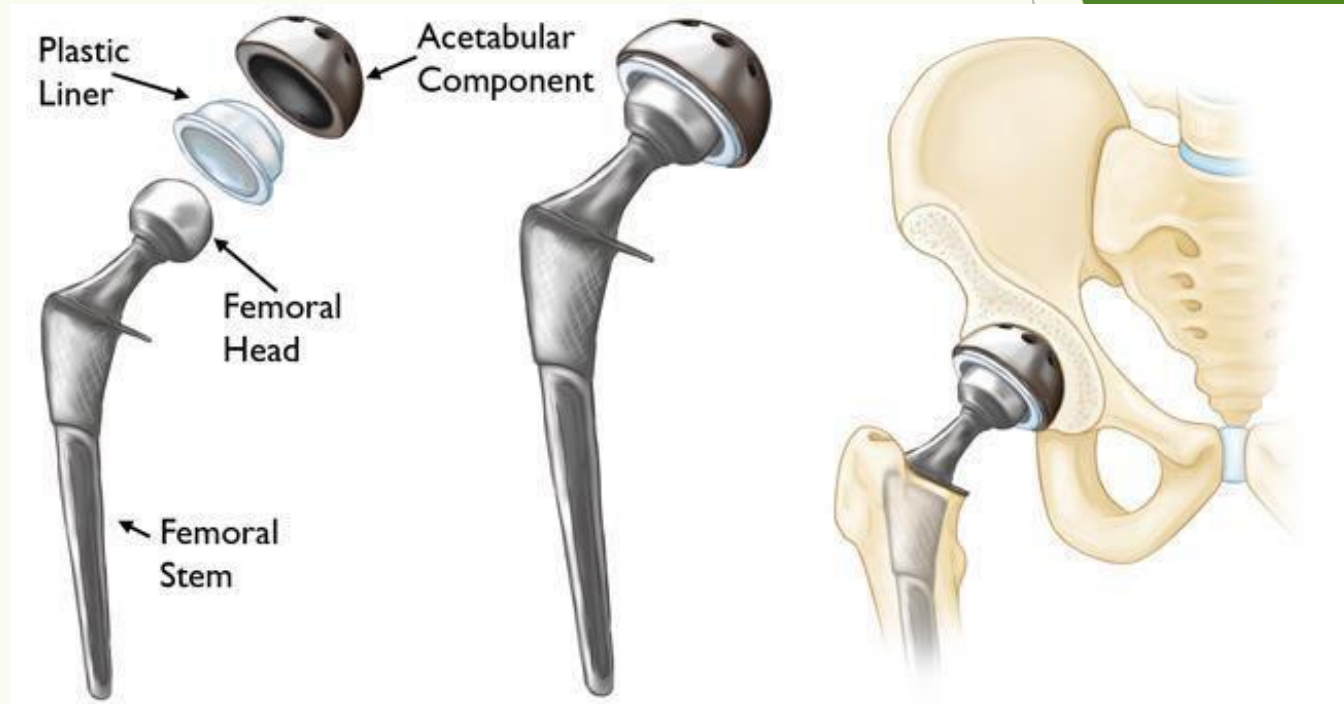
- ❖ General anesthesia

## ❖ Procedure Length

- ❖ Approximately 1.5 hours
- ❖ Anterior approach

## ❖ Hospital stay

- ❖ Outpatient (home same day)
- ❖ Inpatient (overnight)



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# Your Hip Replacement: Type of Implant



## ❖ Hip Components

- ❖ Femoral Stem: Metal
- ❖ Acetabular Cup: Metal with Plastic Liner
- ❖ Femoral Head: Ceramic

## ❖ Longevity

- ❖ 25-30 years

# Knee Replacement Surgery

## ❖ Anesthesia Considerations

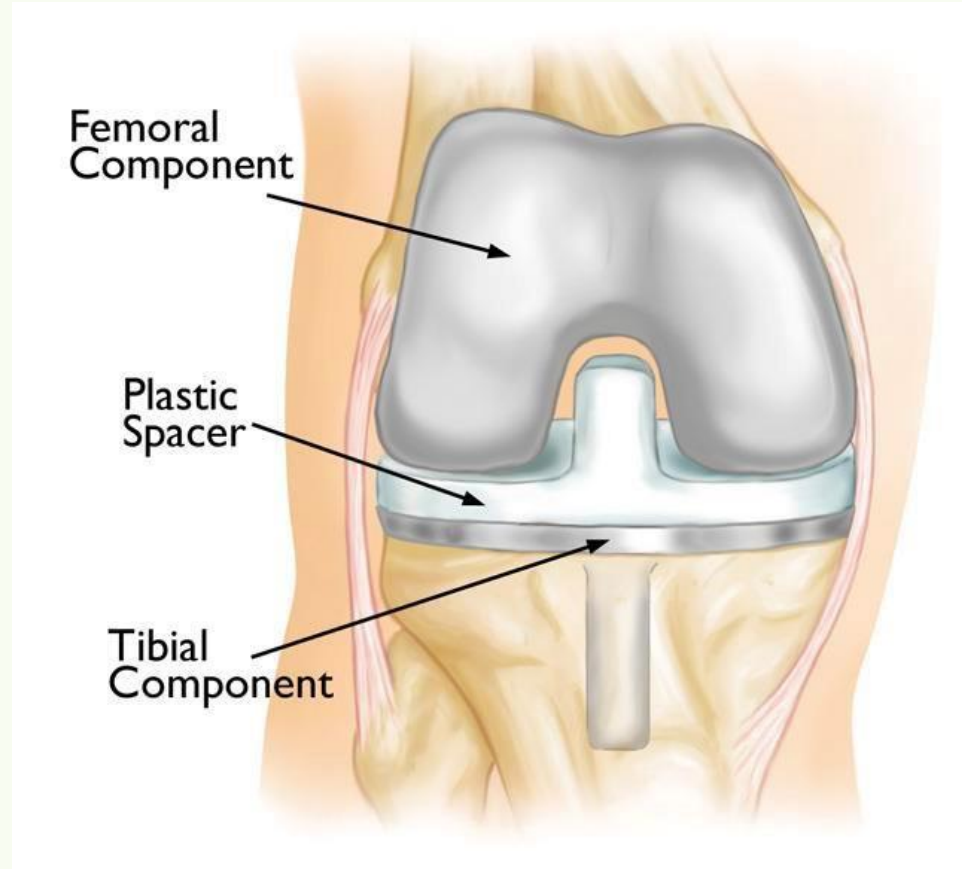
- ❖ General anesthesia

## ❖ Procedure Length

- ❖ Approximately 1.5-2 hours

## ❖ Hospital stay

- ❖ Outpatient (home same day)
- ❖ Inpatient (overnight)



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# Your Knee Replacement: Type of Implant



- ❖ **Knee Components**
  - ❖ Femur : Metal
  - ❖ Tibia: Metal
  - ❖ Joint Spacer and Patella: Polyethylene
- ❖ **Longevity**
  - ❖ 25-30 years



## Post-Operative Course: Physical Therapy

- ❖ **Day of Surgery**
  - ❖ Out of bed and early walking
  - ❖ Hospital PT will fit walker, this walker can go home with the patient
  - ❖ Begin Home Exercise Program

# Post-Operative Course: Pain Management

- ❖ **Pre-Operatively**
  - ❖ Ilovera-cryoanalgesia
  - ❖ Recommended 3 weeks pre-op
- ❖ **During Surgery**
  - ❖ General Anesthesia
  - ❖ Local Anesthesia (numbing medicine used at the operative site)
- ❖ **At the Hospital**
  - ❖ IV/Oral Pain medication as needed



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# Post-Operative Course: Pain Management

## ❖ Discharge Medications

- ❖ Hydrocodone- severe pain
- ❖ Tramadol-moderate pain
- ❖ Other medications as applicable
  - ❖ Zofran-nausea
  - ❖ Gabapentin-nerve pain
  - ❖ Methocarbamol-muscle spasm
  - ❖ NSAIDs-anti-inflammatory

\*Medications will vary & be tailored to individual needs



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# After Your Joint Replacement



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# Your Recovery: Pain Management

## Example Pain Medication Regimen After Knee Replacement\*

<b>Morning (6:00 AM)</b>	<ul style="list-style-type: none"><li>❖ Hydrocodone for severe pain</li><li>❖ Ice, elevation</li></ul>
<b>Morning (9:00 AM)</b>	<ul style="list-style-type: none"><li>❖ Tramadol for breakthrough pain</li><li>❖ Ice, elevation</li></ul>
<b>Noon (12:00 PM)</b>	<ul style="list-style-type: none"><li>❖ Hydrocodone for severe pain</li><li>❖ Ice, elevation</li></ul>
<b>Afternoon (3:00 PM)</b>	<ul style="list-style-type: none"><li>❖ Tramadol for breakthrough pain</li><li>❖ Ice, elevation</li></ul>
<b>Evening (6:00 PM)</b>	<ul style="list-style-type: none"><li>❖ Hydrocodone for severe pain</li><li>❖ Ice, elevation</li></ul>

*\*may vary from patient to patient based on individual needs and physician recommendations*



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# Your Recovery: General Considerations

## ❖ Wound Care-Hip Replacement

- ❖ Surgical dressing remains in place, may shower with this dressing in place
- ❖ Watch for signs of infection
- ❖ Dressing will be removed at 1<sup>st</sup> follow up visit
- ❖ After removal, you may shower, pat dry, and leave incision open to air
- ❖ Avoid lotions or creams until instructed otherwise
- ❖ Avoid submersing in bath, swimming pools, hot tubs, etc. until cleared by our staff (~6 weeks)



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# Your Recovery: General Considerations

## ❖ Wound Care-Knee Replacement

- ❖ May shower 2 days after surgery, pat area dry and redress with dry dressing (gauze/Ace) for 1 week
- ❖ Look for any signs of infection
- ❖ Leave “sticky tape” in place until 1<sup>st</sup> follow-up visit
- ❖ Avoid lotions or creams until instructed otherwise
- ❖ Avoid submersing in bath, swimming pools, hot tubs, etc. until cleared by our staff (~6 weeks)



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# Your Recovery: Physical Therapy

## ❖ Physical Therapy

- ❖ Home Physical therapy for 2-3 weeks
- ❖ Transition to Outpatient Physical therapy for additional 6-10 weeks
- ❖ Focus on gradual walking program with improved range of motion and strengthening exercises

## ❖ Your Activity

- ❖ Resume driving when your joint moves well enough that you can enter and sit comfortably in your car and maneuver the pedals adequately in an emergency
  - ❖ 2-3 weeks after surgery-assess ability, many hip patients will be capable
  - ❖ 4-6 weeks after surgery-most all patients have resumed driving
  - ❖ Do NOT drive if taking narcotic pain medication (hydrocodone)
- ❖ Use of cane or walker with walking initially, may progress as tolerated and with the guidance of the physical therapist

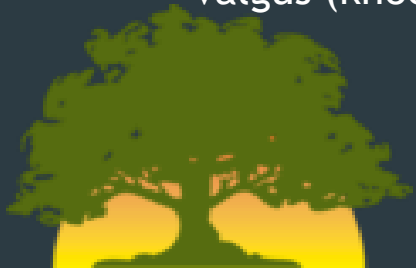
# Your Recovery: Expected Milestones



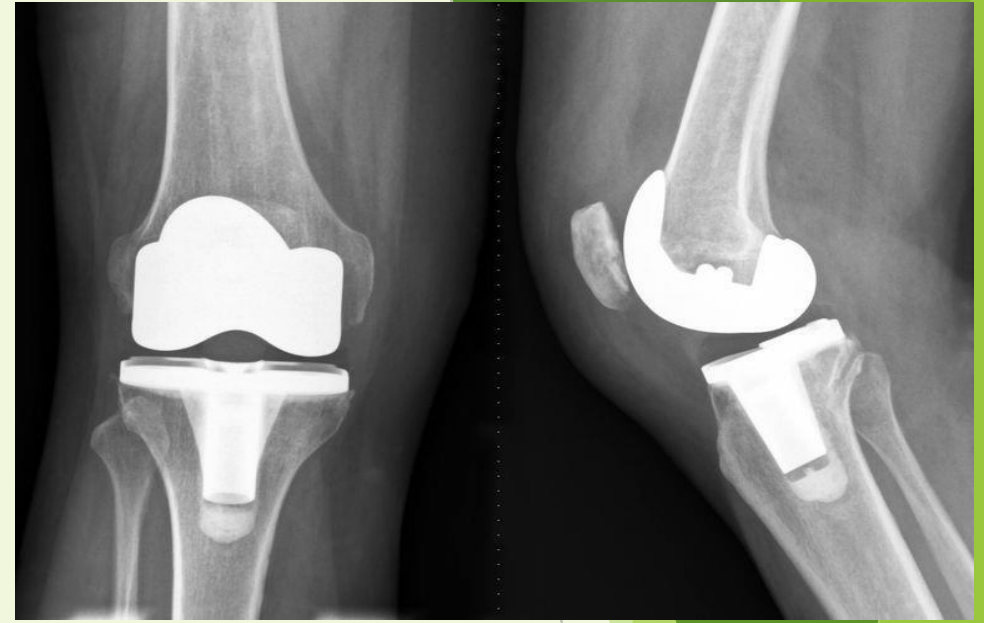
<b>Day 1</b>	<ul style="list-style-type: none"><li>❖ Begin walking with cane/walker</li><li>❖ Able to walk up/down 3 stairs</li></ul>
<b>3 weeks</b>	<ul style="list-style-type: none"><li>❖ Walking with cane/walker - discontinue as tolerated</li><li>❖ Knee flexion to 100 degrees or greater</li></ul>
<b>6 weeks</b>	<ul style="list-style-type: none"><li>❖ Walking without cane/walker</li><li>❖ Knee flexion steadily improving, near 120 degrees</li><li>❖ Full extension of the knee</li></ul>
<b>10 weeks</b>	<ul style="list-style-type: none"><li>❖ Walking and activity as tolerated</li><li>❖ Continue outpatient physical therapy</li><li>❖ Knee flexion to 120 degrees or greater</li></ul>
<b>3 months</b>	<ul style="list-style-type: none"><li>❖ Completion of outpatient physical therapy, continue home exercise program</li><li>❖ Knee flexion to 120 degrees or greater</li></ul>
<b>6 months</b>	<ul style="list-style-type: none"><li>❖ Walking and activity as tolerated</li><li>❖ Knee flexion to 120 or greater</li></ul>
<b>1 year</b>	<ul style="list-style-type: none"><li>❖ Return to normal activity level without restriction</li></ul>

# What to Expect: How Will Your New Joint Be Different?

- ❖ Minimal residual pain, often none
- ❖ Increased function, improved motion
- ❖ Return to activity
  - ❖ Low impact activities - walking, hiking, biking
  - ❖ Avoid high impact activities - running, jogging, jumping
- ❖ Correction of deformity (knees)
  - ❖ Correction of varus (bowed legs) or valgus (knock knee) deformities



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## Your Recovery: Avoiding Problems

### ❖ Preventing Infection

- ❖ Avoid all dental procedures for a minimum of 6 months after your surgery
- ❖ Continue antibiotics with dental work for 2 years (even cleanings)
- ❖ Avoid touching the wound
- ❖ Avoid submersion of the wound until cleared by our staff

# Your Recovery: Avoiding Problems

## ❖ Blood Clot Prevention

- ❖ Aspirin 81 mg twice daily for 4 weeks
  - ❖ Compression stockings for 2-4 weeks
  - ❖ Walk frequently
  - ❖ Foot/ankle pumps routinely
- 
- ❖ Sequential Compression Devices (SCD) for high-risk patients (recommended for all)
    - ❖ Can be purchased from our office and fitted before surgery, also available to purchase from the hospital
    - ❖ Not covered by insurance (\$225)



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# Your Recovery: Avoiding Problems

## Warning Signs of Infection

- ❖ Persistent fever (>100.4 degrees)
- ❖ Shaking, chills
- ❖ Increased redness, tenderness, or swelling of the wound
- ❖ Drainage from the wound
- ❖ Increasing joint pain with both activity and rest

## Warning Signs of Blood Clot

- ❖ Increased pain in your calf
- ❖ Tenderness or redness above or below your knee
- ❖ New or increasing swelling in your calf, ankle, and foot
- ❖ Sudden shortness of breath
- ❖ Sudden onset of chest pain
- ❖ Localized chest pain with coughing

**If you are experiencing ANY of these symptoms notify your doctor and go to the Emergency Room!**



The background features a dark grey area with several light green question marks inside speech bubble shapes. To the left, there is a vertical strip of light green with a white question mark inside a speech bubble. On the right, there are overlapping, semi-transparent green geometric shapes. The word "Questions?" is centered in the dark grey area.

**Questions?**

# Thank You!

*If you have any further questions, please do not hesitate to call us or visit our website:*

**(210) 545-7171**

**[orthopedicperformance.com](http://orthopedicperformance.com)**



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