

OUTPATIENT JOINT REPLACEMENT

TOTAL JOINT REPLACEMENT: PATIENT EDUCATION GUIDE

Your Joint Replacement is scheduled with:

Dr. _____

on

Date: _____

NORTHRIDGE SURGICAL SUITES, LLC
41 INNOVATIVE WAY | NASHUA, NH 03062
(603) 484-7710



WELCOME TO NORTHRIDGE SURGICAL SUITES!

Dear Patient:

On behalf of Northridge Surgical Suites, our expert doctors, nurses and other professionals, we would like to welcome you and thank you for choosing us for your surgery.

Our Orthopaedic surgeons have worked diligently to develop an outpatient joint replacement program that shortens your post-operative stay, improves your quality of Orthopaedic care, and provides a more enjoyable patient experience. With an outpatient focus, we have an infection rate that is less than reported in large hospital inpatient settings. Other reasons that outpatient total joints are superior include a more personalized patient-care experience with a dedicated team for each patient, and lower overall costs.

Joint replacement surgery is the newest wave of outpatient procedures. The shift from being a hospital “inpatient” to an “outpatient” where recovery takes place outside of the hospital and within your home, has proven positive outcomes for recovery. Refinement of surgical techniques, anesthesia pain management, and dedication to outcomes has enabled this transformation. Our outpatient arthroplasty system is based on the clinical evidence from over hundreds of research publications of patient outcomes.

Our goal is to treat each person as if he/she was a family member. Our approach to innovation creates real solutions that empower each surgeon to deliver personalized care to each patient. What makes Northridge unique is the multidisciplinary team, who are driven to being experts in the Total Joint Replacement program. You will be provided with the best possible patient experience during your visit, within a warm personalized outpatient setting. From the front desk to the nursing and anesthesia team, you will see how everyone works together to deliver the best possible patient experience.

You will find important instructions and information to prepare you for your surgery in this educational packet. It will answer many of the questions you may have, and clearly outline the things you need to do before and after surgery. Planning tools, advice on medications, diet, and exercise recommendations are also included.

With comprehensive patient education and individually tailored care, our program is designed to provide the information, care, and support you need every step of the way to achieve your ideal experience.

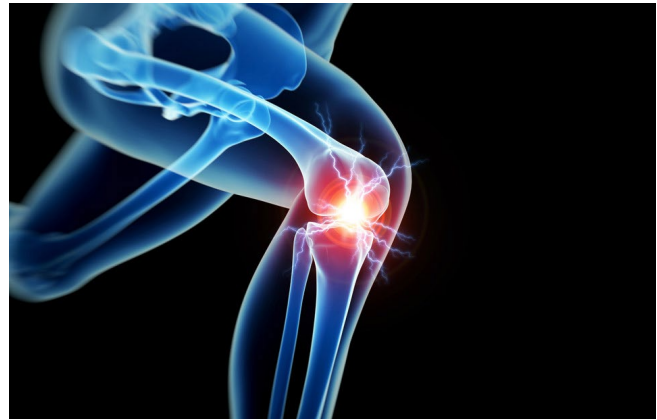
Sincerely,

Your Northridge Surgical Suites Team

TYPES OF SURGICAL PROCEDURES

TOTAL KNEE REPLACEMENT SURGERY

Total knee replacement is recommended when more than one compartment is “worn out”, when the deformity is greater, and when ligaments are damaged, not functioning well, or cannot be balanced.



PARTIAL KNEE REPLACEMENT SURGERY

If the cartilage damage in your knee has occurred on only *one compartment* of your knee, a partial knee replacement procedure may be performed. Partial knee replacement surgery involves resurfacing one portion of the knee joint and using artificial components to replace damaged tissue.



TOTAL HIP REPLACEMENT SURGERY

Total hip replacement is for patients with hip joint destruction. In combination with modern anesthesia techniques and a multimodal approach to pain control, hip replacements are now performed routinely as an outpatient procedure.

TOTAL SHOULDER OR REVERSE TOTAL SHOULDER REPLACEMENT SURGERY

Total shoulder replacement or reverse total shoulder replacement can be done in an outpatient setting to repair a damaged joint and help restore shoulder mobility.



YOUR SURGICAL EXPERIENCE

Scheduling Your Surgery:

Your Northridge Surgical Suites experience begins long before your actual surgery. These guidelines will prepare you for a rapid and safe recovery in your quest for improved mobility and health and for living younger, longer.

Once it has been determined that surgery is your best option, you may schedule your surgery while in the office. At that time, we will work with you to obtain preauthorization from your insurance company. This may take several days to accomplish.

Preparing for Your Surgery:

Healthy Habits to Improve Recovery

Make changes to ensure you are promoting a healthy lifestyle! Increase the amount of water you drink each day, eat a well-balanced diet, decrease alcohol consumption, and eliminate tobacco and drug use completely. You'll want to start your exercises as soon as possible, too—read more about those further in this booklet. Doing all of these things will set you up for a faster recovery, quicker healing, and better overall success after your total joint replacement. Have a conversation with your physician about what you can do to improve your diet and maintain a healthy weight.

Speak with a Northridge Nurse

You will receive an email to fill out a “medical passport” which will help our nurses gather more information about your health history. You will receive a call from a nurse from Northridge Surgical Suites before your scheduled procedure date to obtain:

- Health History
- Medication List
- Previous Surgical History

Keep in mind our nurses will want to know if you've had any procedures in the past that implanted any devices or metals in your body.

Your surgeon may request outpatient labs or tests to be complete prior to your date is surgery, based upon your health history.

A nurse from Northridge Surgical Suites will also call you one business day before surgery to inform you about your surgical time and when to arrive at the center.

Bathing Instructions

You will need to shower with a special anti-bacterial soap called Chlorhexidine Gluconate (CHG). A common brand name for this soap is *Hibiclens*, but any brand of CHG is acceptable to use. **CAUTION:** *CHG is not to be used by people allergic to chlorhexidine. You will take two (2) showers using the Hibiclens soap.*

The **NIGHT BEFORE** your surgery you will shower and do the following:

- REMOVE ALL JEWELRY – must remain off until after surgery
- Take a shower with your normal soap, shampoo & conditioner
- Rinse off your normal soap products & turn off the water
- Using a clean, wet, washcloth, pour some Hibiclens onto the cloth and wash from your NECK DOWN. Scrub gently – focusing on the area of surgery
- *Do not use Hibiclens near your eyes, ears, or genital area to avoid permanent injury to those areas.*
- Leave the Hibiclens soap on for five (5) minutes
- Rinse off and dry off with a CLEAN towel
- DO NOT use any powders, lotions, oils, deodorants, make-up or hair products after this shower.
- Wear clean pajamas and sleep on clean sheets after taking the Hibiclens shower. Please do not allow pets to sleep on or in the bed with you.



The **MORNING OF** your surgery you will shower and do the following:

- You may wash your hair with your normal shampoo and conditioner
- DO NOT use your normal soap – ONLY use the Hibiclens soap
- Using a clean, wet, washcloth, pour some Hibiclens onto the cloth and wash from your NECK DOWN.
- Scrub gently – focusing on the area of surgery
- *Do not use Hibiclens near your eyes, ears, or genital area to avoid injury to those areas.*
- Leave the Hibiclens soap on for five (5) minutes
- Rinse off and dry off with a CLEAN towel
- DO NOT use any powders, lotions, oils, deodorants, make-up or hair products after this shower.
- Wear clean comfortable clothes to the hospital.
- Nail polish and acrylic (non-natural) nails must be removed prior to surgery.

Solid Food and Fluid Intake

You should not eat or drink anything (including gum or candy) after **MIDNIGHT** the night before your surgery, unless instructed otherwise by a nurse or doctor from our center. You may have a sip of water with any medications you have been instructed to take the morning of your surgery.

DAY OF SURGERY

What to Bring

- ✓ Two forms of Identification
 - Picture Identification (Drivers License)
 - Insurance Cards
- ✓ Eyeglasses, Hearing Aids, Dentures (& cases) - keep in mind wearing contacts lenses is NOT advised, this may result in significant eye injury.
- ✓ Clothing/Footwear
 - Loose fitting clothing (sweatpants or gym shorts)
 - Slip resistant shoes (rubber soles) with backs; NO sandals, flip flops or open back shoes.
- ✓ Walker, Crutches, other assistive devices as prescribed
- ✓ A book or newspaper, something to pass the time while you rest and recover

Arrival

Parking: You may park very close to the entrance to allow for convenient pick-up and drop-off. In the event of inclement weather you may park under the awning. Once inside, you will proceed to the front desk to get checked in for surgery!

Pre-Op

A nurse will escort you to the pre-op area and have you change into a gown. All personal belongings will stay in your room, where you will return after your procedure. You will then meet with your surgeon, anesthesiologist, and various nurses for pre-op questions, IV access, and regional blocks. Your surgeon will mark the surgical site with a marker. To reduce infection risks your surgical site hair may be removed by your pre-op nurse.

Operating Room

Once inside of the OR, the first few minutes can be busy and you will see new faces from the team! It is big, bright, and filled with cutting edge technologies and equipment for your individualized surgical procedure. Our dedicated team will ensure your comfort and safety throughout your procedure including providing freshly warmed blankets! Please see the next section for more information about being under anesthesia.

Recovery Room

You may hear this phase referred to as the “PACU” which stands for post-anesthesia care unit. This is where you will recover from the anesthesia and a nurse will be assigned to ensure your pain is under control, monitor your surgical incision/dressing, and closely monitor your vital signs. This phase may last anywhere from 2 – 6 hours. For total joint procedures a physical therapist will assist you with walking and use of assistive devices prior to your departure from Northridge Surgical Suites. Please see the following sections for more information on pain management and physical therapy.

ANESTHESIA

Our expert anesthesiologists collaborate with you and your surgeon to tailor your anesthesia plan based on your medical conditions, previous anesthesia and surgical experiences. Careful planning ensures you have the best possible total joint replacement experience at Northridge Surgical Suites both intraoperatively and postoperatively.

Spinal Anesthesia vs. General Anesthesia:

With both types of anesthesia, your anesthesiologist monitors your heart rate and rhythm, blood pressure, breathing, oxygen levels and temperature.

- **Spinal anesthesia** is an injection of local anesthesia into the spinal fluid which numbs the lower part of your body.
- **General anesthesia** for joint replacement surgery is a deep sleep where medications are given through your IV and affect your entire body. A breathing tube is placed after you are asleep. Intravenous medications and/or anesthesia gas can be used to keep you under general anesthesia until the surgery is over. Side effects include grogginess, nausea and vomiting, a minor sore throat and potential for dental injury. Other rare side effects can occur.

Spinal anesthesia is recommended for total joint replacement:

There are several advantages to spinal anesthesia compared with general anesthesia including needing fewer overall medications which in turn means fewer potential side effects. After surgery, you are more clear-headed and awake with less nausea and vomiting. Pain management after surgery also tends to be smoother as the spinal wears off. Compared with general anesthesia, research suggests there is less blood loss and decreased risk of blood clots with spinal anesthesia. Most patients are worried about hearing or seeing things during surgery and say “just put me to sleep!” Sedation is given through your IV to make you sleepy during surgery. You are welcome to bring soft ear plugs, but most patients don’t even remember falling asleep and are happily surprised when we wake them up at the end of the surgery. The depth of sedation is based on how sleepy you’d like to be and also on your heart rate, rhythm, blood pressure, breathing and oxygen level.

Typically, our anesthesiologist will give you sedating medication prior to having the spinal anesthesia done. In the operating room, you will be sitting up (or lying on your side) for the procedure. We place standard monitors, and will ask you to put your chin to your chest, relax your shoulders and round out your lower back like an angry cat or the letter “C”. This helps to open up the spaces between the bones of your lower spine. Your back will be cleaned with an antiseptic scrub and a sterile plastic drape is placed. The anesthesiologist feels the bones of your back and numbs up the site of injection. A very thin, longer needle is then placed and when we reach the spinal space, local anesthesia is injected into the fluid.

We are several levels below where your spinal cord ends. If the needle comes in contact with nerves floating in the fluid, you may feel a transient “zing” in your buttock or down one of your legs. Needle trauma is extremely rare. Typically by the time you tell us you felt a zing-like feeling, it has passed and then the anesthesiologist injects the medication. We then lie you down and the lower part of your body will slowly become numb, sensation will be blocked for several hours. As the surgeon starts to prep and drape, your anesthesiologist will start giving you medication to fall asleep. At the end of the procedure they stop the medication and wake you up.

As the spinal wears off in the recovery room, we will be assessing your pain and giving you pain medicines as needed.

The spinal can temporarily cause difficulty with urination. Men over 50 tend to be at higher risk of urinary retention and we may give a medication to help minimize this risk prior to surgery.

What if I’m not a candidate for spinal anesthesia?

We will discuss your anesthesia options with you.

If you are not a candidate for spinal anesthesia, you can still safely undergo outpatient total joint replacement surgery. We will use short acting medications when possible to minimize grogginess and pre-treat you with anti-nausea medications.

Pain Management

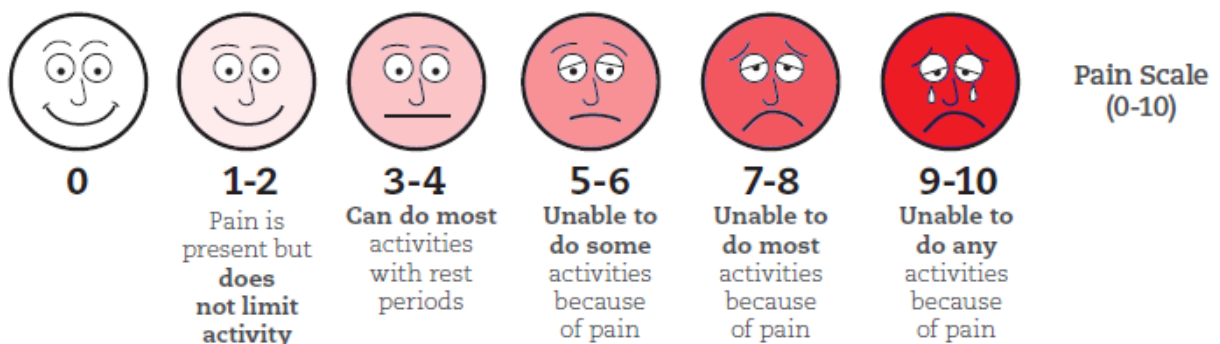
Nerve Block for Total Knee Replacement

For total knee replacements, our anesthesiologists routinely perform preoperative ultrasound guided peripheral nerve blocks to decrease pain and sensation to your knee while maintaining strength in your leg. Two different blocks may be performed depending on the local anesthesia injected by your surgeon during your surgery. Typically, light sedation is given to you prior to the block. The anesthesiologist will confirm the surgical site with you and prep your thigh with antiseptic scrub. Your skin will be numbed with local anesthesia and the anesthesiologist will use the ultrasound to identify the target nerves and blood vessels and other surrounding structures. Local anesthetic will then be injected next to these structures to provide temporary non-narcotic pain relief. Typically the local anesthesia can block pain and sensation to your knee for 12-24 hours and sometimes longer.

Keeping You Comfortable

Total joint replacement surgeries are painful. However, we will aggressively work with you to help manage your pain. If you are in pain or discomfort, please tell us. Good pain control is a partnership between you and your caregivers. Managing your pain will help you recover more quickly.

- To help us minimize your pain after surgery you will be asked to rate the intensity of your pain through the use of a pain scale of 0-10 (0 is no pain, 10 is excruciating pain).
- Knowing that after surgery 0 is not attainable, a score between 3 and 4 is an attainable and acceptable score for most patients.
- Another way to convey your pain level to us is by considering if it feels “reasonable”, “tolerable” or “terrible” since this number scale can vary person to person.
- It is best if you ask for medication when your pain level starts to rise. Do not allow your pain to get severe. If you maintain pain control, it takes less medication and less time to manage the pain.
- Before you leave, our nurses will go over all of your pain medications and answer any questions you have



Exercises To Start Before Your Surgery

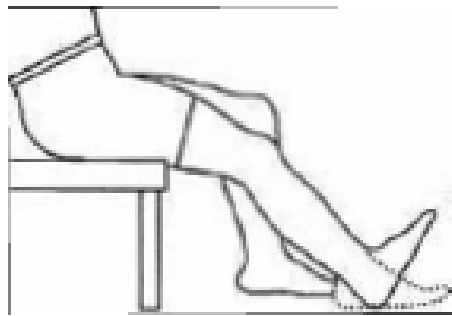
The following contains the basic exercises and activities that you will be performing prior to surgery. These activities are vital in helping you build strength and can improve your recovery after joint replacement surgery.

These exercises should be performed two times a day **starting right now!** It's never too soon to start these exercises, so we recommend beginning them as soon as you are scheduled for surgery.

Ankle Pumps

Ankle pumps promote circulation. In bed or sitting in a chair, point your toes toward your chin and hold for 5 seconds. Then move your ankle away from your shin and hold for 5 seconds.

Perform one set of 10 repetitions. Repeat with other ankle.



Quad Sets

Quad sets help strengthen the quadriceps muscle and assists in straightening your knee. Lie down with your legs straight and pointed towards the ceiling. Tighten the muscle on the top of your thigh. Keep your thigh on the bed while trying to raise your heel slightly off the bed. Hold this position for 5 seconds.

Perform one set of 10 repetitions.



Gluteal Sets

Gluteal sets help strengthen the muscles in your buttocks. While lying down, squeeze your buttocks together tightly. Your hips will rise slightly off the bed. Hold this position for 5 seconds, then release.

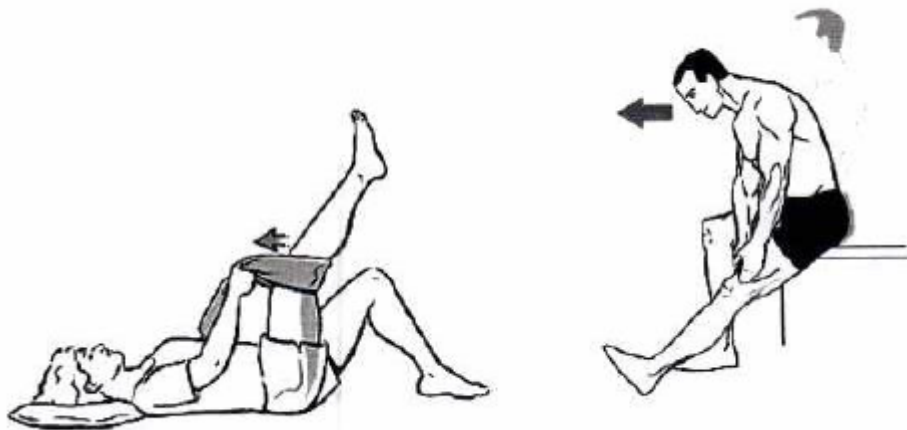
Perform one set of 10 repetitions.



Hamstring Stretches

Hamstring stretches help stretch your hamstring muscles to keep them strong before and after surgery. From a lying position, place a rolled towel behind your knee or calf. Gently, pull the towel towards your body until you feel the muscle stretch. OR, from a seated position, straighten one leg out in front of you with the heel on the floor. Gently move your upper body forward until you feel the muscle stretch. Hold this position for 5 seconds and release.

Perform one set of 10 repetitions and repeat with the other leg.



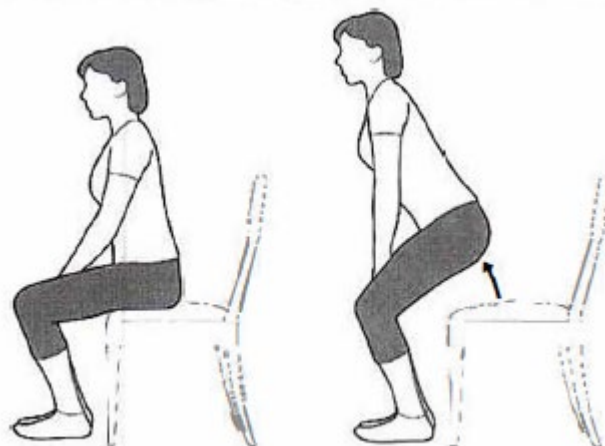
Seated Knee Extensions

Seated knee extensions increase your knee flexibility and range of motion while increasing quadriceps muscle strength. Sit in a firm chair with your knee bent to 90 degrees. Straighten your leg at the knee while keeping your back straight. Hold this position for 5 seconds, then slowly lower and bend your knee as far as you can. Perform one set of 10 repetitions. Repeat with the other leg



Sit to Stand (Chair Raises)

Sit to stand exercises help strengthen your quadriceps muscle. Start by sitting in a chair with armrests and rise into a standing position. You may use the arm rests to push yourself up, if needed. Slowly lower yourself back to a sitting position. Perform one set of 10 repetitions.



Seated Marches

Seated marches improves knee motion and strength. Sitting in a chair, lift your knee as much as possible; then lower it. Alternate legs with each repetition. Perform one set of 10 repetitions.



Biceps Curls

Biceps curls will help strengthen your arm muscles to assist you in positioning and moving after surgery. Place your arm straight at your side, with your palm forward. Slowly bend at the elbow and return. Alternate with your other arm. You may use light weights, if you wish.

Perform one set of 10 repetitions.



Shoulder Raises

Shoulder raises will help strengthen your shoulders and arms to assist you in positioning and moving after surgery. Place your arms at you sides. Bring both arms straight out from your sides and raise as high as possible without pain. You may use light weights, if you wish.

Perform one set of 10 repetitions.



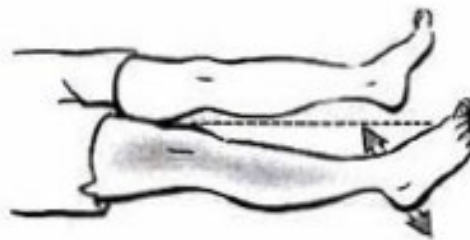
Hip Abduction

Hip abduction exercises help strengthen you hip muscles. These exercises can be performed standing or lying on the floor or bed.

Stand while holding on to a chair or counter. Keeping your trunk upright, knee straight and toes pointed forward, move your leg out to the side and slightly back. Lower leg slowly to the starting position. Perform one set of 10 repetitions. Repeat with other leg.

OR

Lie down with feet slightly apart, Keep your keen and foot pointed toward the ceiling. Slowly slide your leg out to the side. Slide your leg back to the starting position. Perform one set of 10 repetitions. Repeat with other leg.



RETURNING HOME

**When you arrive home, it is highly recommended that you have two people to help you from the car to the house. Your operative site may be numb from the medication that was injected during surgery. Please also arrange for a family member or friend to stay with you at all times.*

Care for your Incision

Monitoring for signs/symptoms of infection is very important. Our nursing team will educate you on proper incision site management. We pride ourselves on having exceptionally low infection rates. It is important to keep your surgical incision protected and free from contamination.

Medications

Before you leave the center, ask questions about all of your medications, and be sure you know what medications are being prescribed, the proper dosage, how and when to take the medication, and possible side effects. We will send you home with detailed instructions!



Remember to check with your physician before you begin taking any over-the-counter medications, herbal remedies, and/or supplements.

Physical Therapy at Home

Home PT bridges the gap between surgery and outpatient therapy and typically lasts for 2-3 weeks. We will work with your surgeon's office to coordinate home physical therapy if you are having your knee or hip replaced with us. Home PT is set up through local VNA or private home health agencies depending on your location and preference. We may ask you to fill out some paperwork before your surgery so that we can set up this service for you. Here are some things to remember:

- Your mobility will begin before your surgery! Working on the exercises in this book regularly before your surgery will help immensely with your recovery after surgery
- After your surgery, in the recovery room the nurses will help you get up and walk around with your crutches or walker and help you navigate your home
- You will receive a Physical Therapy evaluation at home, usually the day after your surgery, and a customized therapy program will be developed.
- It is best to take your pain medication PRIOR to your physical therapy session to allow better participation.

KEY THINGS TO REMEMBER

- Swelling is not uncommon after total joint surgery. **Elevation, ice and motion** are helpful in decreasing the swelling. You should elevate your ankles above your heart during the day to decrease swelling. If swelling persists, call your doctor.
- It is essential that you inform your dentist that you have had a total joint replacement, as you may need prophylactic antibiotics prior to having your teeth cleaned or other **dental procedures**. 
- If you have any surgical procedures following your total joint replacement, inform the physician that you have an **implant**.
- Good **nutrition** is important before surgery. Eating healthy, well balanced meals, and avoiding any unnecessary weight loss or gain prior to your procedure is recommended. This will help to ensure you have the strength for recovery. 

INSURANCE INFORMATION

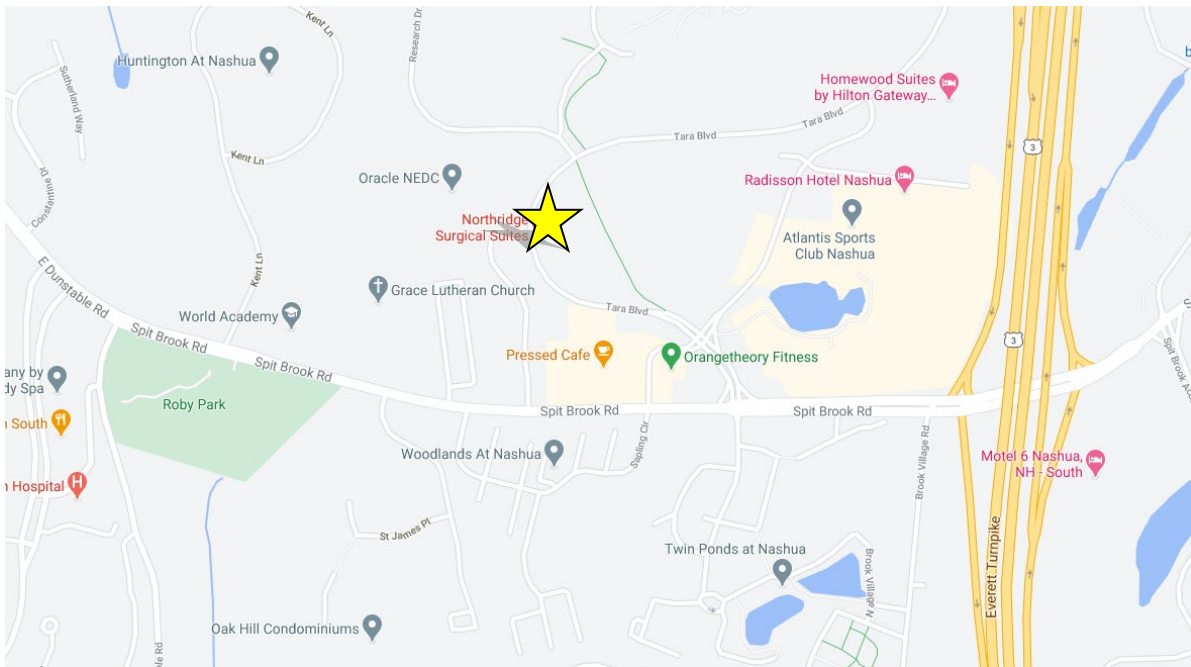
If you have a commercial insurance, not Medicare, your insurance company determines the number of nursing & physical therapy visits you may have at home. Your particular policy may also require a co-pay amount for each visit. You may want to call your insurance company to verify your coverage for these post-operative visits.

CONTACT INFORMATION

Northridge Surgical Suites, LLC: (603) 484-7710

Website URL: www.northridgesurgicalsuites.com

Facility Map:



**41 Innovative Way
Nashua, NH 03062
Phone: (603) 484-7710**

Thank you for choosing



Please don't hesitate to call us if you have any questions.

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