



# Total Joint Replacement Program

**St Luke's**  
Orthopedic Care  
484-526-1735









## **Thank you for trusting St. Luke's Orthopedic Care with your total joint replacement journey!**

**If you have any questions or concerns before or after surgery, please call  
our Orthopedic Patient Service Center at 484-526-1735.**

For a list of our Hospital locations and contact information, please check  
out the following link on our SLUHN Website:

[https://findalocation.slnh.org/practice?theme=dir\\_sluhn&type=17](https://findalocation.slnh.org/practice?theme=dir_sluhn&type=17)





## Important Dates and Contacts

It is important that you attend all scheduled appointments, as they are key to ensuring you have the best outcome after surgery. **Please reach out to your Surgery Coordinator or our Orthopedic Patient Service Center for any questions before or after surgery.**

Surgery Date\*: \_\_\_\_\_

*\*Your surgery date is tentative pending the results of any required pre-op lab work, testing and/or clearances.*

Surgeon: \_\_\_\_\_

Surgery Coordinator: \_\_\_\_\_

Surgery Coordinator's Phone Number: \_\_\_\_\_

Orthopedic Patient Service Center Phone Number: **484-526-1735**

## Before Surgery

Testing to be completed at a St. Luke's Lab by: \_\_\_\_\_

Hospital Pre-admission Appointment: \_\_\_\_\_

Medical Clearance: \_\_\_\_\_

Additional Clearance or Consult: \_\_\_\_\_

Additional Clearance or Consult: \_\_\_\_\_

Physical Therapy Evaluation: \_\_\_\_\_

## After Surgery

Surgeon Follow Up: \_\_\_\_\_

Surgeon Follow Up: \_\_\_\_\_

Physical Therapy Evaluation: \_\_\_\_\_



## Prescriptions

At today's visit, you may have received some medication prescriptions. It is important that you fill these prescriptions as soon as possible. You will begin taking some before surgery and others will start after surgery.

### Start **BEFORE** surgery:

**Pre-Op Vitamins:** Your surgeon may have prescribed a vitamin regimen. To get the most benefit from these vitamins, you should start taking them **before surgery**, as prescribed. If you were prescribed Iron (ferrous sulfate) and Vitamin C, it is best to take them together to maximize the absorption rate. Vitamins help to optimize your body and blood before your surgery.

### Start **AFTER** surgery:

**Blood Thinner:** An anticoagulant, or blood thinner, is used to prevent blood clots **after surgery**. It is important to take this AFTER your surgery, as prescribed, and at the same time each day. If you were given your blood thinner prescription to fill before surgery, **it is very important that you DO NOT start this medication until after your total joint surgery**. Your surgical team will provide instructions on how to take this medication and when to start. Taking it before surgery will require your surgery to be canceled. Please reach out to your Nurse Navigator with any questions.

Postoperatively you may require additional prescriptions such as pain medication and stool softeners. These prescriptions will be sent to your pharmacy after surgery.



## Total Joint Replacement Preoperative Bathing Process

You should have both a bottle of CHG liquid soap and a pack of CHG cloths provided to you from your Orthopedic Office. See the instructions below.

### Follow these steps the evening before your surgery:

1. First, shampoo your hair with regular shampoo and rinse it completely before you wash your body.
2. Next, wash your body from head to toe with soap and a clean washcloth.
3. Then use ½ of the bottle of the antiseptic soap for this shower (you will use the other ½ of the bottle for your shower in the morning).
4. Pay special attention to the area where your incision will be. Lather this area well with the CHG soap for about 2 minutes.
5. DO NOT use any other soap or body rinse on your skin during or after the antiseptic soap.
6. Rinse yourself completely with running water.
7. Completely dry yourself with a clean towel and put on clean clothes.
8. Sleep with clean sheets on your bed.

### Follow these steps the morning of your surgery:

1. Repeat showering steps 1-5 above using the remainder of the liquid CHG soap.
2. Once your skin is dry, use one CHG cloth on your surgical joint making sure to wipe vigorously for 3 minutes.
3. Allow the area to dry completely, do not rinse.
4. Use the second CHG cloth on your surgical joint making sure to wipe vigorously for 3 minutes.
5. Allow to dry completely, do not rinse, and dress in clean clothing.

**Do NOT use CHG Wipes or get CHG soap on face, genitalia, mucous membranes or any open skin areas.**



## Preparing Your Home for Total Joint Replacement Surgery

Joint replacement (total hip or total knee arthroplasty) is major surgery, and your recovery will take several weeks. After your care team deems you physically and medically safe for discharge, you will return home. It is important to give yourself time to prepare for the physical, psychological, and social aspects of joint replacement surgery. Taking these steps before your procedure can help make your time at home after surgery safer and more comfortable.

- Plan for someone to drive you to/from your surgery and to your follow up appointments. **If you live alone or have special needs, consider asking a family member or a friend to stay with you for a few days following your surgery.** If that is not possible, call our Orthopedic Patient Service Center and ask to speak to your Orthopedic Nurse Navigator.
- Set up a temporary first floor living arrangement or comfort center to avoid excessive stairs.
- Place items that you use frequently within easy reach.
- Remove loose carpets, electrical cords or clutter from walkways or frequently traveled areas. Your walker will need to fit through these areas.
- Prepare/plan easy meals before surgery (cook and freeze, buy ready-made, or consider delivery).
- Consider any pet care needed (dog walker etc.).
- Consider modifying your bathroom to include a shower chair, gripping bar, or raised toilet seat, if you feel these may be of benefit to you.

**If you have any questions or concerns before or after surgery, please call our Orthopedic Patient Service Center at 484-526-1735.**



## Be the BEST YOU before surgery!

### Are you ready for total joint surgery?

Surgery requires a commitment from you to get in the BEST shape possible before surgery.

You will be asked to complete a series of tests and obtain pre-surgical clearances so we can better understand your current health status and determine if you are ready for surgery.

**Please understand that your surgery date is tentative pending the outcome of the required tests and clearances for your surgery. Your surgery date may change as you work through this process.**

- Our Surgical, Anesthesia and Nursing teams at St. Luke's will guide you through the Surgical Optimization process. It is our goal for you to have a positive and safe surgical experience with the BEST possible outcome.

### What is Surgical Optimization and why is it important to me?

- Surgical Optimization means we will focus on decreasing pre-surgical risk factors so you can obtain high quality outcomes after your elective total joint surgery.

### What are the next steps?

- You will need to complete bloodwork prior to your medical clearance appointment.
- Your results need to meet those in the "Requirement" column on the next page.
- If your lab results do not meet these requirements, you will be referred to a specialist who will help you meet our program goals.

### What other things can I do to prepare for my BEST surgical outcome?

- Take your prescribed vitamins to strengthen your body and increase your blood count before surgery.
- Plan to attend one pre-surgical physical therapy evaluation to meet your therapist and learn expectations for post surgical recovery. Your therapist will instruct you on walking with an assistive device and will teach you exercises to maximize your range of motion and strength.
- Plan to recover at home and attend outpatient physical therapy upon discharge from the hospital. Research shows that patients have improved outcomes when allowed to return to their own homes and attend outpatient therapy.

**If you have any questions, please reach out to our Nurse Navigators at any point in the surgical process. Orthopedic Nurse Navigators: 484-526-1735**



<b>Requirement</b>	<b>Lab / Tool</b>	<b>Next Step if not met</b>	<b>Why do I need this?</b>
Hemoglobin A1c $\leq 7.5$	HbA1c	PCP or Endocrine Consult	HbA1c is a test of how well you controlled your blood sugar over the past 90 days. Uncontrolled blood sugar can lead to delayed healing and can increase your chances of getting a wound infection.
GFR $> 60$	CMP	$< 45$ - Nephrology Consult, 45-60 - Primary Care Physician or Surgical Optimization Center Consult	<i>Glomerular Filtration Rate (GFR)</i> measures your kidney function and how well your kidneys are filtering fluid and toxins. It is important that your kidneys are in the best shape possible before you undergo major surgery.
Hemoglobin $\geq 11$	CBC	$< 11$ Hematology Consult	<i>Hemoglobin</i> measures the protein in your red blood cells responsible for carrying oxygen throughout your body. If your hemoglobin is too low, you can experience blood loss, trouble breathing, a higher risk of infection and anemia after surgery.
BMI $\leq 40$	Height & Weight Calculation from today's visit	Nutrition or Non-Surgical Bariatric Weight Loss Consult or Weight Watchers Program	<i>High Body Mass Index (BMI)</i> is directly related to having more medical issues such as high blood pressure, diabetes and cardiac problems. High BMI leads to increased surgical and anesthesia complications. You will have a much safer surgical experience if you can control your BMI to 40 or lower. <i>Note: Some insurances require a lower BMI for joint surgery.</i>
Nutrition Status: Albumin $\geq 3.5$	CMP	Consult with the Surgical Optimization Center	Malnutrition increases complications after surgery and is a leading cause of readmission. Not having the proper nutrition before surgery can lead to a longer hospital stay and higher health care costs.
Smoking Cessation	Patient Reported	Ideally patient should stop smoking	<i>Smoking</i> gives you a greater chance of developing a cardiac event than nonsmokers. Smoking decreases wound healing, weakens your immune system's ability to fight infection and negatively impacts the production of bone-forming cells.
Total Joint Replacement Booklet and Orthopedic Nurse Navigator Assessment	PAT Nurse and Nurse Navigator Phone Assessments	Mandatory Participation	You will be assigned an Orthopedic Nurse Navigator to assist you through your surgical journey. You will receive a call from your Nurse Navigator 3 to 4 weeks before your surgery date. Your Navigator will review your chart, provide education and answer any questions you have about your upcoming total joint surgery.



PATIENTIQ IS PART OF YOUR SURGERY CARE PLAN

## Introducing PatientIQ

PatientIQ offers a platform that allows your surgeon and care team to monitor your progress throughout your surgical journey.



### Why does St. Luke's University Health Network partner with PatientIQ?

The PatientIQ platform empowers our clinical teams to better monitor your healing and recovery, send you timely information related to your care plan, and gain insight into how best to treat you. We are committed to continuously improving, and that starts by measuring your performance today.

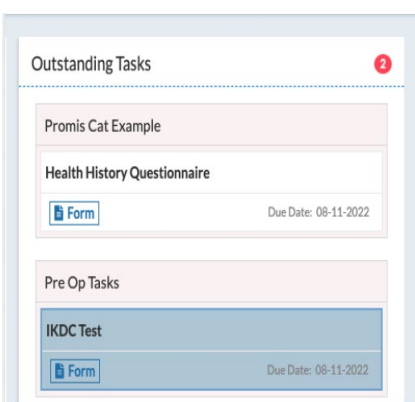
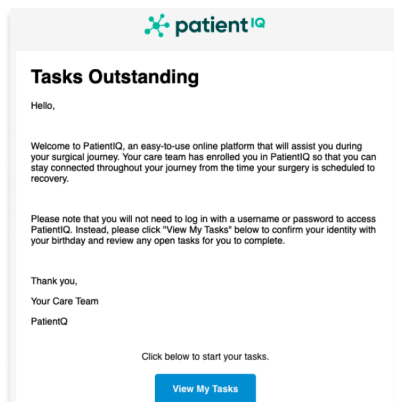
### How does it work?

Throughout your surgical journey, there will be questions and educational materials your care team would like you to review and complete. See the steps to the right for how to access and complete the tasks assigned by your care team. To participate, you will need a device such as a smartphone, tablet, or computer with email and web browser access. If you do not have these, our St. Luke's team can assist you in completing your tasks.

### The program will consist of:

- Assessments and questionnaires about your health status
- Educational materials that include videos, PDF documents, and other interactive content.

### Examples you may see on your device:



### WHAT YOU CAN EXPECT:

- 1 Participation in this program is a requirement of your surgery with St. Luke's.
- 2 Upon scheduling surgery, you will automatically be enrolled in the PatientIQ digital care pathway.
- 3 Once enrolled, you will receive emails or text messages from your surgeon asking you to complete your assigned assessments or tasks.
- 4 In the email or text message, you will see a "View My Tasks" button that will take you to PatientIQ where you will complete your tasks. You will need to confirm your identity by entering your date of birth.
- 5 Shortly after you complete your tasks, your results will be sent to your surgeon or care team to review.
- 6 This process will repeat at certain intervals throughout your journey to recovery. You can expect tasks before surgery and at 3, 6, 12, and 24 months after surgery.

If you have questions or need assistance completing your tasks, please contact our Patient Service Center by dialing 484-526-1735.

4/20/2023

## Frequently Asked Questions – After Surgery

**What is an After Visit Summary (AVS) and why should I read it?** These are the papers you will receive at discharge from the hospital that include future appointments, surgeon specific instructions, medications, and information related to your recent surgery. It is important to familiarize yourself with the AVS because it includes vital information for your recovery.

**Is bruising and/or swelling common after surgery?** Both bruising and swelling of the surgical leg are expected after surgery. You can be black and blue from your groin to your toes, and it can get worse before it gets better. It may look worrisome, but it will get better with time. If you're concerned about the bruising and/or swelling, please reach out to our Orthopedic Patient Service Center.

**I am experiencing postoperative constipation, what should I do?** Refer to your After Visit Summary paperwork to see if you were prescribed a stool softener and take it as directed. Constipation is a common postoperative complication which can improve by increasing your fluid and fiber intake. Another way to help with constipation is to increase your mobility. If a stool softener was not prescribed for you, please contact our Orthopedic Patient Service Center.

**I need a refill on pain medication, who do I call?** Please call our Orthopedic Patient Service Center at 484-526-1735. Pain medication refills can take several days to process. Please do not wait until you are out of medication to request your refill.

**What medications do I resume after surgery?** You should reference your After Visit Summary paperwork for the list of current medications you should be taking. For any questions, please contact our Orthopedic Patient Service Center and ask to speak to your Nurse Navigator.

**Who do I contact if I have any concerning symptoms?** Call our Orthopedic Patient Service Center to report any routine concerns with pain control, medications, swelling, redness or drainage after surgery.

**When can I get my incision wet?** For dressing care and postoperative bathing instructions, please refer to your After Visit Summary paperwork. You cannot soak your incision until instructed by your surgical team.

**Can I apply any creams or ointments to my incision?** We do not advise application of any creams or ointments until your incision is completely healed, which is on average 4-6 weeks after surgery. You cannot apply creams or ointments to your incision until instructed by your surgical team.

**Who do I call if I have any slips, falls, complications, questions, or other issues?** Unless it is an emergency, please contact our Orthopedic Patient Service Center first for assistance.

**When can I drive?** You should not drive until cleared by your surgeon.

**Who needs to know about my new artificial joint?** Tell all health professionals on your care team that you have an artificial joint. Ask your Surgeon at your follow up visit if you need a special card for airport travel.

