



**My Guide to
Joint Replacement Surgery
at
Bronson Methodist Hospital**

My Guide to Joint Replacement Surgery

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Welcome!

Thank you for choosing Bronson for your joint replacement surgery. When your knee or hip is damaged from arthritis or an injury, activities like walking become painful and hard to do. You may even have pain at rest. When non-surgical options are no longer helping, joint replacement surgery is an option to relieve pain and get you back to normal activities.

Use this book as a guide to help get ready for your surgery and healing after surgery. This guidebook provides information so you know:

- What to expect
- What your role is
- How to care for your new joint

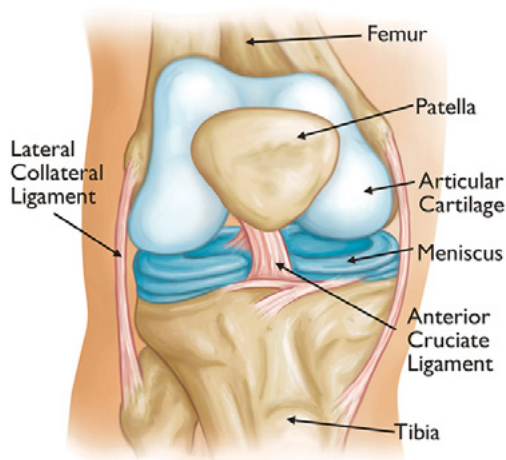
We recommend that you read over this guidebook when you receive it. You should also bring this guidebook with you to your joint replacement education class and to the hospital when you have surgery.

Talk to your surgeon if you have any questions. You may also contact our nurse navigator at (269) 341-7141.

Understanding My Surgery

Understanding My Surgery

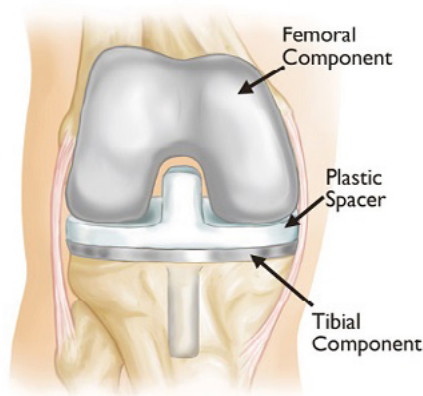
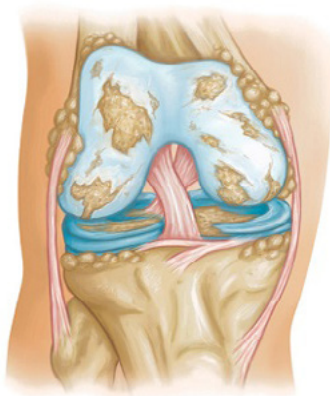
Joints in your body are covered in cartilage, a smooth tissue. Healthy cartilage allows the bones to move freely over each other. Cartilage becomes worn due to usage, inflammation or injury. When cartilage is worn, the bones begin to rub together, causing pain. The surfaces of the bones may also become rough, making pain worse.



Normal knee anatomy. In a healthy knee, these structures work together to ensure smooth, natural function and movement.

Knee Replacement

The knee is the largest joint in your body and moves like a hinge. Your knee is designed to bend easily. Knee replacement surgery removes the damaged cartilage and bone and replaces them with metal and plastic components. The new parts of the knee move smoothly together.

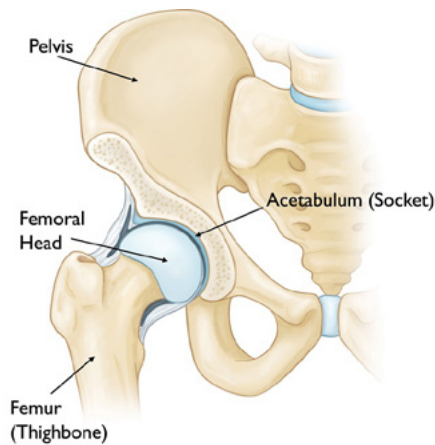


(Left) Severe osteoarthritis. (Right) The arthritic cartilage and underlying bone has been removed and resurfaced with metal implants on the femur and tibia. A plastic spacer has been placed in-between the implants. The patellar component is not shown for clarity.

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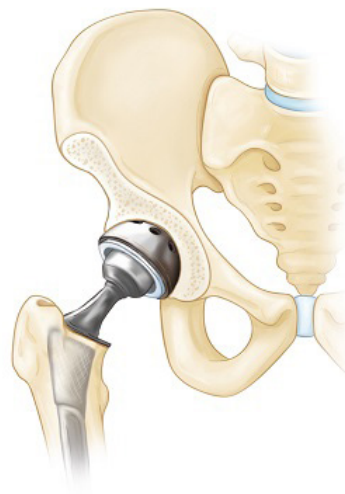
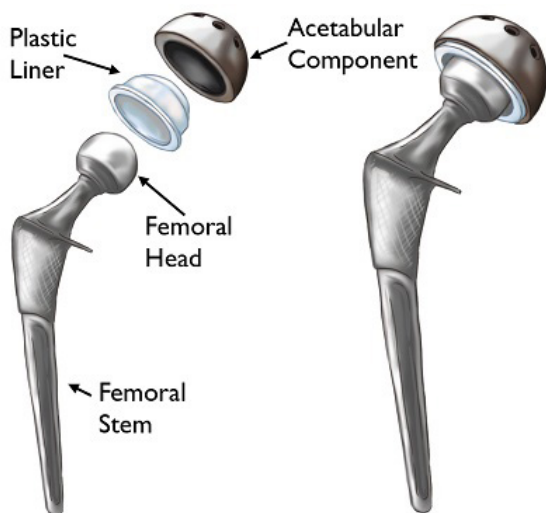
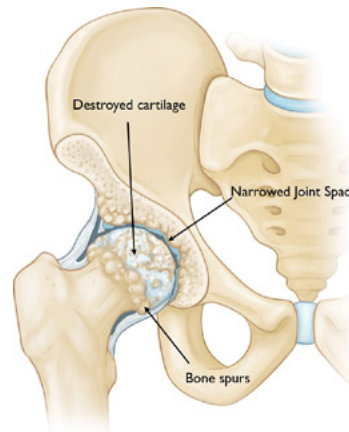
Hip Replacement

The hip is a ball-and-socket joint where the thighbone (femur) meets the pelvis. Hip replacement surgery removes the damaged bone and cartilage. The ball of the thighbone is replaced with a metal stem and metal or ceramic ball. An artificial cup replaces the damaged socket. This cup is made of two parts, the metal shell and a plastic liner. The new parts of the hip allow the ball to move freely in the socket.



Normal hip anatomy

In hip osteoarthritis, the smooth articular cartilage wears away and becomes frayed and rough.



(Left) The individual components of a total hip replacement. (Center) The components merged into an implant. (Right) The implant as it fits into the hip.

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Getting Ready For Surgery

Getting Ready For Surgery

Pre-Surgery Testing and Appointments

We want to make sure you are as healthy as possible before surgery. We require patients to have tests completed. These typically include a blood sample and electrocardiogram (EKG). You may also have a nasal swab. We may require that you quit smoking, lose weight or see a dentist before you get scheduled for surgery.

Depending on your medical history and risk factors, we may schedule an appointment with Bronson's Optimization Clinic. These doctors will evaluate your health status before surgery. They will also work with your surgeon to help care for you in the hospital. We may also schedule appointments with specialists, like heart, lung or kidney doctors. In rare cases, for your safety, your surgery may need to be rescheduled or canceled due to a medical reason. If this happens, your healthcare team will work with you to explore other options.



Please contact us at (855) 618-2676 if you become sick within 7-10 days prior to surgery or if there are any changes to your health.



Getting Ready For Surgery

Positive Attitude

A positive attitude is important for recovery. Recovery from joint replacement surgery will be hard work. No matter how long you have had pain, it can affect the way you deal with every day stress. Your pain may have kept you from doing the things you enjoy in life. You may have gone through weeks of physical therapy or injections and still have no relief. You may feel hopeless and willing to try anything. You may say: “Will I ever get better?” or “It’s not fair!” All of these feelings are normal. Now you may be thinking: “Is this going to work?”

- Your doctor will be very honest with you on the expectations and goals of your surgery.
- Recovery will take a lot of hard work every day. The road ahead is going to be hard and you can expect some bumps along the way.
- Try to set small goals (e.g., walking further than you did the last time). Once you reach that goal, set another.
- Do what your doctor asks you to do (quit smoking, lose weight, etc.).
- Your positive outlook can make a big difference in your recovery!



“Whether you think you can, or think you can’t...you’re right.”

- Henry Ford

Getting Ready For Surgery

Pre-surgery Checklist

We want you to have the best outcome after your surgery. This begins now. Preparing your mind, your home and your body will make your recovery go more smoothly.

- Lab work and testing is completed.
- QUIT SMOKING! Smoking causes problems with healing after surgery. For the best outcome after surgery and my overall health, I must quit smoking!
- Dental care is up-to-date.
- Skin is in good condition (no open wounds/sores).



After You Have a Surgery Date

- Complete Total Joint Replacement class.
- Begin practicing post-operative exercises. Here is a link to find the exercises online: <https://www.bronsonhealth.com/services/orthopedics-sports-medicine/education/>
- Arrange for help at home after surgery.
- Discuss Advanced Directives, Power of Attorney and Living Will options with my family. More resources available at <https://www.bronsonhealth.com/services/advance-care-planning/>
- Call your employer and complete any FMLA or short-term disability paperwork.

Preadmission Nurse Call

- Talk to a nurse from the Bronson Pre-Admission Center within 7 to 14 days before surgery.
- Surgery date/time: _____
- Arrive at: _____
- It is OK to drink clear liquids up until _____ am/ pm.
- You may be given a drink from the surgeon's office.
If you receive this, drink it 3 hours prior to surgery.
- Do not eat any food after midnight the day of surgery.



Getting Ready For Surgery

My Home Plan

Name of my coach: _____

Your coach is the person who will help you after surgery. He or she should be someone you trust with your medical information and who is physically able to help you get around after surgery. You should plan to have help all the time for one week after surgery.

- Name of the person giving you a ride home from surgery:

- Arrange for help with children, adults or pets.
- Arrange for help with driving, errands and heavy household chores.
- Buy groceries and prepare meals before your surgery.
- If you have questions or concerns about leaving the hospital safely, discuss with Bronson Orthopedic Nurse Navigator when completing the Joint Replacement Education class.
- Call your employer and complete any FMLA or short-term disability paperwork.



Prepare Your Home

- Remove any fall hazards around your home (rugs, cords).
- Add a cushion or booster to low chairs to make it easier to stand.
- Make sure your stairs have a sturdy railing.
- Install grab bars and a handheld shower hose in your shower.
- Have a non-slip bath mat outside the shower/tub to prevent slipping after showering.
- Get assistive devices you might need (see pages 15-16).
- Move items from high or low cupboards to easily reach them (counter-height).



Getting Ready For Surgery

Assistive Devices

For hip or knee replacement surgery, you will need a front-wheeled walker and a cane.

Front-wheeled Walker

If you have a front-wheeled walker, it may need to be adjusted to your height. Please bring this with you to the hospital. The therapist can adjust it before you go home.

If you do not have a front-wheeled walker, you will learn how to get one at your joint replacement class.

Most insurance companies will cover one walker every 5 years.



Cane

The therapist will help you decide what type of cane you need to get and when to begin using it. For many patients this is at least one week after surgery. You will need to check with your insurance to see what will be covered.

In order to progress to a cane, you must be able to walk without a limp or increased discomfort.

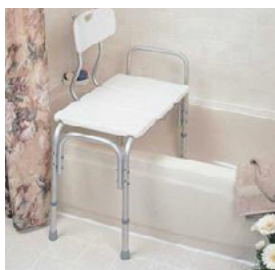


Getting Ready For Surgery

Helpful Home Medical Equipment

There may be other equipment that can make your recovery easier and safer. This includes equipment for your bathroom and items that can help with everyday activities.

Consider a seat for your shower. This could be a tub transfer bench or a shower chair.



Raising the toilet after surgery can make it easier when using the restroom.



Raised Toilet Seat

Long handled equipment may help with daily activities such as dressing or reaching things.

Reacher



Sock Aid



Shoe Horn



These pieces of equipment are not covered by insurance for joint replacement. Please see page 17 for local groups where you can borrow equipment.

Getting Ready For Surgery

Where to Borrow Medical Equipment

Many local groups loan equipment for low cost or free of charge. Below is a list of places where you can borrow equipment.

Lending Hands of Michigan

For residents of Allegan, Northern Berrien, Cass, Calhoun, Kalamazoo, St. Joseph and Van Buren counties.

2403 Helen Ave.
Portage, MI
(269) 567-4381
www.lendinghandsmi.org

Hours of Operation:

Mon.-Wed.-Fri. 9 a.m. - 12 p.m.

Allegan County

Disability Network/Lakeshore

442 Century Ln.
Holland, MI
(616) 396-5326

VFW Wayland Post 7581

735 S. Main St.
Wayland, MI
(269) 792-2975

Barry County

Barry County Commission on Aging

320 W. Woodlawn Ave.
Hastings, MI
(269) 948-4856

VFW Delton Post 422

10353 Stoney Pointe Dr.
Delton, MI
(269) 623-2278

Berrien County

Central County Senior Center

4083 E. Shawnee Rd.
Berrien Springs, MI
(269) 471-2017

St. Joseph-Lincoln Senior Center

3271 Lincoln Ave.
St. Joseph, MI
(269) 429-7768

Branch County

Burnside Center

65 Grahl Dr.
Coldwater, MI
(517) 279-6565

Calhoun County

American Legion

228 N. 20th St.
Battle Creek, MI
(269) 964-7230

Marian Burch Adult Day Care

1150 E. Michigan
Battle Creek, MI
(269) 962-1750

Marshall United Methodist Church

721 Old US27 N
Marshall, MI
(269) 781-5107

Cass County

Cass County Council on Aging

60525 Decatur Rd.
Cassopolis, MI
(269) 445-8110

Niles Senior Center

1109 Bell Rd.
Niles, MI
(269) 683-9380

Hillsdale County

Perennial Park Senior Center

320 W. Bacon St.
Hillsdale, MI
(517) 437-2422

St. Joseph County

St. Joseph County

Commission on Aging

1200 W. Broadway St.
Three Rivers, MI
(269) 279-8083

Van Buren County

Covert Senior Lifeline

73292 34th Ave.
Covert, MI
(269) 764-8378

Pullman Love I.N.C.

943 56th St.
Pullman, MI
(269) 236-6295

We Care I.N.C. - Bangor

214 Walnut St.
Bangor, MI
(269) 427-9581

We Care I.N.C- South Haven

06321 Blue Star Hwy.
South Haven, MI
(269) 637-4342

Getting Ready For Surgery

Pre-Surgery Shower Schedule

You will be given a free bottle of chlorhexidine wash when you attend the joint replacement class or from your surgeon's office. Start by completing your regular shower first, using your normal soap and shampoo. Do not shave your legs the week before surgery. Next, follow the instructions in the grid below. Each time you use the wash, let it sit on your skin for 1-2 minutes. Then rinse the product off.

	Days Before Surgery	Date	Instructions	Done ✓
Joint Area - 1 Teaspoon	7		Clean your surgery joint area with 1 teaspoon (about ¼ medicine cup) of chlorhexidine wash. OK to apply lotion.	
	6		Clean your surgery joint area with 1 teaspoon (about ¼ medicine cup) of chlorhexidine wash. OK to apply lotion.	
	5		Clean your surgery joint area with 1 teaspoon (about ¼ medicine cup) of chlorhexidine wash. OK to apply lotion.	
	4		Clean your surgery joint area with 1 teaspoon (about ¼ medicine cup) of chlorhexidine wash. OK to apply lotion.	
	3		Clean your surgery joint area with 1 teaspoon (about ¼ medicine cup) of chlorhexidine wash. OK to apply lotion.	
Neck Down - 1 Tablespoon	2		Shower and wash your body from the neck down. Avoid your eyes, ears, mouth and genitals. Use 1 Tablespoon (about ¾ medicine cup) of chlorhexidine wash. OK to apply lotion.	
	1		Shower and wash your body from the neck down. Avoid your eyes, ears, mouth and genitals. Use 1 Tablespoon (about ¾ medicine cup) of chlorhexidine wash. OK to apply lotion if needed. Change the sheets on your bed. No pets in bed.	
	Morning of Surgery		Shower and wash your body from the neck down. Avoid your eyes, ears, mouth and genitals. Use 1 Tablespoon (about ¾ medicine cup) of chlorhexidine wash. Do not apply lotion.	

Surgery

Day of Surgery: Before Leaving Home

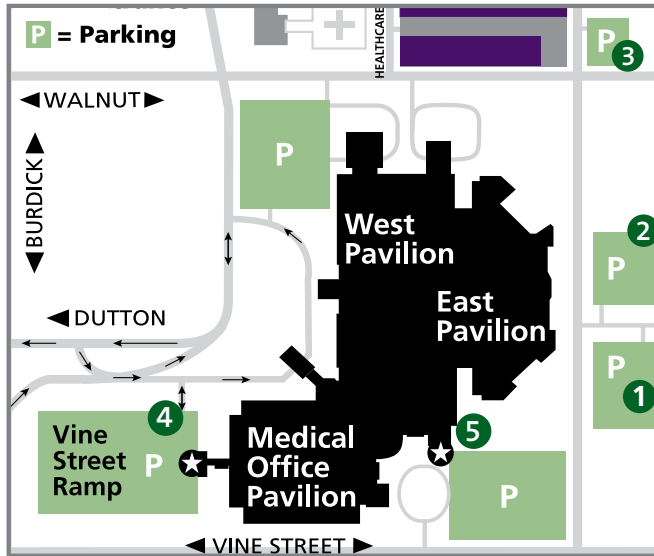
- Take daily shower before you leave home. Follow your instructions for the day of surgery shower on page 18.
- DO NOT shave the area of your surgery.
- Plan to leave your home early enough to get to the hospital on time. You may be asked to arrive between 2 and 2 ½ hours before your scheduled surgery time.
- You may have clear liquids AS INSTRUCTED before your surgery. Clear liquids are liquids you can see through (black coffee, tea, sports drinks, etc.). The staff will tell you when to stop drinking clear liquids before surgery.
- Wear clean, comfortable, loose-fitting clothing.
- Do not wear makeup or nail polish.
- Do not wear jewelry. Remove any piercings.
- Leave money, jewelry and valuables at home.

What to Bring?

- Guidebook and exercise handout.
- Photo ID and insurance card.
- Front-wheeled walker. You may be instructed to leave this in the vehicle until needed.
- Copy of your advance directives if not already on file with Bronson.
- Cases for your eyeglasses, hearing aids and dentures.
- If your surgeon plans for you to spend the night, pack an overnight bag with a change of clothes and any other items you may need. If you use a CPAP machine, pack this in your overnight bag. You may leave this bag in our vehicle and your coach can bring it to you after surgery.



Parking and Directions for Surgery at Bronson Methodist Hospital

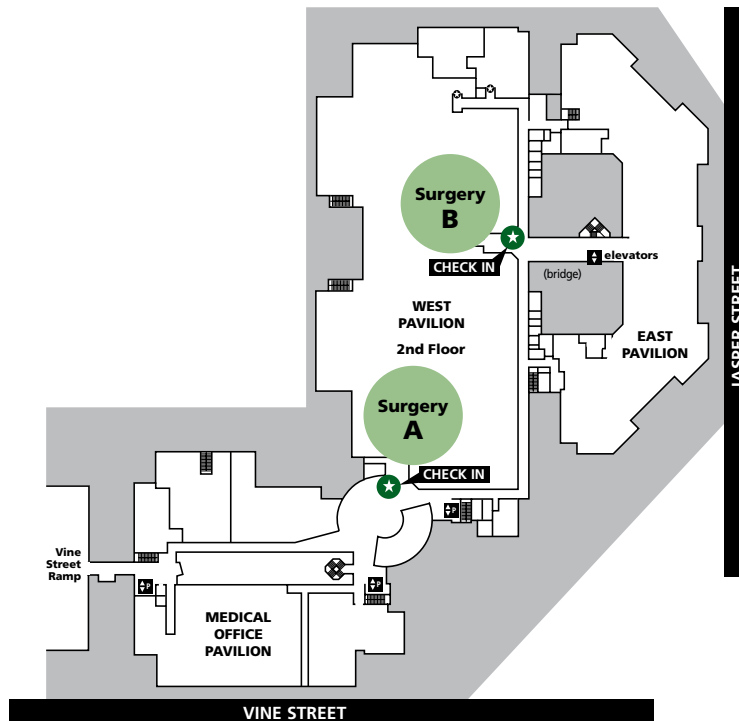


The waiting areas for surgeries are located on the second floor of Bronson Methodist Hospital.

You will be instructed where to park and enter the hospital during your pre-admission phone call.

Parking is available in any of the lots listed below.

- 1 Jasper Street South Lot
- 2 Jasper Street North Lot
- 3 Lot#10
- 4 Vine Street Ramp (Enter through the John St. Entrance)
- 5 Garden Entrance



Day of Surgery: Before Surgery

(2-2 ½ hours before surgery)

Please check in for your surgery at the Surgery B Family Waiting Room (formerly known as Inpatient Surgery). This is on the second floor of the West Pavilion.

- Once you are signed in, your family or coach will be asked for a cell phone number and will be offered a pager. The pager flashes and vibrates, letting you and your coach know when:
 - It is time to go to the pre-operative area.
 - Your surgery is finished and the doctor can talk with your family.
 - You are in the recovery room.
- You will be asked your name, date of birth, type of surgery, and name of surgeon - many times. This is for your safety. We want to make sure we have the right patient for the right procedure.
- Your surgeon will come in to mark the joint you are having replaced.
- You will be asked to do the following three things to prevent infection:
 - Wipe down all your skin with special cloths. Staff will help you reach your back or other hard to reach areas.
 - Swab your nose with iodine.
 - Brush your teeth and rinse your mouth with a special mouthwash.
- A nurse will start your IV. You may receive antibiotics, nausea or pain medicine before the surgery. We may also check your blood sugar, even if you do not have diabetes.
- You will meet with the anesthesiologist. They will go over the anesthesia plan with you. He/she will talk with you and answer the questions you may have about anesthesia.
- Once you are prepared for surgery, your visitors may join you in your room until it is time for your surgery.



Day of Surgery: Surgery and Recovery

Surgery (approximately 2 hours)

We will give updates to your family about your progress. A television monitor in the waiting area will inform your family and coach where you are in the surgery process. It is best to have one person present in the waiting area at all times. If your family member or coach needs to step away, please ask them to tell the person at the desk. We want to make sure your family member or coach may be reached quickly if needed.

Recovery (minimum 2 hours)

After your surgery, your doctor will talk with your family and coach about your surgery. You will go to the Post Anesthesia Care Unit (PACU) to recover. The staff will monitor you closely until you are awake and your heart rate, blood pressure and breathing are normal. When you are ready, we will ask your family to join you.

- You will have an IV in your arm so you can receive fluids and medicine.
- You may have oxygen delivered through a tube in your nose or a mask.
- You will have a monitor on your finger to check your oxygen levels.
- You may have a tube from your surgery site to drain away excess fluid
- You may have inflatable wraps called sequential compression devices, or SCD's, on your legs. These wraps help squeeze blood from your lower legs to your upper body.
- Your doctor will check on you in the recovery room. Due to the medicine used in surgery, you may not remember this.
- The nurses will continue to check on you often and ask you about your pain.
- You will stay in the recovery room until you are ready for discharge. Some people may be scheduled to spend one night in the hospital.



After Surgery

Activity after Surgery

Now that surgery is done, it is your turn to take charge. The first thing to do is increase your activity level. You should expect to get up and walk shortly after surgery.

Your First Steps

- Walk as normally as possible.
- Push your walker a few inches in front of you.
- Keep your back straight, lean on the walker so it supports you, and step into the center of the walker with the leg you had surgery on. Do not to twist your leg. Then step with your other leg.
- As you get used to using the walker, you will be able to move it as you step.



Returning Home

Goals to be ready for discharge:

- You must be medically stable.
- Pain is controlled on oral pain medicine.
- Safe when walking with staff.
- You must have a way to get new prescriptions filled. Bronson offers a pharmacy service on-site (Monday-Friday only).

Getting into a Car

Make sure you have the seat all the way back. Follow the joint precautions you learned with physical therapy. With your weight on the leg that did not have surgery, lower yourself onto the seat. Slide back into the car in a semi-reclining position and turn your body. Put your legs into the car one at a time.



Caring for Yourself At Home

Caring for Yourself at Home

You have taken the next step in your journey to recovery by returning home. With good preparation and support from your family and coach, you can focus on getting stronger and healing.

- It is normal to feel anxious and uncertain about returning home after joint replacement. It is OK to ask for help from family, friends and your coach as you recover.
- Keep active! Use the Exercise Tracker in your exercise handout to monitor your activity.
- Make sure you go to your after surgery appointments.
- Speak to your surgeon regarding sexual positions that are safe for you after joint replacement.
- No driving until your surgeon has said it is ok and you are off opioid pain medicines.

Preventing Infection

Infection is a serious concern after surgery. This happens only a very small percent of the time. You can do the following things to help prevent infection:

- Hand washing is the best way to prevent infection.
- Keep your assistive device handles clean (walker/cane).
- A waterproof bandage will cover your incision. Keep this in place for 7 days after surgery to protect your incision from infection.
- Be mindful of pets being near your surgery site. Avoid sleeping with pets the night before surgery and 2 weeks after surgery.
- You should not have any dental appointments within 6 weeks after surgery. You will need antibiotics prior to dental appointments in the future.



Preventing Constipation

Constipation following surgery is common. You should eat a well-balanced diet and drink plenty of healthy fluids. You can do the following things to help prevent constipation:

- Increase your fiber intake (examples: fruit, vegetables, whole grains, bran, prunes/prune juice).
- Take an over-the-counter laxative (e.g. Miralax, Senokot) or stool softener (e.g. Colace) while you are taking pain medicine. Medicines for pain can slow down your digestive system.



Caring for Yourself After Surgery

Preventing Falls

Falls can happen anywhere. Please follow these guidelines to keep yourself safe.

- Get up slowly from the bed or chair to help prevent dizziness.
- Use your walker.
- Wear non-skid socks or slippers/shoes with closed heels.
- Make sure your walkway is clear.
- Turn lights on when getting out of bed at night.



Prevent Breathing Problems and Pneumonia

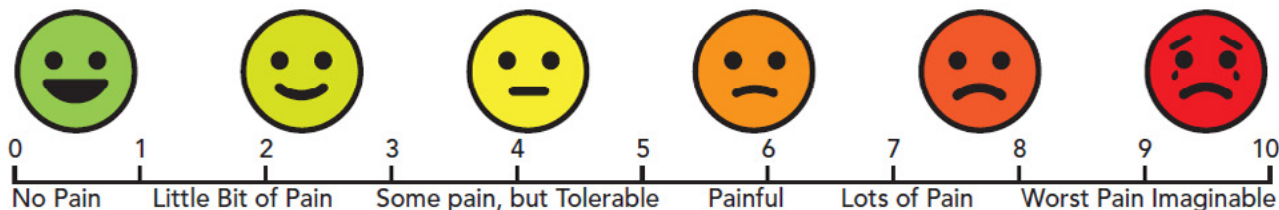
- Take a deep breath in 10 times and then cough deeply every one to two hours while awake.
- Be active as soon as possible after surgery; you will be up and walking within a few hours of surgery with the nursing staff or physical therapy.
- Changing your position helps you breathe deeper. Sitting in a chair and walking allows your lungs to open more than when you are laying in the bed.
- Do not smoke. Smoking slows the healing process.

Reduce the Chance for Blood Clots

- Do ankle pump exercise to keep the blood moving in your legs. You may have inflatable wraps placed on your legs while you are in the hospital to help with your circulation.
- Early and frequent walking. You will be up walking shortly after surgery.
- You will be prescribed a medicine to help prevent blood clots. It is important that you take this medicine as prescribed.

Managing Pain

It is important to have realistic expectations of your pain after surgery. It is normal to experience discomfort or pain as you are healing. The goal should be to reduce your pain to a level where you are able to safely do your activities. Your healthcare team wants to work with you to build a plan to manage your pain. We will ask you about your pain and offer options to decrease your pain. Unmanaged pain can lead to a longer recovery, problems sleeping or depression.



MILD

- I feel some pain.
- I can do anything I need to do.
- I am able to sleep.

MODERATE

- I am in pain but I can do most things.
- Pain keeps me from doing some things.
- I can sleep but pain wakes me.

SEVERE

- I am in pain and cannot do most of what I need to do.
- I cannot think about anything but my pain.
- I am awake most of the time because of pain.

Methods Used to Manage Pain

- **Pain Medicines** will be used to help manage pain.
 - The two types of pain medicines are non-opiates and opiates. You may be given both after surgery.
- **Ice** may be used 20-30 minutes every hour you are awake. Ice helps with pain and also with swelling. This could be ice in plastic storage bags, gel/clay packs or frozen peas/corn. Some directions for using ice:
 - Apply ice after activity to help reduce pain.
 - Wrap the ice pack in a clean towel or pillowcase. Never put ice directly on your skin.
- You should balance **activity** and **rest** periods.
 - Sit, stand, walk. Change your position or move.
 - You should do 5-10 minutes of activity every hour you are awake. Rest the remainder of the hour.
- **Music** helps promote relaxation. You may listen, sing or play an instrument.
- You may gently **massage** other areas of your body. This will help your muscles and tissues to relax. Do not massage the surgical site.
- **Relaxation, Meditation and Controlled Breathing.** Slow deep breathing helps your body relax.
- **TV/Movies/Games/Computer.** This will help to distract you from the pain and can be fun!

After Surgery

Swelling Management

It is **NORMAL** to have swelling after your surgery.

- Swelling usually starts 3-7 days after surgery.
- Elevate your surgical leg with your toes above the level of your nose
AT LEAST 6 times/day for 30 minutes each time.
- You should elevate your leg while lying on a bed or a couch. Lounging in a recliner does NOT count as elevation.
- Ice will also help with swelling. You can have ice on your surgical leg 20-30 minutes every hour.



Do NOT sleep in a recliner or elevate in a recliner. **It is OK to sit in a recliner.**

After Surgery

Home Recovery Checklist

Use these checklists to help you keep track of your recovery at home.

Week One		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Blood Thinning Medicine	Take a medicine to prevent blood clots as prescribed.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Times per day _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Avoid Constipation	Take medicine to prevent constipation if you are taking pain medicine.							
	Eat a balanced diet.	Three Meals per day.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Drink plenty of fluids.							
Elevate Your Leg	Elevate your leg with your “toes above the level of your nose” at least 6 times per day for 30 minutes each time.		<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
Ice Your Joint Area	Apply ice pack. You may ice 20 - 30 minutes every hour during the day.		<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
Care for Incision	Keep incision area clean and dry. Follow instructions for showering. Do not take a bath.		Leave post-operative bandage in place for 7 days. Monitor area around bandage for redness. Report drainage that touches 3 sides of bandage to your surgeon at (855) 618-2676 .					Remove <input type="checkbox"/>

After Surgery

Home Recovery Checklist

Use these checklists to help you keep track of your recovery at home.

Week Two		Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Blood Thinning Medicine	Take a medicine to prevent blood clots as prescribed.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Times per day _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Avoid Constipation	Take medicine to prevent constipation if you are taking pain medicine.							
	Eat a balanced diet.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Three Meals per day.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Drink plenty of fluids.							
Elevate Your Leg	Elevate your leg with your “toes above the level of your nose” at least 6 times per day for 30 minutes each time.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Ice Your Joint Area	Apply ice pack. You may ice 20 - 30 minutes every hour during the day.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Care for Incision	Keep incision area clean and dry. Follow instructions for showering. Do not take a bath.	<p>Normal: Tenderness, clear drainage, scabbing, pink, warm Not normal: Intense pain, cloudy drainage, red, hot, fever greater than 101.5 degrees. Call your surgeon’s office at (855) 618-2676 if you have any of these symptoms.</p>						

Resources

Phone and Computer Resources



Useful Phone Numbers

Bronson Orthopedic Offices, 24-hour Phone Number	(855) 618-2676
Bronson Methodist Hospital Operator	(269) 341-7654
Bronson Health Answers	(269) 341-7723
Bronson Pre-Admission Center	(269) 341-7940
Bronson Patient Billing	(269) 341-6117
Kalamazoo Anesthesiology	(269) 345-8618



Computer Resources

You may find more information on the Bronson website. Exercises, videos and handouts are available 24 hours a day.

Visit <https://www.bronsonhealth.com/services/orthopedics-sports-medicine/education/> to find this information.



You may use your Bronson MyChart account to stay in touch with your surgeon before and after surgery. You can use MyChart to ask questions, request prescription refills and schedule appointments. If you do not yet have a MyChart account, see page 38 for instruction on how to sign up.

Discharge Instructions

INCISION CARE

- Your post-operative bandage stays on for 7 days. Follow your surgeon's instructions for removal.
- Call your surgeon's office if you notice drainage that has soaked 3 sides of the bandage.
- Your bandage is waterproof. Follow your surgeon's instructions for showering.
- If you had a drain tube removed near your incision, this site may drain for up to a week after surgery. If you have drainage from this site, cover with a dry gauze dressing and change as needed.
- Avoid smoking while the incision is healing.
- If you have diabetes, better control of your blood sugar levels will help wound healing.

ACTIVITY

- Your Bronson Joint Replacement Guide has specific instructions for you regarding your activity.
- Follow the precautions and weight bearing instructions you learned while in the hospital. You may progress from a walker or crutches to a cane.

SWELLING MANAGEMENT

- You may experience swelling in the operative leg. This is normal after joint replacement surgery.
- Activities that leave your feet on the floor, including sitting for an extended period in a chair or recliner, can result in swelling.
- Managing your swelling is important to achieving a good result from your surgery.
- You can reduce swelling by elevating your leg above the level of your heart. You should do this at least 6 times per day for 30 minutes each time. You may need to elevate your leg more often. This depends on factors such as:
 - o Circulation in your legs
 - o Previous surgery on your legs
 - o Extent of the current operation

INFECTION PREVENTION

- Make sure you are washing your hands often. Hand washing is the best way to prevent the spread of infection.
- Wash your hands before meals and after using the restroom, coughing or sneezing.
- Wash your hands before touching your incision, removing the steri-strips or changing the dressing.
- Do not apply ointments, creams, lotions or oils to your incision.
- You should not have pets in bed with you for the first 2 weeks after surgery or until your incision is fully healed.
- If you are around pets or small children, you should keep the incision covered.
- Maintain good oral health. We recommend brushing your teeth twice daily with a spinning head mechanical toothbrush.

EXERCISE

- Your recovery at home consists of doing the exercises you learned.
- Your goal is to exercise for 5-10 minutes of each hour you are awake.
- You can watch the videos of your joint replacement exercises at <https://www.bronsonhealth.com/services/orthopedics-sports-medicine/education/>

NUTRITION

- Eat your regular diet as tolerated.
- Increasing your fiber can help prevent constipation (fruits, vegetables, bran, and prunes/prune juice).
- Constipation following surgery is common. You can prevent this by taking a stool softener (e.g. Colace) or a laxative (e.g. Miralax, Senokot).
- You should eat a well-balanced diet.
- Drink plenty of fluids.
- If you have not had a bowel movement in more than 3 days, you should consider using a Fleet enema.

Discharge Instructions

MANAGING YOUR PAIN

- Take your pain medicines as prescribed by your surgeon.
- You may also use ice to help with the pain and swelling. Never apply ice directly to the skin.
- Using pain medicine and ice will help you be able to do your exercises with less pain.
- Most patients need to take pain medicines for a week or more after surgery.
- Pain medicine can contribute to constipation.
- You may wean yourself from pain medicines when your pain level decreases.
- Never take opioids in greater amounts or more often than prescribed.
- Help prevent misuse and abuse.
 - Never sell or share prescription opioids.
 - Never use another person's prescription opioids.
 - It is a felony to illegally deliver, distribute or share a controlled substance without a prescription from a licensed health care prescriber.
- Store prescription opioids in a secure place and out of reach of others (this may include visitors, children, friends, and family).
- Safely dispose of unused prescription opioids: Find your community drug take-back program, your pharmacy mail-back program, local Michigan State Police post to assist in properly disposing of unused opioids or <https://michigan-open.org/safe-opioid-disposal/>
- If you believe you may be struggling with addiction, tell your health care provider and ask for guidance or call SAMHSA's National Helpline at 1-800-662-HELP.

OTHER INSTRUCTIONS

- You should let your dentist and other doctors know you have had joint replacement surgery.
 - Before dental and some medical procedures, you will need to take antibiotics to protect your new joint from infection.
 - You may contact your surgeon's office for a prescription or your dentist may wish to prescribe the antibiotic.
- You should avoid dental procedures for six weeks following surgery (including teeth cleaning).
- Do not take Non-steroidal anti-inflammatory drugs (NSAID's) including ibuprofen, Aleve, Advil, or Motrin until your follow up visit, unless otherwise instructed by your surgeon.
- You should be off opioid pain medicines before you drive. You must have full control of your operative leg before you drive.

CALL THE 24 HOUR PHONE LINE (855) 618-2676 if you have:

- Trouble doing the exercises.
- A temperature greater than 101.5°F.
- Increased redness, swelling or drainage from or around your incision.
- Worsening pain that is not managed by pain medication.
- Nausea or vomiting.
- Pain or tenderness in your calf.
- Swelling that does not improve with elevation.

Call 9-1-1 if you experience:

- Chest pain.
- Sudden shortness of breath.

Opioid Safety – Know the Facts

Use your opioid safely

- Do not mix opioids with alcohol, or any illicit substance or drug. Do not take them with other medicines that can make you sleepy. This can increase your risk of death.
- Only use your opioids for pain. Do not use your pills for other reasons.
- Your opioids are only for you. Do not share them. Sharing or selling opioids is illegal.
- Even when used correctly, opioids can cause dependence, tolerance, withdrawal and death.

You are at risk for addiction if you:

- Experience or have had depression, anxiety, or mental illness.
- Use or abuse alcohol, tobacco or drugs or have a family history of alcohol or drug abuse.
- Have long term pain.
- Take an opioid for more than a week.
- Take more pills, more often, than your doctor prescribed.
- Were sexually abused as a child.

Safe Use of Medicine

- Follow the directions on the medicine label.
- If you do not understand the directions, ask your doctor, nurse, or pharmacist to help you.
- Keep a list of all the medicines, vitamins, minerals, and herbs you take. Share this list with your doctor at your next visit.

Safe Medicine Storage

- Keep drugs in the bottle they came in.
- Keep the container in a cool, dry place. Keep it out of reach of children and pets.
- Do not store your medicines in places that allow easy access to your pills. (For example, on your kitchen counter.)
- Try to keep a count of how many pills you have left.



Safe Disposal of Medicine

- Find a Michigan household drug take back site near you. For a list of sites, visit michigan.gov/deqdrugdisposal or Michigan-OPEN.org
- Look for drop boxes at pharmacies and police stations.
- Use the recipe below to dispose of expired, unused or unwanted drugs at home.
 1. Mix drugs (do not crush) with dirt, kitty litter, or used coffee grounds and add a small amount of water to dissolve any solid medicines.
 2. Seal drugs in plastic bag.
 3. Place plastic bag in trash.
 4. Scratch out personal information on prescription bottle and throw it away.

Frequently Asked Questions

Q: How do I get a temporary handicap parking permit?

A: Your orthopedic surgeon's office has a form that they can fill out. You are required to take this form to the Secretary of State's office to obtain your permit.

Q: How soon after surgery can I travel?

A: This varies based on type of travel and length of travel time. Talk with your surgeon about when it will be safe for travel.

Q: Will I set off a metal detector?

A: There is a good chance that you will set off a metal detector.

Q: Do I need a special card to fly?

A: No, cards are no longer given out. Check with the TSA for updates on this process.

Q: Is this surgery considered an inpatient or outpatient procedure?

A: This is decided by your insurance company. Knowing this ahead of time will prepare you for any out-of-pocket costs for which you will be responsible (e.g., deductibles, copays). No matter what your admission status is, you will receive safe, efficient and high-quality health care at Bronson.

Q: Can I get a flu/pneumonia shot before surgery?

A: Yes, this is OK to do before surgery.

Q: Is it normal to have pain with changes in the weather?

A: Yes, you may experience aches or pains with certain weather conditions or changes.

Bronson MyChart

If you do not already have a Bronson MyChart account, you should set one up. This can be a good resource for you after surgery. It allows you to communicate with your surgeon and send pictures of your surgical leg if needed.

How to set up an account:

- Go to mychart.bronsonhealth.com.
- On the far right of the screen click on “activate account”.
- If you have an activation code, follow the directions on the page.
- If you do not have an activation code, on the far right of the screen click on “sign up online”.
- If you are having trouble signing up, call Bronson Health Answers at **(269) 341-7723**.





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Bronson Methodist Hospital
601 John St.
Kalamazoo, MI 49007

Orthopedic 24/7 phone number:
(855) 618-2676
