

Day Two after Surgery

Self-Care

You should be able to feed yourself without assistance and have minimal help with bathing. You should be able to get out of bed and go to the bathroom with minimal assistance.

Medications

Your pain should be controlled by oral pain medication.

Activity

You should be able to walk in the hall at least three times a day for 50 feet at a time. You should be sitting up in a chair for a total of approximately three hours per day. You will continue with the exercises the Physical Therapist taught you on your own with minimal assistance.

Planning Your Return Home

You will work with the therapist and nurses to identify equipment you will need at home

Day Three after Surgery

Self-Care

You should be eating meals without assistance and receiving minimal assistance with your bath and going to the bathroom.

Medications

Your pain should be controlled by oral pain medication.

Activity

You should be sitting up in a chair for approximately four hours. You should be using your walker and ambulating at least 75 feet three times a day with minimal assistance. You will continue with the exercises the Physical Therapist taught you on your own with minimal assistance.

Day Four after Surgery

Self-Care

You should be eating meals without assistance and receiving minimal assistance with your bath. You should be walking to the bathroom with your walker with only supervision or minimal assistance.

Medications

Your pain should be controlled by oral pain medication

Activity

You should be walking with your walker 100 feet, two to three times a day, and sitting up in a chair at least four hours a day. You will continue with the exercises the Physical Therapist taught you on your own with minimal assistance and practice curb and stair negotiation. Patients being discharged home must be successful in curb and stair negotiation as needed.

Planning Your Discharge on Day Four or Five

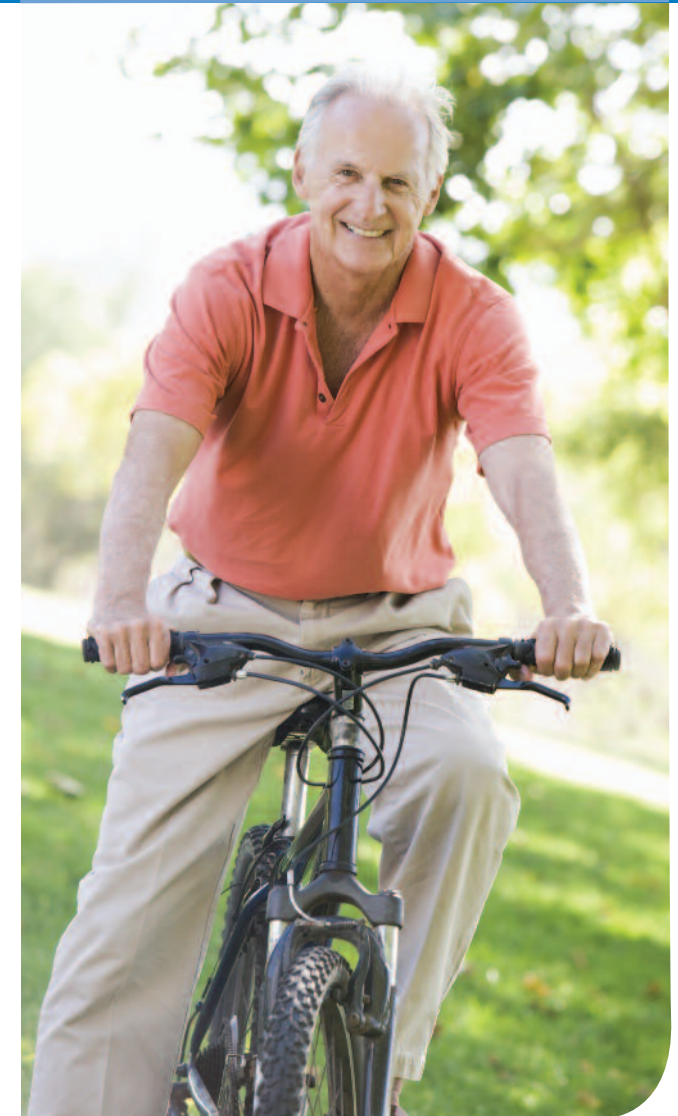
Medications

Your pain will be managed with specific medication as ordered by your physician. The nurse will review the medications you are to take home. **Do not drink alcoholic beverages while you are taking pain medicines.**

Planning your Return Home

The nurse will review instructions for your care at home, including care of your incision and when to return to your physician. Any equipment you order should be at your home the day of discharge. You will plan your transportation home and discuss with your therapist getting in and out of the car. A staff member will assist you in getting into your vehicle.

Patient experiences vary. Please talk to your physician for specifics on your condition and progress.



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Preparations

Your pre-op day will last approximately four hours. When you arrive at the hospital, you will meet with the Patient Education Nurse. The nurse will review the surgery with you and you will be given a Patient Handbook that explains your recovery process.

After reviewing the Patient Handbook with the Patient Education Nurse, you will visit the hospital's Orthopaedic Center and meet the nursing and physical therapy staff who will be caring for you during your recovery. After the tour of the unit, you will register for your surgery and have your pre-op tests, once you have completed registration and testing, your day is complete.

The Night before Surgery

It is extremely important that you not eat or drink anything (no gum, candy, mints, or tobacco) after midnight the day before your surgery, unless instructed by your doctor or the pre-op nurse. Not following these instructions could result in the delay or cancellation of your surgery.

The Day of Surgery

- Shower or bathe with antibacterial soap. Unless you have been given other instructions by your doctor or pre-op nurse, do not use body lotion or powder on the morning of surgery.
- Brushing your teeth is permitted.
- Take medications as ordered by your surgeon with only a sip of water before coming to the hospital.
- Leave your valuables at home. You will be asked to remove all jewelry including any body piercing. No pins or barrettes in hair.
- You will be asked to remove contact lenses, glasses, false teeth or partial plates before going into surgery.

Enter the front of the hospital and proceed to the front desk.

Post-OP

Medications

- Your pain medications may be given by epidural pump, IV, orally or by injection as ordered by your physician.
- You will receive antibiotics to prevent infection.
- You may receive blood thinners to prevent blood clots (if ordered by your physician).
- You may have oxygen, depending on your needs at that time.

The nursing staff will:

- Take your vital signs frequently.
- Check the color, temperature, sensation, mobility and the pulse of the surgical area frequently.
- Change the dressing on the surgical site frequently and reinforce as needed.
- You may also have a blood re-infusion pump attached to your knee as well as a drain that will be monitored by nursing.

Diet

After surgery you will have ice chips and then progress to clear liquids and solid food as tolerated and as ordered by your physician.

Bathroom

A urinary catheter may be in place after surgery; it will be removed as soon as you are able to get out of bed to the bathroom.

Breathing Exercises

Utilizing deep breathing and/or using the breathing exerciser every hour while awake is important to help prevent pneumonia. The respiratory therapist and nursing staff will help you with these exercises.

Day One after Surgery

The morning after surgery the nursing staff will have you get up and sit in a chair. There will be a walker in the room for you to use while the physician is on his/her morning rounds.



Self-Care

You may feed yourself and bathe your face and upper body, if capable, and we encourage you to dress yourself without adaptive equipment. However, if necessary you will be educated on this matter by the Occupational Therapist.

Activity

There will be a trapeze bar across your bed to help you with your mobility which will be removed after the first post-op day in most cases. The nursing staff will place a pillow under your knee and alternate placing it under your ankle at varying intervals to help with extension of the knee. You will be taken for a walk in the hall three times with the goal of walking 25 feet each time. Your Physical Therapist will give you a series of exercises for you to do on your own or with minimal assistance.

Planning Your Return Home

You will meet with the case manager to plan for your discharge needs.