

# Your *Health Care* Team

During your stay with us, you will be seeing and working with many different people. The following is a list of people you may meet. They will work as a team to help you recover.

## Doctor/Surgeon

Your surgeon will perform the operation and direct your care. Be sure to ask your doctor any questions you have about the surgery and recovery.

## Case Manager

This nurse will assist in the coordination of your care to make sure all details of your hospitalization run smoothly.

## Nurse

This is the person that you will see the most. The nurse will watch for any changes in your condition and will coordinate your care.

## Physical Therapist (PT)

Your PT will work with you on your activity which is a big part of your recovery. This therapy includes getting up and out of bed and walking down the hall.

# Getting *Ready* for Surgery

1) Review your doctor's instructions, 2) Review this care plan and any other educational materials you receive, 3) Write down any questions or concerns, 4) Discuss Advance Directives with your family and doctor

## What to Know Before Surgery

- Your expected plan of care
- Leg exercises
- How to control pain
- Breathing exercises

## What to Know After Surgery

- Positioning and exercises
- Activity
- Special Equipment

## What to Know When You Leave

- Your homecare
- Your physical activity
- Your medicine
- How to use equipment
- Your next doctor's appointment
- Your discharge instructions (A copy will be given to you)
- Fill out patient survey

## Questions I Want Answered:

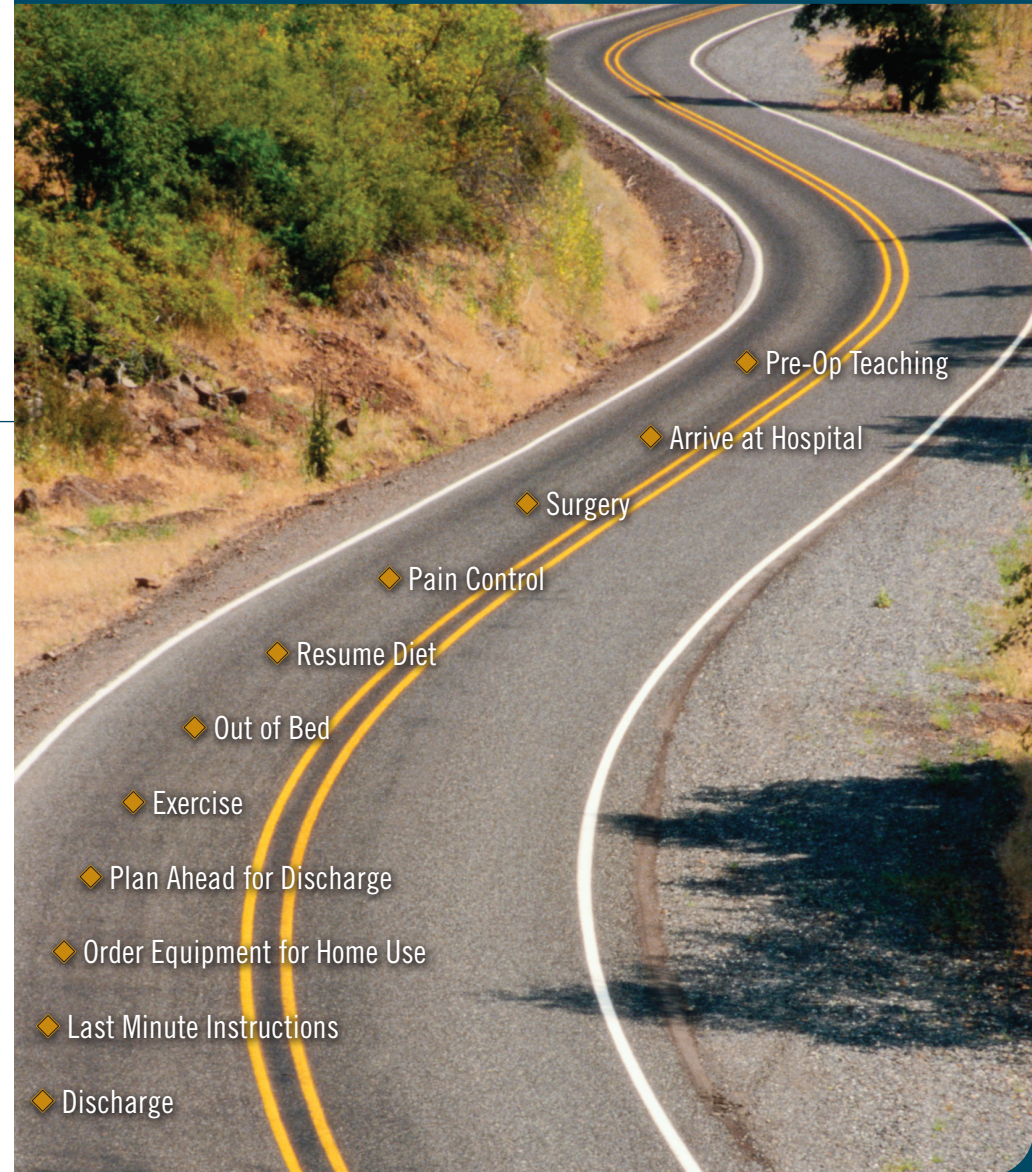
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*This "Road to Recovery" is a guideline only. Each patient is an individual and responses may vary. If you have questions, please talk to your Health Care Team.*

# Your *Road to Recovery*



	Before Surgery	Day of Surgery	After Surgery	1st Day Post-Op	2nd Day Post-Op	3rd Day Post-Op
<b>Nutrition</b> 	ON THE NIGHT BEFORE SURGERY, DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT		You will be started slowly on ice chips (to prevent nausea from anesthesia), then clear liquids – tea, Jell-O, coffee and juice	Return to regular diet as tolerated	Regular diet	Regular diet
<b>Activities and Exercise</b> 		Arrive at hospital Time: _____ Approximately 2 hours before surgery. May possibly have lab work, EKG and X-ray done	<ul style="list-style-type: none"> <li>Your operation and recovery will take approximately 4 hours</li> <li>You will be brought to your room and remain on bed rest and checked by your staff frequently</li> </ul>	You will be out of bed with physical therapy and exercises will be started. You will be up in the chair for meals	<ul style="list-style-type: none"> <li>You will increase your activity by using your walker at least 3x a day</li> <li>Occupational therapy will start</li> </ul>	<ul style="list-style-type: none"> <li>We will make sure you know the precautions you need to take in order to protect your new knee or hip, for example, stair climbing</li> <li>You will take a shower with assistance</li> </ul>
<b>Medicine and/or Pain Control</b> 	<ul style="list-style-type: none"> <li>Make a list of medications and their dosages. Bring the list with you</li> <li>There is no need to bring your medications</li> </ul>	You will receive fluids and medications through a small tube in your vein (called an I.V.)	I.V. fluids and I.V. medications will continue, including pain control	<ul style="list-style-type: none"> <li>Continue with pain medications</li> <li>Home meds, for example: vitamins, heart pills, etc.</li> <li>Nausea medications</li> <li>BCOC (bowel care of choice)</li> <li>You will continue to receive I.V. medications</li> </ul>	<ul style="list-style-type: none"> <li>Your I.V. will probably be removed</li> <li>Your pain will be controlled on oral medications</li> </ul>	A prescription will be provided for discharge medications which you will continue to take at home
<b>Special Equipment and Procedures</b> 	You will have lab work, EKG and X-ray 3-4 days prior to your surgery		You may have: <ul style="list-style-type: none"> <li>Support hose</li> <li>Sequential compression stocking to prevent clots/air pressure hose</li> <li>Bladder catheter</li> <li>Wound drain</li> <li>Trapeze to help you move in bed</li> <li>Raised toilet seat</li> <li>Incentive spirometer for breathing exercises</li> <li>Special pillow between your legs if you had hip surgery</li> <li>Walker or crutches</li> <li>Knee immobilizer if you had knee surgery</li> </ul>	<ul style="list-style-type: none"> <li>Special pillow for hips</li> <li>Possible knee immobilizers</li> <li>CPM machine on for 6-8 hours</li> <li>Sling/Pulley for knee Flexicon</li> <li>Ankle exercises 10 times an hour while awake</li> </ul>	<ul style="list-style-type: none"> <li>Special pillow continues</li> <li>Wound drain removed</li> <li>Dressing change</li> <li>CPM machine on for 6-8 hours</li> <li>Ankle exercises 10x/hr</li> </ul>	<ul style="list-style-type: none"> <li>CPM machine on for 6-8 hours, straight leg raise</li> <li>Special pillow continues</li> <li>Dressing change</li> <li>Ankle exercises 10x/hr</li> </ul>
<b>Things to Know: Teaching and Discharge</b> 	<ul style="list-style-type: none"> <li>Attend pre-op teaching class</li> <li>Review surgical procedure information</li> </ul>	<ul style="list-style-type: none"> <li>Sign surgical consents</li> <li>Blood consent for possible needed blood transfusion</li> </ul>		<ul style="list-style-type: none"> <li>Talk to case manager about discharge plans and equipment needed at home</li> <li>Physical therapy will reinforce your hip or knee precautions</li> </ul>	<ul style="list-style-type: none"> <li>Confirm discharge plans with case manager</li> </ul>	<ul style="list-style-type: none"> <li>Discharge day</li> <li>Equipment you will need at home will be delivered</li> <li>Final instructions from physical therapy</li> <li>You will be given information regarding your follow-up visit with your doctor</li> </ul>