

Silver Cross Hospital

TOTAL HIP Joint Replacement Surgery Education



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SILVER CROSS
HOSPITAL

The way you *should* be treated.

Joint Replacement Surgery Education

Advanced Orthopedic Care

As an area leader in joint replacement procedures, Silver Cross Hospital offers comprehensive care so you can heal safely and quickly. Our multidisciplinary orthopedic team will provide you with high-quality, thorough care and pain management that will extend to when you return home.

Today's joint replacement procedures are less invasive and often require less recovery time. Before your procedure, we help you plan ahead for a fast, effective recovery. We invite you to review our online information to learn all you need to know to successfully heal from your orthopedic procedure.



Table of Contents — *Total HIP Replacement*

1. What to expect when having surgery	2-5
2. Total Hip Occupational Therapy.....	6-8
3. Total Hip Physical Therapy	
• Exercise Program after Knee Surgery.....	9-11
• Cane or Walker Adjustments after Knee Surgery.....	12
• Platform Step.....	13
• Stair Climbing with Crutch/Cane after Knee Surgery.....	14
• Car Transfers after Knee Surgery.....	15-16

What to expect when you are having surgery

The decision to have elective Joint replacement surgery is an important step to help improve your mobility and quality of life. At Silver Cross Hospital, we will help you start arrangements prior to surgery, support you through the surgery and recovery in the hospital, and help make sure your discharge plans meet your needs.

When you make the decision to have surgery, start planning for someone to help you after surgery as it is important that you have assistance when you get home.

What to bring:

- Home medication list
- Equipment if available
- Loose-fitting clothing
- Safe footwear

Your case management team of registered nurses and social workers will help you with your surgical plans such as:

- Coordination of Care
- Discharge Planning
- Arrangements for home care services like medical equipment or skilled nursing care
- Verify Insurance benefits
- Provide patient education
- Address emotional/psychological needs
- Assist with Durable Power of Attorney and Living Will development

Please bring a copy of your Durable Power of Attorney forms, Living Wills, and Do Not Resuscitate forms with you on your day of surgery. If you provide these forms to registration or nursing, they can be scanned into our system for future visits.

After having a hip or knee replacement surgery we want to ensure that you have safe discharge from the hospital. The case management team will work with you to identify your specific needs and have a safe discharge plan in place for you, such as obtaining equipment and or services for after discharge. Equipment needs may include:

- Rolling walker
- 3 in 1 commode
- Home Health RN/Physical Therapy

In most cases, case management can help set up equipment for you, but some insurance companies require authorization and this may take some time to get arranged. If you do not have the equipment, your surgeon's office may be able to provide them to you before surgery.

Some patients may choose to order on Amazon or obtain through township offices that rent equipment. Lockport, Frankfort, and Orland

Townships are great resources for residents. Good Will stores often have like new equipment available to purchase. If you have stairs at your home you may consider obtaining crutches or a cane prior to surgery.

Hip Kits are available in Walgreens in Pavilion A for approximately \$50 and include all of the equipment the Occupational Therapist will



What to expect when you are having surgery

review with you when you are in the hospital. It is often more cost-effective to order equipment from Amazon or borrow from friends and family.

3 in 1 commodes are covered under most insurances, but the raised toilet seats are not. If you do not have room in your bathroom and do not want a commode to use outside of your bathroom, you may want to look at medical supply stores or Walgreens, Meijer, CVS, for this item prior to surgery. Please note that this equipment does come in different heights and shapes.

Length of Stay

Your surgeon should let you know how long to expect to be in the hospital after your surgery. Some patients may be allowed to go home the same day of their surgery while others may require a short stay in the hospital. If admitted to the hospital most patients stay approximately 1-2 nights.

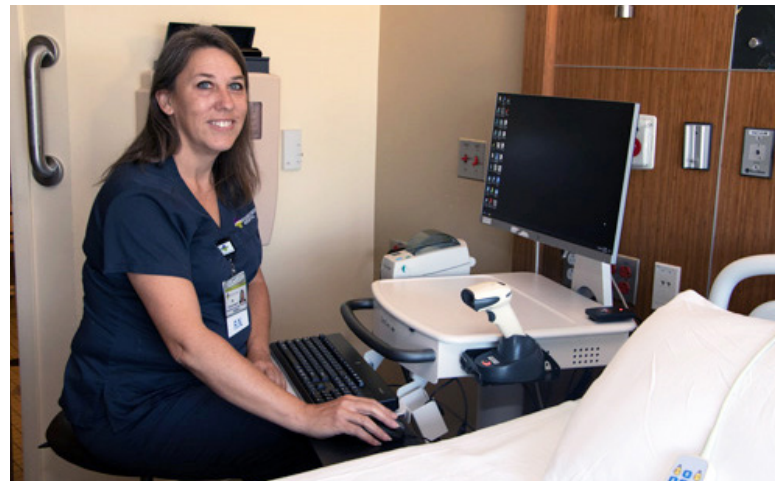
Many joint replacements are Observation admissions, meaning only 1 overnight stay, so plan to have help at home and arrange your living area if you anticipate difficulty managing your home and stairs. Your physician will determine your admission status prior to your surgery. Commercial insurance will provide authorization for your procedure which determines your admission status.

Questions

If you have questions for the case management team prior to surgery, please feel free to reach out to them at 815-300-7115.

Managing Your Pain

Oral pain medications will be started immediately after surgery to help manage your pain. These medications are usually ordered to be given as needed between every 4-6 hours, so



please let the nurse know when you are getting uncomfortable. Ensuring your pain is controlled is an important element of healing and will allow for your participation in physical and occupational therapy sessions. The nursing staff works closely with the physical and occupational therapists to ensure that pain medications are given before your therapy sessions to maximize your ability to participate. IV pain medications may also be ordered for breakthrough pain relief when taking oral pain medications.

You may have a patient-controlled analgesia (PCA) pain pump after surgery. This is a pain pump that delivers pain medication through your IV on demand and is controlled by you.

What to expect when you are having surgery

Cold Therapy

Application of cold therapy is necessary for reduction of pain and swelling at the incision site. In the hospital ice packs are provided and the staff will assist with the application and filling of the ice packs.

Dressings

Your surgical dressing is changed after surgery as directed by your surgeon. The nursing staff frequently checks your surgical dressing to ensure its integrity and will reinforce the dressing as needed.

Some surgeons utilize a Prevena Wound Vacuum over the surgical incision site. This is a portable disposable system that utilizes negative pressure to protect your incision. If your surgeon does apply this device you will receive teaching on it prior to leaving the hospital.

SCDs/TED Hose

Sequential Compression Devices (SCD) and TED (anti-embolism) hose help prevent post-operative blood clots. SCDs should be worn while you are in bed at the hospital. TED hose should be worn at all times but can be removed when bathing. It is best if you apply the TED hose first thing in the morning.

New Medications

As additional protection from infection, you will usually receive two doses of antibiotics after surgery.

The doctor will prescribe you a blood thinner to take at home for or a designated amount of time after surgery. Blood thinners are given for the prevention of blood clots.

Nausea can be a side effect of pain medications and or anesthesia. The doctor will prescribe anti-nausea medications to be given as needed if you are experiencing nausea.

Constipation can occur from decreased activity and is also a side effect of some pain medications. It is important that pain medications are taken as needed to manage your surgical pain so your doctor may prescribe stool softeners such as Colace or Milk of Magnesia to be taken.

Home Medications

As additional protection from infection, you will usually receive two doses of antibiotics after surgery.

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Home Medications

Please bring a list of home medications with you the day of surgery. The nursing staff will review all of your home medications and your doctor

What to expect when you are having surgery

will decide if your medications can be taken while you are in the hospital. You do not need to bring your own medications in from home as the pharmacy will distribute medications to you while you are in the hospital.

Diet

As soon as you are awake and alert you will be offered clear liquids. Begin to drink liquids slowly to ensure you are not nauseated. Your doctor will advance your diet as tolerated after surgery.

Laboratory

After surgery, you will have your blood checked daily to monitor for post-surgical blood loss.

This lab test will help the doctor decide if you need to have a blood transfusion.

Safety

Being in an unfamiliar room, using pain medications, and having surgery can put you at risk for falls. Your safety is important to us and ask that you call a staff member for help before getting up. To help us meet your needs, we may use a bed alarm or a chair alarm to alert the staff to come help you if you forget to call and begin to get up without assistance.

Before Surgery

In order to help prevent infection prior to surgery please **DO NOT SHAVE** your legs. You will also receive a special (CHG) bath to help kill microbes on your skin when you arrive on the day of surgery.

After Discharge

In order to help prevent infection, remember to wash your hands before and after touching

your incision site or doing any dressing changes. Ask anyone helping to care for you, to wash their hands before providing care as well.

Monitor your incision site for redness, increased swelling, increase in temperature, or drainage at the incision site. If you have any of these symptoms it is important that you report these to your physician right away.

TOTAL HIP Occupational Therapy: The skills of everyday Living

The Role of Total Hip Occupational Therapy post-op:

If you are staying overnight, we will primarily be seeing you the day AFTER your surgery in the morning to complete education/training on the following:

- Any Hip Precautions / Movements to avoid during recovery
- Bed Mobility
- Self-cares (ex: Getting dressed, Bathroom Activity)
- Functional Transfers
- Functional Standing Balance and tolerance for everyday tasks
- Modified Home set-up to promote safety and independence

Total Hip Arthroplasty Precautions:

- Your Surgeon may give you certain Hip precautions to follow during your recovery. You may ask them what they may be prior to your surgery.
- Your Occupational Therapist will educate you on these precautions post-op followed by modified techniques, set-up, equipment needs to maintain your hip precautions, promote safety and independence.
- You will continue to follow these guidelines until cleared by your MD.

Things you can do PRIOR to Surgery/Home Safety Preparation

- Move Obstacles – Pick-up loose throw rugs, extension cords, footstools, space out furniture so you can easily move about with a rolling walker.
- Set-up of daily items at waist – shoulder height to avoid bending, over-reaching. It's a good idea to carry a cell phone with you at all times during recovery.
- Home Improvement projects – Consider installing handrails or make sure existing handrails are secure; Proper Lighting
- Consider what chairs you have to sit on= avoid soft, low, and rolling chairs. Chairs with firm, straight back, and with armrests always help make it safe and easier to get up/down.
- May prepare food ahead of time, stock up on non-perishable items for simple meal prep; purchase paper plates, plastic ware.
- Set-up where someone can help you with garbage management, getting the mail, cleaning, laundry and cooking.
- If applicable, set-up for someone to assist you with any pet, childcare.
- Look into possible adaptive equipment and medical equipment.
- Arrange for someone to drive you after your surgery. Do NOT drive until cleared by your surgeon.

TOTAL HIP Occupational Therapy: The skills of everyday Living

Adaptive Equipment:

- Lower Body self-cares can be challenging at first due to decreased weakness, movement, and various hip precautions.
- We recommend Comfy, loose, easy slip-on/off clothing.
- **Dress your operated leg first.**
- **Undress your non-operated leg first.**
- In order to get dressed independently, You will need to use long-handled equipment and a sock-aid. These can be purchased online or at medical supply stores as a 'Hip Kit'.

Reacher



Sock-Aid



Long-Handled Shoe Horn



Long-Handled Sponge



TOTAL HIP Occupational Therapy: The skills of everyday Living

CHOOSING Safe Footwear

- **Good Choices**



- **Poor Choices**



Durable Medical Equipment

- Your Occupational Therapist will talk to you about your bathroom set-up and ways to adapt your bathroom to meet your needs during recovery.
- An elevated toilet or a 3-in-1 commode may be recommended to promote safety and independence for your toilet transfer.
- The 3-in-1 commode can sometimes fit in your shower, as a shower seat.



Other Considerations

- Majority of our Patients do discharge home with no further Occupational Therapy needs. If we find you do have needs upon discharge we will make further suggestions for OT.
- May need assist with getting in/out of bed; do NOT recommend air mattresses.

Questions? Please write them down and we will address your needs after your surgery.

TOTAL HIP Physical Therapy: Role of the Physical Therapist

Exercise Program After HIP Surgery

To optimize your recovery and functional ability after Hip Surgery, it is essential that you perform key exercises to strengthen the muscles *around* your hip. These exercises are the foundation to restoring strength and flexibility that will assist you in walking well and returning to an active lifestyle.

Perform each exercise **10 times**, twice daily. Increase to a total of **3 sets of 10**, twice a day.

Ankle Pumps

Pull your foot up toward you, then point your foot downward. Move through full range of motion.



Quadriceps Set

Tighten your muscles on the top of your thighs by pushing your knees downward. Hold for 5 seconds.



Gluteal Set

Squeeze your buttock muscles together tightly. Hold for 5 seconds.



TOTAL HIP Physical Therapy: Role of the Physical Therapist

Heel Slide

Slide heel toward buttocks to bend knee then slowly lower.



Terminal Knee Extension

Place knee over a rolled towel. Lift your heel up by tightening the muscles on top of your thigh. Hold your knee as straight as possible for 5 seconds.



Hip Abduction

While keeping your toes and knee pointed toward the ceiling, bring your leg slowly out to the side and return slowly to the midline.



TOTAL HIP Physical Therapy: Role of the Physical Therapist

Sitting Knee Extension

Gradually straighten out your knee while sitting up straight in a chair. Pull your foot toward you and hold for 5 seconds. Gradually lower your leg.



We encourage you to practice these exercises prior to surgery. If you have increased pain, stop any exercise that causes discomfort.

TOTAL HIP Physical Therapy: Role of the Physical Therapist

Proper Height for Cane or Walker

To adjust a cane properly, the handgrip should be at the level of the wrist. This will allow for the correct amount of bend in the elbow during walking.



To adjust a walker properly, the handgrips should reach the level of the wrist. This will allow for the correct amount of bend in the elbows during walking.



TOTAL HIP Physical Therapy: Role of the Physical Therapist

Platform Step

To **ASCEND** platform step:

- Roll walker up to step.
- Place walker on platform step.
- Step up with **non-surgical** leg.
- Step up with **surgical** leg.



To **DESCEND** platform step:

- Roll walker to edge of platform step.
- Place walker on ground.
- Step down with **surgical** leg.
- Step down with **non-surgical** leg.



TOTAL HIP Physical Therapy: Role of the Physical Therapist

Stair Climbing with Crutch/Cane

Going **UP** the stairs:

- Use a hand rail and crutch/cane
- Step **UP** with your **non-surgical** leg first.
- Follow with your **surgical** leg & crutch/cane, one stair at a time.



Going **DOWN** the stairs:

- Use a handrail and crutch/cane.
- Place your crutch/cane on the step below.
- Step down with your **surgical** leg first.
- Follow with your **non-surgical** leg, one stair at a time.



TOTAL HIP Physical Therapy: Role of the Physical Therapist

Car Transfers

Preparation

1. The car should be parked several feet away from the curb with the passenger door open completely.
2. The car seat should be adjusted as far back as it will go.

Approach

1. Approach the car seat using your walker or crutches.
2. Turn so that your back is facing the passenger seat and back up until you feel the seat with the back of your legs.



Sit Down

1. Place one hand on the car seat and the other on the car overhead handle or dashboard. Never use the car door for support.
2. Lower yourself onto the car seat carefully with your operative leg advanced slightly forward



TOTAL HIP Physical Therapy: Role of the Physical Therapist

Car Transfers

Scoot Backward

1. Slide back until your thighs are fully supported on the seat.
2. If you had a total hip replacement, keep your shoulders behind your hips as you slide backward.
3. If you had a total hip replacement, make sure that your hips are higher than your knees in sitting. If your car seat is too low, use a firm cushion to raise the level of your seat.



Turn Forward

1. Assist your legs into the car one at a time.
2. Use your hands to assist your legs as needed.
3. Continue turning until you are facing forward.
4. And lastly, always fasten your seat belt.
Thank you!

