OUTPATIENT JOINT REPLACEMENT

TOTAL JOINT REPLACEMENT:

PATIENT EDUCATION GUIDE

Your Joint Replacement is scheduled with:

Dr. _____ Date: _____

Time of Arrival: _____ Time of Surgery: _____

LIGHTHOUSE SURGICAL SUITES, LLC
2 MARKET PLACE STE. #100 | HOLLIS, NH 03049
(603) 600.6175

LIGHTHOUSE
SURGICAL SUITES, LLC

WELCOME

WELCOME TO LIGHTHOUSE SURGICAL SUITES!

Dear Patient:

On behalf of Lighthouse Surgical Suites, our expert doctors, nurses and other professionals, we would like to welcome you and thank you for choosing us for your surgery.

Our Orthopaedic surgeons have worked diligently to develop an outpatient joint replacement program that shortens your post-operative stay, improves your quality of Orthopaedic care, and provides a more enjoyable patient experience. With an outpatient focus, we have an infection rate that is less than reported in large hospital inpatient settings. Other reasons that outpatient total joints are superior include a more personalized patient-care experience with a dedicated team for each patient, and lower overall costs.

Joint replacement surgery is the newest wave of outpatient procedures. The shift from being a hospital "inpatient" to an "outpatient" where recovery takes place outside of the hospital and within your home, has proven positive outcomes for recovery. Refinement of surgical techniques, anesthesia pain management, and dedication to outcomes has enabled this transformation. Our outpatient arthroplasty system is based on the clinical evidence from over hundreds of research publications of patient outcomes.

Our goal is to treat each person as if he/she was a family member. Our approach to innovation creates real solutions that empower each surgeon to deliver personalized care to each patient. What makes Lighthouse unique is the multidisciplinary team, who are driven to being experts in the Total Joint Replacement program. You will be provided with the best possible patient experience during your visit, within a warm personalized outpatient setting. From the front desk to the nursing and anesthesia team, you will see how everyone works together to deliver the best possible patient experience.

You will find important instructions and information to prepare you for your surgery in this educational packet. It will answer many of the questions you may have, and clearly outline the things you need to do before and after surgery. Planning tools, advice on medications, diet, and exercise recommendations are also included.

With comprehensive patient education and individually tailored care, our program is designed to provide the information, care, and support you need every step of the way to achieve your ideal experience.

Sincerely,

Your Lighthouse Surgical Suites Team

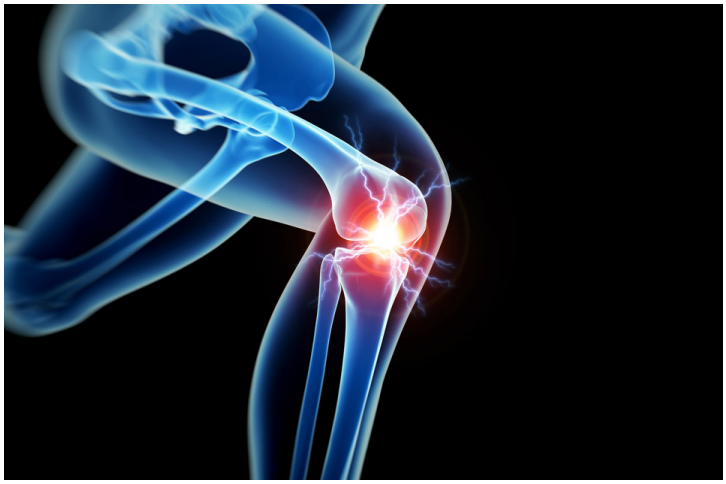
TYPES OF SURGICAL PROCEDURES

PARTIAL KNEE REPLACEMENT SURGERY

If the cartilage damage in your knee has occurred on only *one compartment* of your knee, a partial knee replacement procedure may be performed. Partial knee replacement surgery involves resurfacing one portion of the knee joint and using artificial components to replace damaged tissue.

TOTAL KNEE REPLACEMENT SURGERY

Total knee replacement is recommended when more than one compartment is "worn out", when the deformity is greater, and when ligaments are damaged, not functioning well, or cannot be balanced.



TOTAL HIP REPLACEMENT SURGERY

Total hip replacement is for patients with hip joint destruction. In combination with modern anesthesia techniques and a multimodal approach to pain control, hip replacements are now performed routinely as an outpatient procedure.

YOUR SURGICAL EXPERIENCE

Scheduling Your Surgery:

Your Lighthouse Surgical Suites experience begins long before your actual surgery. These guidelines will prepare you for a rapid and safe recovery in your quest for improved mobility and health and for living younger, longer.

Once it has been determined that surgery is your best option, you may schedule your surgery while in the office. At that time, we will work with you to obtain preauthorization from your insurance company. This may take several days to accomplish.

Preparing for Your Surgery:

A nurse from Lighthouse Surgical Suites will call you one business day before surgery to inform you about your surgical time and when to arrive at the center.

Bathing Instructions

You will need to shower with a special anti-bacterial soap called Chlorhexidine Gluconate (CHG). A common brand name for this soap is *Hibiclens*, but any brand of CHG is acceptable to use. ***CAUTION:*** *CHG is not to be used by people allergic to chlorhexidine. You will take two (2) showers using the Hibiclens soap.*

The **NIGHT BEFORE** your surgery you will shower and do the following:

- REMOVE ALL JEWELRY – must remain off until after surgery
- Take a shower with your normal soap, shampoo & conditioner
- Rinse off your normal soap products & turn off the water
- Using a clean, wet, washcloth, pour some Hibiclens onto the cloth and wash from your NECK DOWN. Scrub gently – focusing on the area of surgery
- *Do not use Hibiclens near your eyes, ears, or genital area to avoid permanent injury to those areas.*
- Leave the Hibiclens soap on for five (5) minutes
- Rinse off and dry off with a CLEAN towel
- DO NOT use any powders, lotions, oils, deodorants, make-up or hair products after this shower.
- Wear clean pajamas and sleep on clean sheets after taking the Hibiclens shower. Please do not allow pets to sleep on or in the bed with you.

The **MORNING OF** your surgery you will shower and do the following:

- You may wash your hair with your normal shampoo and conditioner
- DO NOT use your normal soap – ONLY use the Hibiclens soap
- Using a clean, wet, washcloth, pour some Hibiclens onto the cloth and wash from your NECK DOWN.

- Scrub gently – focusing on the area of surgery
- *Do not use Hibiclens near your eyes, ears, or genital area to avoid injury to those areas.*
- Leave the Hibiclens soap on for five (5) minutes
- Rinse off and dry off with a CLEAN towel
- DO NOT use any powders, lotions, oils, deodorants, make-up or hair products after this shower.
- Wear clean comfortable clothes to the hospital.
- Nail polish and acrylic (non-natural) nails must be removed prior to surgery.

Solid Food and Fluid Intake

You should not eat anything (including gum or candy) after MIDNIGHT the night before your surgery. You may drink clear liquids (liquids you can see through like water) after midnight until two (2) hours before your arrival time for surgery.

***** DO NOT DRINK OR EAT ANYTHING (including gum, mints, and water) two (2) hours before your arrival to the center *****

DAY OF SURGERY

What to Bring

- ✓ Two forms of Identification
  - Picture Identification (Drivers License)
  - Insurance Cards
- ✓ Eyeglasses, Hearing Aids, Dentures (& cases)
- ✓ Clothing/Footwear
  - Loose fitting clothing (sweatpants or gym shorts)
  - Slip resistant shoes (rubber soles) with backs; NO sandals, flip flops or open back shoes.
- ✓ Walker, Crutches, other assistive devices as prescribed

Arrival

Parking: You will notice that there are designated patient parking spaces at the facility, very close to the entrance to allow for pick-up and drop-off. Once inside, you will check in at the front desk to get checked in for surgery!

Pre-Op

A nurse will escort you to the pre-op area and have you change into a gown. All personal belongings will go in a designated locker and secured. You will then meet with your surgeon, anesthesiologist, and various nurses for pre-op questions, IV access, regional blocks (unless contraindicated). Your surgeon will mark the surgical site with a marker and your knee/hip may be clipped if hair is present.

Operating Room

Once inside of the OR, the first few minutes can be busy and you will see new faces from the team! You will have met the OR nurse already, there will be a surgical technologist, radiology technician, and a surgical assistant. There are plenty of warm blankets that will be provided if you are cold.

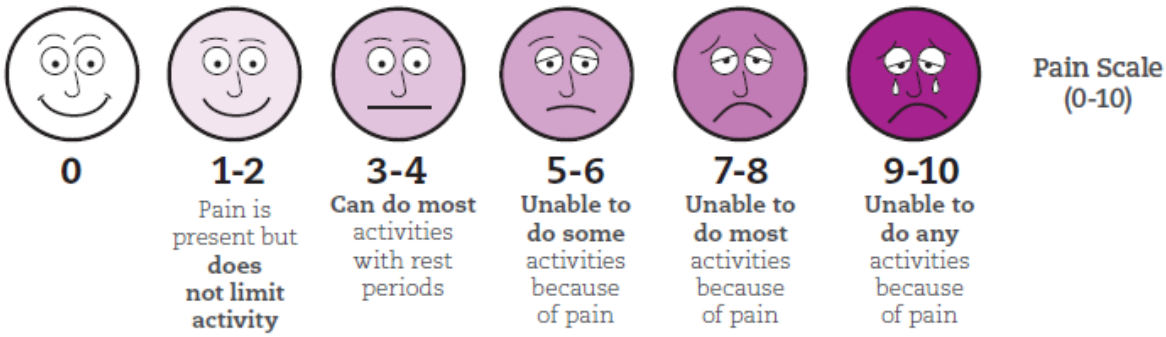
Recovery Room

You may hear this phase referred to as the "PACU." This is where you will recover from the anesthesia and a nurse will be assigned to ensure your pain is under control, monitor your surgical incision/dressing, and closely monitor your vital signs. This phase may last anywhere from 2 – 4 hours. Physical therapy may be ordered for the day of surgery as well.

Pain Management: Keeping You Comfortable

You will experience surgical pain following surgery. However, we will work with you to help manage your pain appropriately. If you are in pain or discomfort, please tell us. We want to help you to feel comfortable. Good pain control is a partnership between you and your caregivers. Managing your pain will help you recover more quickly.

- To help us minimize your pain after surgery you will be asked to rate the intensity of your pain through the use of a pain scale of 0-10 (0 is no pain, 10 is excruciating pain).
- Knowing that after surgery 0 is not attainable, a score between 4-5 is an attainable and acceptable score for most patients.
- It is best if you ask for medication when your pain level starts to rise. Do not allow your pain to get severe. If you maintain pain control, it takes less medication and less time to manage the pain.



RETURNING HOME

When you arrive home, it is highly recommended that you have two people to help you from the car to the house. Your operative site may be numb from the medication that was injected during surgery. Please also arrange for a family member or friend to stay with you at all times.

Care for your Incision

Monitoring for signs/symptoms of infection is very important. Our nursing team will educate you on proper incision site management. We pride ourselves on having exceptionally low infection rates. It is important to keep your surgical incision protected and free from contamination.

Home Health Visit

If ordered, the Home Care Nurse will visit you after you arrive at home. They will do an assessment and ask you questions. The visit will take approximately 1 ½ hours. During that visit, they will also review your doctor's orders and instructions. The physical therapist will meet with you after the nurse.

Physical Therapy

MOBILITY INCLUDES			
Transfers (includes car transfer training)	Toileting	Stair training	Walking with an assistive device (cane or walker)

- Mobility will begin on the same day as surgery
- You will receive a Physical Therapy evaluation and a customized therapy program will be developed.
- DO NOT get out of bed without the assistance of a healthcare team member for toileting or transfers.
- It is best to take your pain medication PRIOR to your physical therapy session to allow better participation.

Medications

Before you leave the center, ask questions about all of your medications, and be sure you know what medications are being prescribed, the proper dosage, how and when to take the medication, and possible side effects.

Remember to check with your physician before you begin taking any over-the-counter medications, herbal remedies, and/or supplements.

KEY THINGS TO REMEMBER

- Swelling is not uncommon after total joint surgery**. Elevation, ice and motion** are helpful in decreasing the swelling. You should elevate your ankles above your heart during the day to decrease swelling. If swelling persists, call your doctor.

- It is essential that you inform your dentist that you have had a total joint replacement, as you may need prophylactic antibiotics prior to having your teeth cleaned or other **dental procedures**.

- If you have any surgical procedures following your total joint replacement, inform the physician that you have an **implant**.

- Good **nutrition** is important before surgery. Eating healthy, well balanced meals, and avoiding any unnecessary weight loss or gain prior to your procedure is recommended. This will help to ensure you have the strength for recovery.

INSURANCE INFORMATION

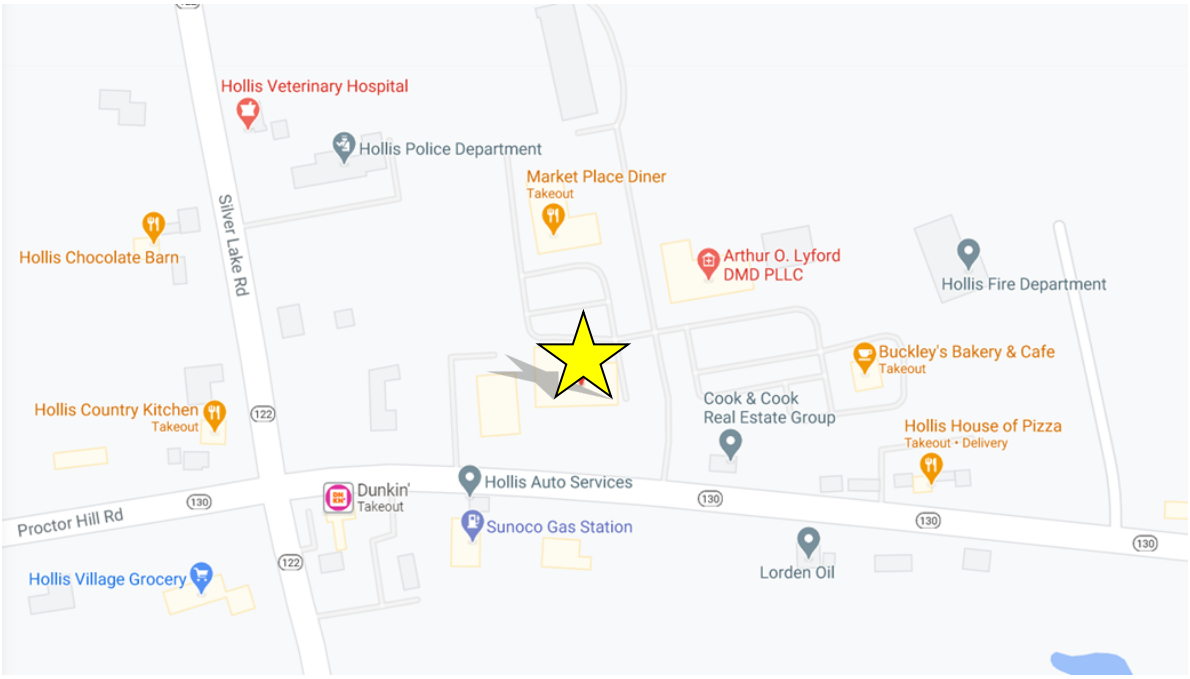
If you have a commercial insurance, not Medicare, your insurance company determines the number of nursing & physical therapy visits you may have at home. Your particular policy may also require a co-pay amount for each visit. You may want to call your insurance company to verify your coverage for these post-operative visits.

CONTACT INFORMATION

Lighthouse Surgical Suites, LLC: ……. (603) 600-6175

Website URL: www.lighthousesurg.com

Facility Map:



2 Market Place, Suite #100
Hollis, NH 03049
Phone: (603) 600-6175

Thank you for choosing

LIGHTHOUSE
SURGICAL SUITES, LLC

Please don't hesitate to call us if you have any questions.

NOTES