



**SURGERY CENTER**  
— OF THE NORTHLAND —

# Patient Guide

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TOTAL JOINT REPLACEMENT

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# WELCOME TO THE SURGERY CENTER OF THE NORTHLAND OUTPATIENT TOTAL JOINT PROGRAM

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The physician leaders and support staff at the Surgery Center of the Northland are delighted that you've chosen our facility for your total joint replacement, and are proud to deliver a total joint program of uncompromising quality and superior outcomes. Industry-leading protocols, powerful medical technologies, targeted recovery programs and highly skilled and experienced surgeons—these are what drive our work in total joint procedures and ensure that yours is a positive experience.

In this guide, you'll find comprehensive information regarding how to prepare for your procedure, what to expect when you return home and what resources will be made available throughout your journey. Consider this your passport to home and the active life you love—by following the guidelines and instructions provided, yours is sure to be an efficient and successful procedure that leads to complete and rapid recovery.

And while we go to great lengths to help you understand the surgical and recovery processes, just remember that you play a key role in your own recovery.

Surgery Center of the Northland is grateful for the opportunity to serve you and we look forward to seeing you through a positive healthcare experience. Our staff will be with you every step of the way, ensuring your comfort and complete confidence in the road ahead.

## TRAVELING TO OUR FACILITY

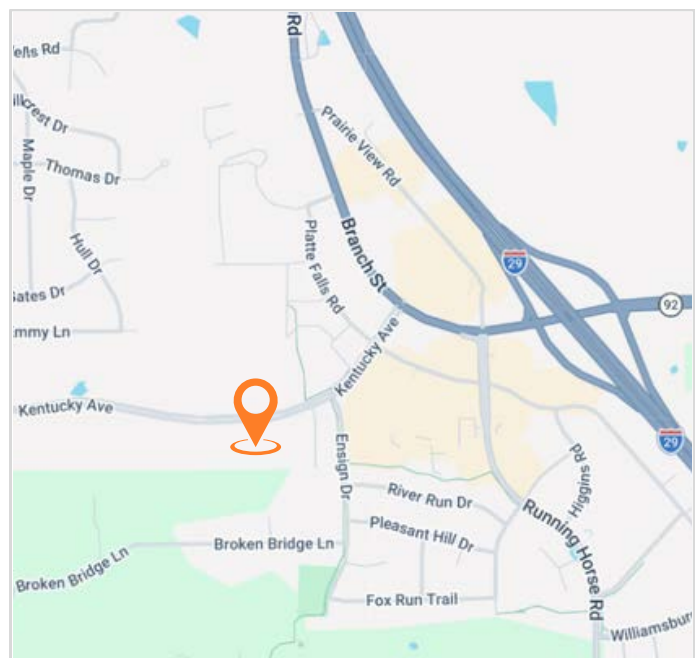
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### **Surgery Center of the Northland**

1101 Kentucky Ave.  
Platte City, MO 64079

Call Us: 816-422-5980

Visit Us Online: [scnorthland.com](http://scnorthland.com)



## YOUR NURSE NAVIGATOR

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Surgery Center of the Northland is proud to align total joint patients with a nurse navigator—your dedicated advocate and first point of contact for any questions or concerns that arise during your care journey.

The nurse navigator will contact you first by phone to explain the details of your procedure and what you can expect during the process; they will then greet you in person upon your arrival on surgery day.

The nurse navigator will be a resource for questions and concerns while you are at the facility and once you are home.

**Feel free to contact your nurse navigator by phone at 816-422-5980.**

## SCHEDULING PRE-ADMISSION TESTING & SURGERY DAY

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Pre-admission testing should be completed 2-4 weeks prior to your surgery date.

- An appointment will be scheduled for you by your surgeon's office.
- Please wear comfortable clothing that can easily be removed in the event that an EKG and/or chest X-ray is ordered.
- Allow approximately one hour for all testing procedures.

# YOUR SURGERY DAY

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*On the day of your surgery, please check-in at the registration desk.*

**Surgery Date:** \_\_\_\_\_



# PREPARATIONS TO MAKE PRIOR TO SURGERY

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## **At Home:**

- Clear your home of obstacles, cords and loose throw rugs to avoid slipping or falling.
- Organize your kitchen so commonly used items are at shoulder or waist level; you should avoid extra bending, lifting or reaching.
- Have easy access to a firm chair with armrests and comfortable seat height.
- If your home is two or more stories, consider moving personal and commonly used items to the lower level. If your bedroom is upstairs, you may also consider temporarily moving your sleeping area to the lower level.
- Plan ahead for meals that are quick, easy and high in fiber (to avoid constipation).
- Arrange for someone to help with housekeeping, shopping, driving and pet care.
- Contact your surgeon's office for information on ordering a temporary disability parking placard for your vehicle. Please note it can take up to two weeks to receive your order.
- Determine who will drive you home when you are discharged from the facility—the vehicle will need to be easily accessible and cleared out so you can extend your leg.

## **For your convenience, the following grocery store delivers:**

Price Chopper, 2600 Ensign Drive, Platte City, MO 64079  
Phone: (816) 858-2712

## **For your convenience, the following pharmacies deliver:**

Walgreens, 2301 Running Horse Road, Platte City, MO 64079  
Phone: (816) 431-0327

CVS Pharmacy, 1301 Platte Falls Road, Platte City, MO 64079  
Phone: (816) 858-2713

**Activity:**

- In the week prior to surgery, practice deep breathing—simply take 10 deep breaths several times throughout the day. This will expand your lung capacity and help avoid post-operative complications such as pneumonia.
- Refrain from smoking 12 hours prior to and immediately following surgery; smoking inhibits the healing process.
- Engaging in light to moderate exercise before surgery can make recovery quicker and more comfortable; exercise will become part of your routine before and after surgery. The more fit you are before surgery, the sooner you will likely return to the activities you enjoy. Complete strengthening exercises 2-3 times daily (see pre-hospital exercises on pg. 19-21).
- Familiarize yourself with the post-operative exercises prescribed by your surgeon prior to surgery.
- Know what durable medical equipment (DME) you will need and have the equipment ready to use.

## CHECKLIST OF “TO DO'S” BEFORE SURGERY

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- Appoint a healthcare partner/coach.
- Complete all forms provided by the surgeon's office or facility (or complete all online registration if electronic). Work with your surgeon to ensure all necessary lab tests, radiology procedures and EKG's are completed in advance.
- Talk to your surgeon about discontinuing some medications such as blood thinners, aspirin and anti-inflammatory drugs prior to surgery. Your surgeon/physician will tell you when it is safe to resume taking these medications.
- Purchase a bottle of chlorhexidine gluconate (hibiclens) from your pharmacy. (unless you are allergic) See Hibiclens instructions page 12.
- Prepare home for safety.
- If you do not wear full dentures and have not seen a dentist within the last six months, please schedule an appointment with your dentist to obtain surgical clearance.
- Complete strengthening exercises 3 times daily. See Physical Therapy Exercises.
- Make sure you have a walker.

# DESIGNATING A HEALTH COACH & SETTING GOALS

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The right health partner can make your journey toward recovery much simpler and more comfortable; that's why we recommend you ask a family member or friend to serve as your health coach before, during, and after surgery.

Your health coach will help you meet pre- and post-surgery goals, such as performing recommended exercises and eating a healthy diet, and will be a key source of support and encouragement during recovery.

This person can also act as a second set of eyes and ears during physician appointments and at home.

## WHAT TO EXPECT FROM YOUR HEALTH COACH

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### **Pre-Surgery:**

- Assist with pre-surgery planning needs and activities

### **Facility:**

- Work with nursing staff and physical therapists to learn best techniques for at home care and how to assist with daily activities
- Provide support and encouragement when performing exercises
- Provide gentle reminders about the importance of taking proper steps toward a healthy lifestyle



## At Home:

- Prepare nutritious, well-balanced meals that are high in fiber and protein (unless otherwise directed by your physician)
- Proper exercises are completed daily
- Encourage the use of a cane or walker until confident enough to proceed without use of either tool
- Promote increased activity slowly to increase strength
- Follow post-op instructions
- Take medications as prescribed

## Setting Goals:

Setting goals for your journey is an important step in managing your recovery and obtaining successful results. Focusing on small successes and developing goals that are meaningful to you and consistent with the physician and physical therapy, will help you build confidence and deliver desired progress. Physical therapy will work with you to set these goals, as well as track and review progress.



# WHAT TO EXPECT FROM BILLING

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A representative from the Surgery Center of the Northland business office will conduct a pre-registration call prior to surgery to ensure your understanding of the following:

- Charges related to your procedure
- Verify what your insurance will pay
- Identify your financial obligation
- Explain physician ownership
- Explain advanced directives and what is required
- List of what to bring for registration

Approximately 3-4 weeks after surgery, you will receive approximately three different bills:

- From the physician
- From the anesthesiologist
- From the facility

**If you have any questions about billing, please don't hesitate to call (816) 422-5980.**



# PACKING FOR DAY OF SURGERY

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- Insurance card(s) and photo ID
- All current medications in the ORIGINAL BOTTLES. This is very important.
- All post-operative prescriptions (if your surgeon has already prescribed them)
- Emergency contact information, with names and phone numbers.
- Walker and/or crutches
- Although the overall goal is for you to go home the day of surgery, we do recommend you pack an overnight bag with your toiletries (toothbrush, toothpaste, deodorant) as back up.

# TWO NIGHTS BEFORE SURGERY

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## **FOLLOW HIBICLENS INSTRUCTIONS:**

1. Take a shower or bathe as usual with your normal antibacterial soap, and wash your hair with your regular shampoo.'
2. Rinse your hair and body of soap.
3. Do not shave (nicks or cuts are a source for potential infection to enter your entire body).
4. After bathing turn off the water.
5. Using a clean wash cloth apply the Hibiclens on your body from your neck to your toes, avoiding hair, face and genital areas.
6. After two minutes rinse the Hibiclens soap off your body.
7. Pat dry with a clean towel and put on clean clothes. It is recommended to wash your bed linens prior to your first night of cleansing.

## NIGHT BEFORE SURGERY

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- For your safety, DO NOT EAT anything after MIDNIGHT (including water, hard candy, gum, chewing tobacco or ice chips).
- Do not drink anything 4 hours prior to your surgery.
- On the day of surgery, you may only have WATER until that 4 hour window.
- Follow your doctor's instructions regarding beta blockers and any other prescriptions, including diabetic medication.
- Refrain from smoking 12 hours prior to surgery and do not consume alcohol 24 hours prior to surgery.
- **Shower and follow Hibiclens instructions.**

## NOTIFY YOUR JOINT SURGEON IMMEDIATELY IF YOU...

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- Cannot keep your scheduled appointment for surgery
- Suspect you are pregnant
- Experience any changes in your health, such as cough, fever or a cold
- Experience any change in your skin over the area to be operated on, such as a scratch or abrasion

## MORNING OF SURGERY

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- Do not eat anything after midnight. This includes gum, candy, chewing tobacco and smoking. You may brush your teeth.
- Do not drink anything 4 hours prior to your surgery.
- Do not wear jewelry or nail polish.
- Do not wear contact lenses/bring your glasses.
- Put on clean comfortable clothes (shorts or baggy pants) to wear to the surgery center. Your shoes should be flat, supportive and closed heeled.
- Take your prescription medications you've been instructed to take by 6 a.m. with a small sip of water.
- Please bring all your home medications in original bottles including what your surgeon has prescribed.
- Please bring your CPAP/BIPAP machine with you if you wear one.
- Take a shower or bathe with warm water with regular antibacterial soap.
- Rinse your body thoroughly to remove soap residue.
- Do not shave your legs.
- Do not apply any lotions, moisturizers, powders, deodorants, or perfumes.
- You may brush your teeth, but nothing to eat/drink otherwise.

# PRE-OPERATIVE UNIT

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Upon arrival to the Pre-Operative Unit you will meet the nurse that will be preparing you for surgery.

They will escort you to a private patient location where you will change into a special cap and gown. All your clothing and personal items will be placed in a belongings bag and placed in a secure locker.

Your nurse will confirm your information, review your medical records, and start your IV. You will sign consents for your procedure and anesthesia.

Before going back to the operating room, both your anesthesiologist and your surgeon will visit with you. Your surgeon will initial your surgical site. Both physicians will explain the treatment being performed and answer any questions you may have. Your anesthesiologist will offer you a nerve block.

Your operating room nurse will meet with you, answer any questions you may have about your procedure, and escort you to the operating suite.



## WHAT TO EXPECT IN THE RECOVERY ROOM

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Immediately following your surgery, you will be taken to a recovery room where specially trained registered nurses will closely monitor your vital signs, surgical site, dressings, drains, and comfort level. Prior to surgery, your anesthesiologist may have given you a "block" to ensure your comfort in the recovery room; this block ensures less pain at the surgical site. If pain persists even with the block, nurses will administer additional medication to maintain your comfort.

Our hip and knee replacement patients may have foot or calf pumps placed on the lower legs; these mimic the circulatory effects of walking.

The amount of time you spend in the recovery room can range from 1-2 hours or more. Your surgeon and anesthesiologist will be able to answer any questions you have about how long you may spend in recovery.

Our recovery room nurses are caring partners in assuring that your safety is maintained and that reasonable comfort is achieved. For your safety, it is important that you rely on them during the recovery period.

## MANAGING YOUR PAIN AFTER SURGERY

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Remember that pain will not be eliminated completely, but it is our goal to help you manage it effectively by:

- Communicating with the nursing staff about your pain level and the effectiveness of your pain medicine
- Using cold packs as ordered by your physician
- Placing a rolled towel under heel to promote extension (for knee patients)
- Coordinating your pain medicine and your therapy sessions with the physical therapists and nursing staff
- Staying ahead of your pain

## MANAGING YOUR MEDICATION

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Before resuming any of your pre-surgical medications, verify with your surgeon that it is acceptable to do so. Your surgeon will direct you regarding any medication restrictions or instructions.

## PHYSICAL THERAPY - AT THE FACILITY

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- Physical therapy staff will work with you the day of surgery before you are discharged. The therapist will instruct you on bed mobility, getting in and out of a bed and chair, walking with an assistive device like a walker, and stairs if you have them at home. You will also learn and perform exercises that you will do when you go home.
- Your anesthesia and pain medication should help you cope with the recovery and enable you to participate to the best of your ability.
- Your participation is key as you learn the proper techniques and exercises to advance your recovery.

## PHYSICAL THERAPY - AT HOME

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Your surgeon, physical therapist, and insurance company will help you decide where to continue physical therapy following discharge from the facility. Options may include home or outpatient therapy.

Every attempt will be made to have this decision finalized in advance. You will discuss your individual care plan and options for discharge with your nurse navigator who will ensure the process goes smoothly. Any additional information you may need relating to your home recovery or care plan will be provided at time of discharge.



# HEADING HOME

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Your recovery room nurse will review discharge instructions and medications with you and your coach. They will also teach you how to care for your incision and change the dressings.

## **What's Next?**

You are excited to move onto the next state of your recovery, maybe a little anxious, or even worried about what's next. Once home, the comfort of being in familiar surroundings sinks in.

Be sure to continue your exercises once you arrive home as instructed by your physical therapist. You will have a therapist come to your home the next 3-4 days.

Remember: It's very important to keep your follow-up appointment with your surgeon.

If you experience any shortness of breath, chest pain or tightness in your chest, call 911.

## **Caring for Yourself at Home**

- Control your discomfort.
- Take your pain medication at least 30 minutes before your therapy sessions.
- Gradually wean yourself from prescription medication as you heal and your pain improves.
- Change your position every 45 minutes throughout the day.
- Use ice as directed by your surgeon to help control your pain.
- Applying ice to your affected joint will decrease discomfort, but do NOT use more than 20 minutes per hour. Use ice after your exercise program.
- Take frequent rest periods.

## **When To Call Your Surgeon**

- Fever above 101°F by mouth - check your temperature every evening for 7-10 days after you leave the hospital.
- Changes to the incision - report any increases in redness, swelling or drainage around the area of your incision. These changes may be signs of infection.
- Sudden increase in pain - a mild amount of pain is normal. Report a sudden increase in your pain, inability to walk or difficulty straightening your leg.
- Falling - even if you feel fine, please call your doctor.
- Swelling and/or tightness in your calf.

# FAQs

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**Below are answers to some of the frequently asked questions.**

## **Is there going to be pain?**

There will be pain. Joint replacement surgery is major surgery. This is different from the chronic pain you are currently having. There may also be discomfort from the tourniquet and/or positioning used in the operating room. This other discomfort should improve after a few days.

## **How long will I have pain and swelling?**

Each person's perception of pain is different. Some patients have minimal pain after surgery. Others have pain and swelling for several months, although the pain gets better as healing occurs.

## **How long will I be at Surgery Center of the Northland?**

You will be discharged to return home after your surgery.

## **How long does the surgery take?**

Most surgeries last approximately 1.5 to 3 hours.

## **What are the major risks?**

Most surgeries go well, without any complications. Infection and blood clots are two serious complications that concern us the most. To avoid these complications, we use antibiotics and blood thinners. We also take special precautions in the operating room and with your care after surgery to reduce the risk of infections.

## **Should I be on a special diet before surgery?**

Begin increasing protein intake a few weeks before surgery to build up both your strength and your tissues. Eat high quality proteins such as fish, poultry, eggs, nuts and seeds. High-fiber foods (whole grains, vegetables, fruits and legumes), calcium rich foods (nuts, fruits, some leafy greens, molasses and small amounts of dairy products), and foods containing essential fatty acids (some nuts, seeds or vegetable oils) are also helpful.

Try to avoid a lot of dairy products, sweets and baked goods, as well as high saturated fatty foods such as fried foods, heavy meats and cured meats. Your diet can usually be a little lighter a few days before surgery, emphasizing more fruits, vegetables and liquids. This will help ease the stress on your digestive system. Avoid stimulants such as coffee and sedatives such as alcohol prior to elective surgery.

## **When will I start physical therapy?**

The day of surgery will be your first day of rehabilitation where the therapist will work with you on mobility, getting in and out of a bed and chair, and walking with an assistive device like a walker or cane. You will also learn and perform exercises that you will do when you go home.

# FAQs

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## **When can I drive?**

It is recommended you wait until your reaction time improves, allowing you to be safe and confident while driving. It is also recommended that you refrain from driving until you no longer need prescription pain medication and can walk with a cane or less - typically six weeks. However, this will vary depending on whether it is your hip, knee or shoulder. If you have further questions regarding driving, ask your surgeon.

## **Will I need help at home?**

Yes. The first several days or weeks, depending on your progress, you may need someone to assist you with housework, meal preparation, transportation, etc. Family friends may need to be available to help if possible. Preparing for your surgery can minimize the amount of help needed. Having the laundry done, house cleaned, yard work completed, clean linens on your bed and single portion frozen meals will reduce your need for extra help.

## **When can I shower?**

That depends on your surgeon. You must not tub bathe until the incision is completely healed. We recommend a shower chair initially, or standing in a shower. Be careful using a washcloth over incision site as it could get caught in staples.

## **What items will I need at home for use after discharge?**

This depends on what has been ordered by your surgeon. It may include some of the following:

- Ice wraps or special ice machines
- Walker
- Elevated commode chair
- Dressing supplies (reacher, sock aid, etc.)

## **Will I notice anything different about my hip or knee?**

Yes. You may have a small area of numbness to the outside of the scar, which may last up to a year. It is not serious. Do not kneel until approved by your doctor. Some patients notice some clicking when they move their new knee or hip. This is the result of the artificial surfaces coming together and is not serious. Check with your surgeon if you have any questions.

## **Information for family and friends:**

- During your procedure, family or friends will be welcome to wait for you in the lobby. The nursing staff will keep them informed of your progress and let them know when your surgeon is ready to speak with them.
- Surgery Center of the Northland offers cable television, free Wi-Fi access, and refreshments in the main lobby.

# PRE-SURGERY EXERCISES

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## HIP EXTENSION - STANDING

While standing, move your leg back as shown.

Use your arms for support if needed for balance and safety.

Repeat: 12 times

Hold: 0 Seconds

Complete: 2 Sets

Perform: 2 time(s) a day



## HIP ABDUCTION - STANDING

While standing, raise your leg out to the side.

Keep your knee straight and maintain your toes pointed forward the entire time.

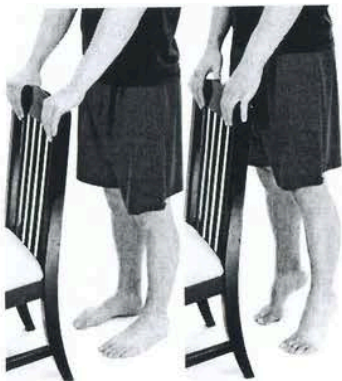
Use your arms for support, if needed, for balance and safety.

Repeat: 12 times

Hold: 0 Seconds

Complete: 2 Sets

Perform: 2 time(s) a day



## STANDING HEEL RAISES

While standing, raise up on your toes as you lift your heels off the ground.

Repeat: 12 times

Hold: 0 Seconds

Complete: 2 Sets

Perform: 2 time(s) a day

# PRE-SURGERY EXERCISES

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## HIP ABDUCTION - SIDELYING

While lying on your side, slowly raise up your top leg to the side. Keep your knee straight and maintaining your toes pointed forward the entire time.

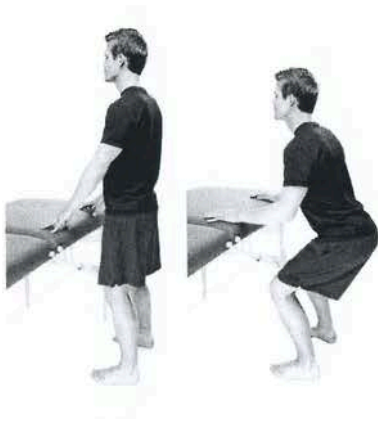
The bottom leg can be bent to stabilize your body.

Repeat: 12 times

Hold: 0 Seconds

Complete: 2 Sets

Perform: 2 time(s) a day



## SQUATS

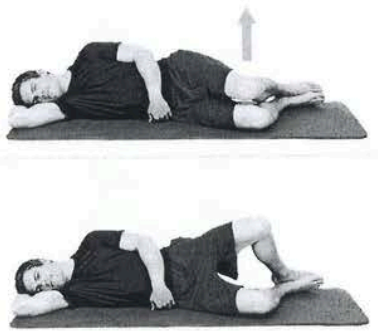
While standing with feet shoulder width apart and in front of a stable support for balance assist if needed, bend your knees and lower your body towards the floor. Your body weight should mostly be directed through the heels of your feet. Return to the standing position.

Repeat: 12 times

Hold: 0 Seconds

Complete: 2 Sets

Perform: 2 time(s) a day



## CLAM SHELLS

While lying on your side with your knees bent, draw up the top knee while keeping contact of your feet together.

Do not let your pelvis roll back during the lifting movement.

Repeat: 12 times

Hold: 0 Seconds

Complete: 2 Sets

Perform: 2 time(s) a day

# PRE-SURGERY EXERCISES

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## **STANDING HAMSTRING CURLS**

While standing, bend your knee so that your heel moves towards your buttock.

Repeat: 12 times

Hold: 0 Seconds

Complete: 2 Sets

Perform: 2 time(s) a day



## **HIP FLEXION-STANDING**

While standing, raise your leg forward as shown.

Use your arms for support if needed for balance.

Repeat: 12 times

Hold: 0 Seconds

Complete: 2 Sets

Perform: 2 time(s) a day



## **PARTIAL ARC QUAD-LOW SEAT**

While seated with your knee in a bent position and your heel touching the ground, slowly straighten your knee as you raise your foot upwards as shown. Lower your foot back down until your heel touches the ground and repeat.

Repeat: 12 times

Hold: 0 Seconds

Complete: 2 Sets

Perform: 2 time(s) a day



## **SEATED MARCHING**

While seated in a chair, draw up your knee, set it down and then alternate to your other side.

Repeat: 12 times

Hold: 0 Seconds

Complete: 2 Sets

Perform: 2 time(s) a day

# NOTES

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# NOTES

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