



# Total Joint Replacement

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OUTPATIENT GUIDEBOOK

 SURGERY PARTNERS



**Congratulations** on taking the first step to improve your mobility and quality of life. Our team would like to ensure that all of your questions are answered and you know what to expect as you undergo joint replacement surgery. Staying informed will help you feel more confident as you prepare for and recover from surgery.

This book is intended to help you prepare for your upcoming procedure. After you have read through this information, please write down any questions you may have to discuss with your joint replacement coordinator or surgeon. This team is dedicated to ensure your procedure is a success, and your partnership and positive attitude play an important role in reaching your mobility goals.

Thank you for choosing Intermountain Surgical Center - Utah Valley, and we are here to support you through every step of your joint replacement journey.

**- Intermountain Surgical Center Utah Valley Total Joint Team**

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PATIENT NAME

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SURGERY DATE

ARRIVAL TIME

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## INTERMOUNTAIN SURGICAL CENTER- UTAH VALLEY

### INTERMOUNTAIN SURGICAL CENTER- UTAH VALLEY

1157 N. 300 W. Provo UT,  
84604

Utah Valley Outpatient  
Center, 4th Floor

Reception Phone:  
(385) 283-1903

Charge Nurse Phone:  
(385) 505-8713



Parking can be found on the south side of the Utah Valley outpatient building (number 6). If the parking lot directly in front of building 6 is full, you may also use the parking garage. Enter in on the south side and take the elevators to your left directly up to the 4th floor to reach the Surgical Center. There you will check in with reception.

**PLEASE BRING THIS BOOK WITH YOU TO EVERY APPOINTMENT  
YOU HAVE FOR YOUR JOINT REPLACEMENT.**

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SECTION ONE

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# General Information

# General Information

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## WELCOME TO INTERMOUNTAIN SURGICAL CENTER- UTAH VALLEY

Thank you for choosing our center to help restore mobility and improve your quality of life.

We believe that you and your support coach play an essential role during your surgical experience and recovery. There are many benefits of having your surgery at Intermountain Surgical Center-Utah Valley:

- Low infection rate
- Personalized Education
- Customized care plans with the Joint Team
- Dedicated nursing care throughout your entire stay
- Recovery and rehabilitation in your own home

## ABOUT US

We provide high-quality services in a caring, comfortable and nurturing environment. Our primary concern is our patients. Our professional, supportive staff strives to offer a high level of personal attention to each patient that comes to our center.

We believe that the prevention of disease and health teaching are important factors in patient care. Our center is state licensed, certified by Medicare as an ambulatory surgery center and accredited by The Joint Commission (TJC). Our professional nursing staff is experienced and trained in patient care for total joint replacements.

## INTRODUCTION TO THE TOTAL JOINT REPLACEMENT PROGRAM

Our center has implemented a planned course of treatment for our joint replacement program. Our program provides the opportunity for knee and hip patients to get up and walk on their new joint the same day as surgery. This allows patients to recover in the comfort of their own home with the assistance of their care team

Our Total Joint Team's top priority is you and your health care needs throughout your surgical experience. We are honored you have chosen our center for your joint replacement surgery.

# General Information

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## MEET YOUR TOTAL JOINT TEAM

Your team may include physicians, anesthesia providers, total joint coordinator, nurses, surgical technicians, physical therapists and other care providers specializing in total joint replacement.

All patients are required to have an adult home support “coach” for at least 72 hours after the procedure. This person is commonly a family member, friend, or loved one that is physically capable and willing to care for you while you are in the early period of your recovery.

### Features of our Total Joint Program include:

- A Total Joint Coordinator available to you throughout your surgical experience Physical Therapy (as determined by your physician)
- A customized plan of care for your recovery at home
- Home care services (if applicable)

### Surgical Center Total Joint Coordinator

Lexi Cornish

lexis.cornish@surgerypartners.com

(385) 283-1903

\*Feel free to call or email with any questions regarding surgery day\*

### Average time to expect in each phase on surgery day:

**Pre-op:** 1 hour 30 minutes- 2hours~  
**Operating Room:** 2 hours~  
**Recovery Room:** 30-60 minutes~  
**Post-op:** 2-5 hours~

# General Information

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## THE PURPOSE OF THE GUIDEBOOK

This Guidebook is a resource to help you learn more about:

- What to expect before and after surgery
- How you should prepare your home before and after your operation
- The support and therapies you will need after your operation
- How to care for your new joint during your recovery

However, this is just a guide. Your physicians, nurses, physical therapists and other care providers specializing in total joint replacement may add to or change any of the recommendations. Always use their recommendations first and ask questions if you are unsure of any information.



## USING THE GUIDEBOOK

### Instructions for Patients

- Review this Guidebook with your support coach
- Review “Before Surgery Checklist” section and mark each line as you complete the item
- Review “Surgical and Postoperative Information” section
- Bring your Guidebook with you on your day of surgery and to all of your appointments



# General Information & FAQs

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## FREQUENTLY ASKED QUESTIONS ABOUT TOTAL JOINT SURGERY

Patients ask many questions about total joint replacement. Below is a list of the most frequently asked questions along with the answers. If there are any other questions that you need answered, please ask your total joint coordinator or surgeon.

### What is arthritis and why does my joint hurt?

There are many different types of arthritis, but the most common type we see for joint replacement surgery is osteoarthritis, the disease of wear and tear of the joint.

Cartilage serves as a cushion and allows for smooth motion of the joint. Arthritis is a wearing away of the smooth cartilage. Eventually, cartilage wears down to the bone. Rubbing of bone against bone causes discomfort, swelling and stiffness.

### What is a total joint replacement?

A total joint replacement replaces the cartilage of your natural bone structure with an artificial surface. The damaged parts are removed and capped with an artificial substitute on the end of the connecting bones. This creates a new, smooth cushion and a functioning joint that should not hurt and return you to an improved health status.

### When should I have this type of surgery?

Your orthopedic surgeon will decide if you are a candidate for the surgery. This decision will be based on your medical history, examinations, X-rays and response to non-surgical treatment. Once you are informed, the decision will then be yours to move forward with the operation.

### Am I too old for this surgery?

Being a candidate for joint replacement surgery is not based just on your age. Your health condition and motivation are additional factors to consider in seeking joint replacement surgery.

### Should I exercise before this surgery?

A healthy and active lifestyle before surgery may lead to a more positive outcome and quicker recovery. Consult with your surgeon about the exercises appropriate for you.

# General Information & FAQs

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## What kind of anesthesia will I have for surgery?

Typically the preferred anesthetic for a total knee replacement is a spinal anesthetic. This is an injection of local anesthetic in your lower back that causes a dense numbness of your lower extremities. This avoids the need for a general anesthetic and its associated risks, side effects, and potential for a delayed recovery. Spinal anesthetics have also been shown to decrease operative blood loss, minimize postoperative pain and narcotic use, and decrease the risk of blood clots. IV sedation accompanies spinal anesthesia for your safety and comfort. Occasionally it is necessary to do a general anesthetic. Your anesthesiologist will discuss and make an anesthetic plan that best fits you.

To help decrease postoperative pain a peripheral nerve block will usually be offered. This is a procedure done before going to the OR under ultrasound guidance where local anesthetic is injected near an identified nerve. Often IV sedation is given before doing the nerve block for your comfort and local anesthetic is given to numb the skin. The peripheral nerve block for a total knee replacement will not eliminate all postoperative pain but does help by making parts of the knee numb, improves mobility, and decreases narcotic use. The risk and benefits of a peripheral nerve block will be explained by your anesthesiologist the day of surgery.

## How long will I be in surgery?

Once you arrive at the center, preparation for your surgery typically takes 1-2 hours. The surgery itself can take several hours and your time in recovery can vary depending on your mobility and response to anesthesia. Combined pre-op, surgery, and recovery time, you should expect to be at the surgery center for at least 4-6 hours or more if needed.

## Will surgery be painful?

Pain is unique to each patient. Typically, mild to moderate pain and swelling is expected during recovery from a joint replacement. There are a variety of different methods that your physician and joint replacement team can utilize to help manage your pain. It is important to take your pain medications regularly for the first few days following surgery to better manage your pain. During your recovery, if your pain is unmanageable, please seek assistance from your surgeon.

## What should I expect after surgery?

Most patients go home the same day with appropriate pain management, the assistance of physical therapy and your support coach. Sometimes patients may have an overnight stay. You and your surgeon will decide what is best for you. Give yourself at least six weeks following surgery to heal and recover from muscle stiffness, swelling and other discomforts.

## Will I need a walker?

More than likely you will need a walker for your recovery. Your Surgeon will educate you on how to obtain one.

## What are the major risks?

Infection, excessive bleeding and blood clots are serious risks to be aware of. You can help reduce your risk for complications by following the instructions in this Guidebook and making sure you understand what is expected of you before your procedure.

These instructions may include:

- Monitor your wound for signs of infection and excessive bleeding.
- Take medication to reduce your chances of developing a blood clot.
- Following instructions for out-of-bed activity.

# General Information & FAQs

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## When will I see my doctor following the surgery?

You will be scheduled for a post-op visit typically between 10-14 days. Your surgeon will share frequency of future visits based on his/her practice. The frequency of visits and level of restrictions after your initial postoperative visit will depend on your progress.

## When will I get back to my normal routine?

Getting back to your normal routine is very dependent on your dedication to your recovery plan including: rest, nutrition, taking prescribed medications, physical therapy and general health guidelines. Please follow your surgeon's instructions for recovery. Consult with your surgeon or physical therapist for their advice on your activity.

## How long until I can drive?

You could be restricted from driving as long as four weeks or until your physician clears you. Patients that are taking narcotic pain medications should not operate a motor vehicle.

## When will I be able to return to work?

Talk with your surgeon or physical therapist to learn about recommendations based on your job requirements and responsibilities.

## When can I have sexual intercourse?

The time to resume sexual intercourse should be discussed with your surgeon.

## Will I have restrictions following this surgery?

Injury-prone sports such as downhill skiing and other extreme sports are dangerous for the new joint. High-impact activities including running, tennis and basketball are not recommended. After you have recovered from your surgery, you may consider low-impact activities such as bike riding, hiking, swimming and walking. Please speak with your surgeon about returning to specific activities.

## Will I notice anything different about my joint?

You may notice clicking when you move your joint. This is caused by the artificial surfaces of your new joint. Depending on the individual, certain activities on your new joint may be uncomfortable for up to a year or longer.

## How long will my new joint last and can a second replacement be done?

Most implants have a limited life expectancy depending on an individual's age, weight, activity level and medical condition(s). A total joint implant's longevity will vary in every patient. It is important to remember that an implant is a medical device subject to wear that may lead to mechanical failure. While it is important to follow all of your surgeon's recommendations after surgery, there is no guarantee that your particular implant will last for any specific length of time.



SECTION TWO

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# Pre-Op Checklist



# Pre-Op Checklist

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## PRIOR TO SURGERY

### Contact Your Insurance Company

If you do not have insurance, please notify the facility when your surgery is scheduled. They will assist you in setting up payment arrangements.

### Laboratory Tests

Your surgeon may ask you to have laboratory or diagnostic tests after your preoperative visit. You may also be asked to receive medical clearance from your primary care doctor or another specialist such as a cardiologist.

### Billing for Services

After your procedure, you may receive separate bills from the surgeon, anesthesia provider, laboratory and diagnostic center, and the ambulatory surgery center. Please contact your insurance carrier to see if there are any specific requirements.

### All Nicotine Products

All patients must stop nicotine products prior to their surgical procedure. Nicotine interferes with the transfer of oxygen to a patient's healing tissue which will delay recovery.



# Pre-Op Checklist

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## WITHIN ONE WEEK BEFORE SURGERY

### Pre-Register

After your surgery has been scheduled, you should expect a call from the surgery center to verify or collect the following information:

- Full legal name and address
- Home phone number
- Marital status
- Social Security number
- Name of insurance holder, address, phone number, work address and work phone number
- Name of insurance company, mailing address, policy and group numbers
- Employer and occupation
- Name, address and phone number of someone to notify in case of emergency
- Full Medical History for the Anesthesiologists to review

### Obtain Medical Clearance

You may be required to see your primary care physician or your cardiologist for preop medical clearance.



# Pre-Op Checklist

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## WITHIN ONE WEEK BEFORE SURGERY

### Preoperative Appointments

You may have a pre-op appointment with your surgeon or a visit to the facility to speak with anesthesia. Often times this can be done on the phone/virtual.

Your anesthesiologist will review all information needed to evaluate your general health. This will include your medical history, laboratory test results, allergies and current medications.

With this information, the anesthesiologist will determine the type of anesthesia best suited for you. The anesthesiologist will be available to answer any further questions you may have about your surgery.

### Medications to Review with Your Surgeon Before Surgery

If you are on any of the following medications, please speak with your surgeon about if or when to stop taking prior to surgery:

- **Blood thinning medications such as:** Eliquis, Plavix, Coumadin, Aspirin, Lovenox, Xarelto, or any other blood thinner
- **Any Non-Steroidal Anti-inflammatory Drugs (NSAIDs) such as:** Motrin, Naproxen, Ibuprofen
- **Diet/weight loss medications** (i.e. Phentermine, or GLP agonists injections such as- Ozempic, Trulicity etc.): Stop taking 4 weeks prior to surgery. If you are taking a GLP agonist for diabetes, please contact your primary care doctor and discuss if you can go off said medication prior to surgery.
- **Any supplements or herbal medications such as:** Vitamin E, Iron, Fish Oil, Multivitamins, Diet pills
- **Insulin or any medications for diabetes**

### Prepare Your Home for Recovery

Complete these items before surgery. This will make getting around your home safer after surgery:

- Remove loose rugs and small objects to avoid tripping
- Move food and dishes to cabinets that are between knee and chest level
- For knee and hip patients, if you have a sofa with soft cushions, place a piece of plywood underneath the cushions to allow for extra support when sitting
- Move clothing so that it is easily reached, between knee and chest level
- Change sheets and wash bed linens, so they are clean and free of debris. This is important for infection prevention
- Arrange to have someone stay with you for the first 72 hours, when you return home from surgery

# Pre-Op Checklist

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## DAY BEFORE SURGERY

### Find Out Your Arrival Time at the Surgery Center

The surgery center will call you the day before your scheduled surgery (or on Friday if your surgery is scheduled on a Monday) to tell you what time your procedure is scheduled. Please be available to answer your phone, as we will typically call you sometime in the afternoon/evening. You may be asked to arrive up to two hours before the scheduled surgery to give the nursing staff sufficient time to start IVs, prep and answer questions.

It is important that you arrive on time to the surgery center. If you are late, it may create a significant problem with starting your surgery on time. In some cases, lateness could result in moving your surgery to a later date or time.



## NIGHT BEFORE SURGERY

### Do Not Eat or Smoke

It is typical that the surgery center will ask you to not eat, or smoke after 11 PM the night before, EVEN GUM or CANDY, unless otherwise instructed to do so. You will be able to drink clear liquids (water, apple juice, Sprite, Gatorade) up until 2 hours prior to check in. Fasting instructions will be different if you are taking a GLP agonist medication, please refer to the specific fasting instructions given to you by the surgical Pre-Screen nurse.

**Failure to follow these instructions from the surgery center will result in cancellation.**

### Complete Preoperative Bathing Program

Complete your pre-op bathing program as prescribed by your surgeon.





# Pre-Op Checklist

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## Special Instructions:

- Follow the specific instructions from your surgeon and the surgery center about which medications to take the night before and morning of surgery
- Do not shave or apply lotion to your skin
- If provided by your surgeon, remember to wash your surgical site with the provided soap/scrub prior to surgery
- Make sure you have a ride to and from the surgery center
- Make sure you have the medication you will need after surgery and familiarize yourself with the proper dosage and potential side effects
- Please leave jewelry, valuables and cash at home
- Remove all makeup and body piercings prior to surgery



## Bring the Following to the Surgery Center:

- Your walker
- Arrive in loose, comfortable clothing and walking shoes. Some patients prefer to bring a robe to wear during recovery.
- A copy of your Advance Directives (if applicable)
- Your insurance card, driver's license or photo I.D. and payment method (if applicable)



SECTION THREE

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Post-Op  
Care

# Post-Op Care

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## POST-OP CARE

### Home Health Care

In the event you have home health care, your surgeon's office will work with you to make these arrangements. The home health nurse will contact you to go over the recovery plan.

### Physical Therapy

Your physician will provide recommended postoperative exercises as part of your physical therapy plan. They may also order on site physical therapy at the physical therapy location of your choice. Physical therapy will begin on the day of surgery and this is part of your recovery plan to help with walking and other activities.

### Recovering at Home

When you go home, there are a variety of things you need to know for your safety, recovery and comfort.

### Controlling Discomfort

- Take your pain medicine as prescribed on a regular and timely basis
- Gradually wean yourself from prescription medication to non-narcotic medications Options for alternative non-narcotic medications should be discussed with your surgeon before you go home
- Apply ice to your affected joint as directed by your physician. Do not use for more than 20 minutes at a time each hour. Always place a barrier between the ice and your skin
- Some patients find it helpful to use ice and pain medication before and after your exercise programs

\*Remember- do not drive while taking narcotic pain medications

### Body Changes During Recovery

- Your appetite may be poor for a few days after surgery due to the effects of anesthesia
- It is advised that you stay hydrated by drinking plenty of fluids
- Difficulty sleeping can be normal, it is recommended that you do not sleep or nap too much during the day. It is best that you are up and moving during the day and recovering overnight with sleep
- Your energy level might be decreased during the first month of recovery
- Pain medication that contains narcotics have side effects of constipation. Your surgeon may suggest an over-the-counter stool softener or laxative for you

# Post-Op Care

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## Blood Clot Prevention

- Signs and symptoms of a blood clot include redness, swelling, skin warm to touch and/or tenderness
- Notify your physician if you notice increased pain or swelling in either leg
- If provided compression stockings, you will need to wear these as ordered by your physician. Your doctor will tell you when you can discontinue wearing the stockings
- Frequent mobility and ankle pumps during recovery
- Take blood thinning medications as prescribed by your physician
- If you recognize a blood clot, call your physician immediately

## Caring for Your Incision

- Do not remove the bandage unless instructed by your surgeon
- Keep your incision clean and dry
- The type of dressing you have will determine when you can first get in the shower
- Detailed bathing/showering instructions will be provided for you at discharge

## Prevention of Infection

- Take proper care of your incision as instructed
- Change bed linen frequently and when soiled
- Wear freshly washed clothes after showering
- Do not sleep with pets or hold them in your lap
- Avoid dental work for the first three months after surgery
- **Signs and symptoms of infection:**
  - Increased swelling, tenderness and redness at incision site
  - Change in color, amount, odor of drainage
  - Increased pain in joint
  - Fever greater than 100.5° F

*Call your surgeon if you have any of the above signs and symptoms.*



# Post-Op Care

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## SAFETY AT HOME

You have been given full instructions on walking, sitting, lying and standing while at the surgery center.

### Living With Your New Joint

- It is important to move and place your leg carefully after surgery
- Chairs with armrests make it easier to get up from a seated position
- Use a firm cushion to raise chair seats
- Rise slowly from either a sitting or lying position to prevent lightheadedness
- Use caution when taking pain medications which may cause dizziness and drowsiness
- Do not lift heavy objects during the first three months of your recovery. Speak with your surgeon about weight limit restrictions after three months
- To avoid falling or injuring your joint, move slowly, think carefully and use good judgment



### Exercises

- Continue the exercises you did in physical therapy

# Post-Op Care

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## Safety Tips

- Have someone walk alongside you when walking for the first few days after surgery
- Find creative ways to carry items such as a bag, pockets or walker basket
- Stand close to counter tops and work spaces
- De-clutter your home and remove throw rugs, cords and mats from the floor to prevent falls
- Make sure hallways, stairs and rooms are well-lit
- Carry a portable phone or cell phone with you if you do not have an emergency alert system
- Have a list of emergency numbers near the phone or on the phone's contact list
- Use a reacher to pick up items from the floor
- Use a lid on cups when transporting liquids
- Use the counter to slide items on surfaces instead of carrying them

## Walker Safety Tips for Knee and Hip Patients

- Use both hands if utilizing walker - Do not carry items while walking with the walker
- Make sure you and the walker face the same direction
- When reaching for objects with one hand, use the other hand to stabilize on the counter or the walker
- Keep your body inside the walker
- Set up chairs as rest break points between long distances
- Perform kitchen tasks in a seated position



# Post-Op Care

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## LIFE BEYOND JOINT REPLACEMENT SURGERY

### Activity with Your New Joint

A regular exercise program helps to maintain fitness and the health of the muscles around your joints. Speak with your physician about the appropriate post-surgery activities that may be right for you.

#### Low Impact Activities:

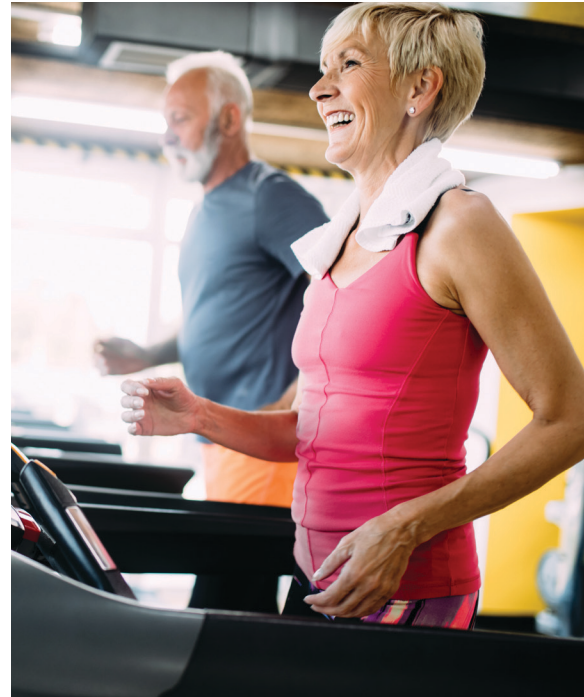
- Recommended exercise classes
- Regular one-three mile walks
- Home treadmill (for walking)
- Stationary bike
- Regular exercise at a fitness center
- Low-impact activities such as golf, bowling, walking, gardening, and dancing

#### General Activities to Avoid Following Surgery:

- Running or other high-impact activities
- High-risk activities

### Reducing Risk of Postoperative Infections

It is important to realize that the risk of infection remains after you have recovered from your procedure. A prosthetic joint could attract the bacteria from an infection located in another part of your body. If you should sustain an injury such as a deep cut or a puncture wound, you should clean it as best as you can, put a sterile dressing or band aid on it and notify your doctor. Superficial scratches may be treated with topical antibiotic ointment. Notify your surgeon if the area becomes painful, reddened or warm.



# Post-Op Care

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## Travel

When you are traveling through airport security, let TSA (security) know that you have a prosthetic joint. When traveling, stop and change positions hourly to prevent your joint from tightening and decrease the risk of blood clots.

## Dental Treatments

When scheduling your dental appointment post procedure, notify them that you have had a total joint replacement. The dentist may require contact with your surgeon to see if prophylactic antibiotics are required.

## Regular Follow-Up Visits

It is important that you follow-up with your surgeon on a regular basis, according to their post-op visit plan.





We know you have a choice when deciding where to have our surgery, and we are grateful that you chose us. We have a commitment to providing our patients with the best quality care, in a safe and comfortable environment.

Thank you,

**- Intermountain Surgical Center - Utah Valley Total Joint Team**

**Actual Total Joint Patient Reviews:**

"I feel that I was very well taken care of and would like to thank ALL that were involved with my care."

"Every single employee I had contact with was more than willing to help, had a good attitude, and was knowledgeable. They all made an anxious situation much more pleasant. The nursing staff was awesome."

"Everyone that helped me on the day of my surgery had my well being as their concern."

"Excellent care from the surgeon, anesthesiologist, nurses and others."

