



YOUR JOURNEY
starts here.



**ORTHO
ARKANSAS**

OrthoArkansas Surgery Success Seminar

OrthoJourney

TOTAL JOINT **REPLACEMENT**
and SPINE SURGERY

we've got you
ALL THE WAY

BEFORE, DURING AND AFTER
YOUR SURGERY



our OA team is **ALL-IN**

- ☑ Who are the members of the Team?
- ☑ What is Care Navigation & Why do I need it?
- ☑ How will my OA journey be different from other journeys I have taken?

OrthoArkansas will be your guide on your journey, preparing you medically, physically, and mentally.

care NAVIGATOR team



TAMARA CULL, DHA, MSW
CARE NAVIGATOR
POPULATION HEALTH
MANAGER



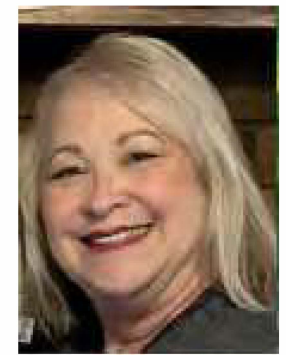
SANDY ROGERS,
LPN CARE
NAVIGATOR



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LPN CARE NAVIGATOR



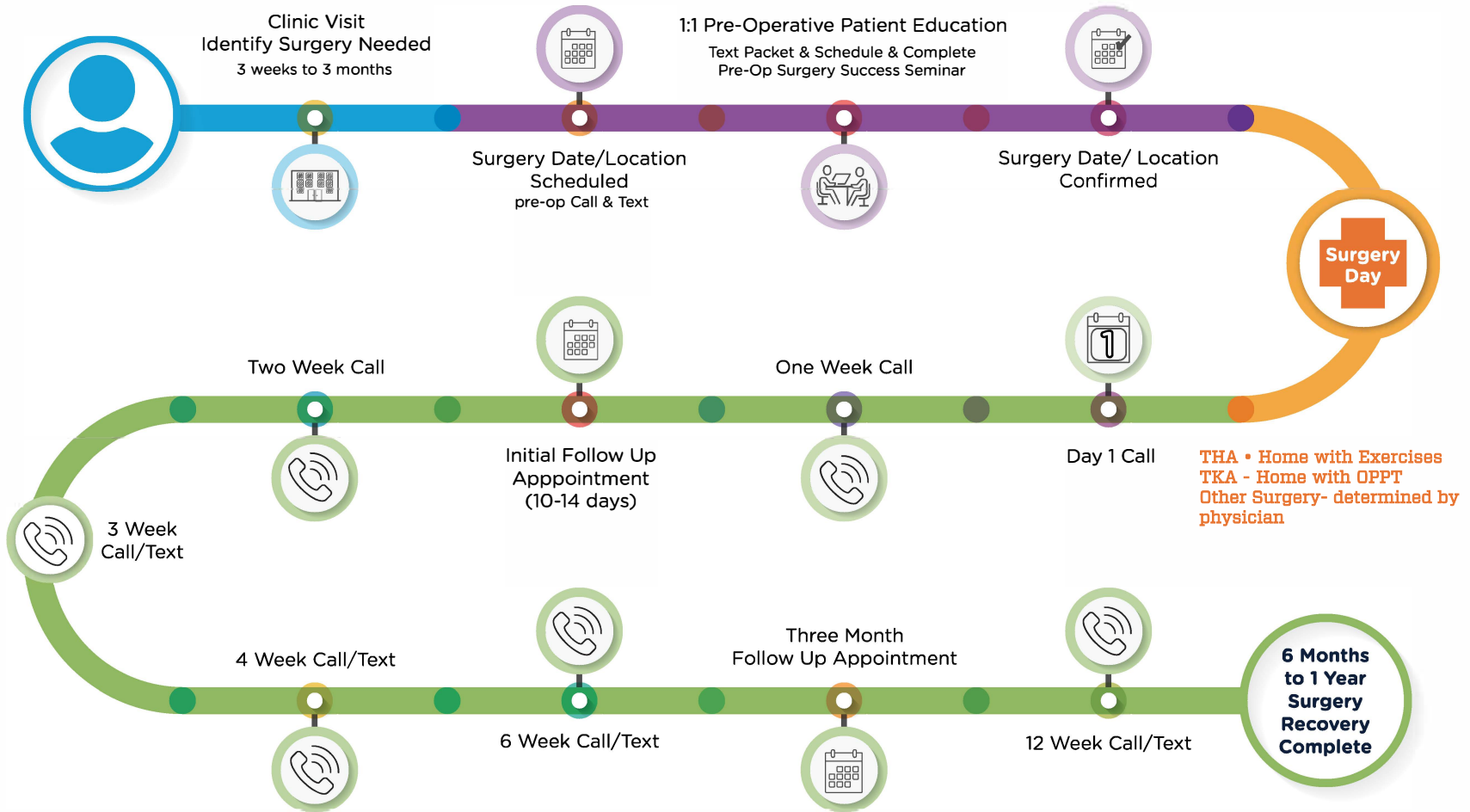
ANITA SANDERS, MNSc,
RN CARE NAVIGATOR



MEL DICKSON,
RN CARE
NAVIGATOR

501-978-2613
Monday -Friday 7am - 3pm

OrthoJourney Timeline



Successful Journeys Include:

- ✔ Creating a plan for the journey
- ✔ Preparation for the road ahead
- ✔ Expert Guides beside you who know the road inside and out
- ✔ A little bit of hard work (and hopefully some fun!)
- ✔ Support to help cheer you on
- ✔ A final destination....What is Yours? _____



Surgery Preparation






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Planning and Preparation

- ✔ Obtain medical clearance
- ✔ Optimal nutrition (anti-inflammatory diet)*
- ✔ Stop tobacco products
- ✔ Work with surgeon on your pre-surgery pain medication plan
- ✔ Get your body mass index to optimal levels
- ✔ Work up to 20-30 minutes daily exercise to build strength for the journey ahead; Focus on the pre-surgery exercises provided*
- ✔ Finalize your post-surgery support plan: You will need 24/7 support for a few days post-surgery

Before Surgery - Preparation

-  Get a dental checkup (if you have not had one in the last 6 months) and get any needed dental work completed
-  Hydration: Drink 68 oz of water per day for several days before and daily after surgery
-  Prepare your Ice Packs (*Directions in Additional Resources Section)
-  ALL Hormone replacements must be STOPPED 1 month prior to surgery and may be resumed 8 weeks after surgery (Estrogen/Testosterone)
-  Skin Preparation: Ointment/Soaps to Use: Schedule: 5

DAYS BEFORE MY SURGERY DATE starts on _____

Avoid sunburn and animal scratches

No shaving surgical leg/area for 5 days prior to surgery

Before Surgery - Preparation

- ✓ Home Preparation:
 - ☞ Ensure all bed linen and towels are changed and washed on the highest possible temperature the night before surgery.
 - ☞ Check furniture placement in home/remove rugs
 - ☞ Identify chairs that you can use during recovery
 - ☞ Make sure bed height is adjusted to the correct level
- ✓ Post-Op Education Refresh/Reach out to Navigator for ANY Questions
 - Additional Resources in the back of the book*

Ointment/ Soaps

Bactroban Nasal Ointment (Mupirocin 2%) Application:

- Use two times daily starting 5 days before your surgery
- Use a small amount of ointment (about the size of a match head) should be placed on a cotton bud or on your finger and applied to the inside of each nostril (apply to the front part of the nostril). The nostrils should be closed by pressing the sides of the nose together; this will spread the ointment through the nostrils.



Hibiclens Body Wash (Chlorhexidine) Method of application:





- Use this daily starting 5 days before your surgery (minimum of 3 days before surgery).



Before Surgery - Required Items

- Pick up a rolling walker if required by physician. Bring this with you to surgery. If your walker does not have the ability to adjust to your height you must purchase a new one.
- Pick up an immobilizer brace if required by your physician at OrthoArkansas DME. (physician specific)
- Purchase Hibicleanse soap - wash before surgery (see handout)
- Pick up Mupirocin Ointment - use in nose before surgery (see handout)
- *Nothing by Mouth after midnight the night before surgery (excludes gatorade)
- Purchase Over-The-Counter Medications to help with recovery:

You will not get a prescription for these medications***

-  Miralax 2x/day with 20 oz of water with each dose until off of pain pills with at least 68 oz of water per day.
-  Vitamin C 500mg 2x/day x 6 weeks
-  Iron 65mg tabs 2x/day x 6 weeks.
-  Take Multivitamin daily x 6 weeks.

Before Surgery - Recommended Items

- Bedside Commode (must go OVER your toilet) available at OrthoArkansas DME.
- Hip Kit (on Amazon list)
- Elevation Pillow (on Amazon list)
- OrthoArkansas walker bag on your walker to keep objects you use frequently within reach (cell phone)
- Occupational Therapy Kit with long-handled sponges, back-scratchers, "grabbers", for picking things up from the floor and dressing aids (on Amazon list)

Before Surgery - Must Complete



Confirm Outpatient Physical Therapy Arrangements

- Depending on your surgery you will need outpatient therapy or at home exercises.
- If you need outpatient therapy make sure to schedule the appointment for the day after your surgery.










**OrthoArkansas Therapy Coordinator:
501-500-3700**

Locations:

**801 S. Bowman Rd, Ste 3 Little Rock, AR
72211 3480 Landers Rd North Little Rock, AR
72117
2305 Springhill Rd Ste 4 Bryant, AR 72019**

Before Surgery - Final Checklist - Verify Completion



-  Met my daily water intake goals
-  Made ice packs and put them in the freezer
-  Completed skin prep activities
-  Reviewed post-op education
-  Obtained needed medical equipment
-  Confirmed therapy appointment for after surgery
-  Removed all makeup and nail polish
-  Confirmed you have transportation to and from surgery and a caretaker at home
-  **DO NOT EAT OR DRINK** anything after **MIDNIGHT** prior to surgery. This includes: Candy, Mints, Gum, Alcoholic Beverages and Tobacco products of ANY KIND



**Day Of
Surgery**

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Day of Surgery - Check-in

- Shower morning of surgery using antibacterial soap. Do NOT use lotion, powder or perfume the morning of surgery
- Wear comfortable clothing
- Wear non-skid shoes
- Do NOT bring valuables!
- Make sure your Caregiver comes with you to surgery and stays with you for the entire time (and for several days after surgery if needed)

Bring:

- Drivers License
- Insurance Card
- Medication List
- Rolling Walker (if you have one, leave in your car) If needed

Reminder: No makeup, artificial nails, nail polish, contact lenses, dentures, piercings or hearing aids are allowed in surgery

Surgery Discharge - CD-PILOT Checklist

- Confirmed that the discharge team has adjusted walker to correct height ,and it is ready to use (if needed)
- Verified pain medication prescription and I understand how the patient should take it
- Verified plan for blood clot prevention medicine prescription and I understand how the patient should take it
- Confirmed how to care for dressing/incision and have needed supplies to change the dressing at home (if instructed to do so)
- Verified the outpatient therapy appointment or home exercise program and I have no questions about the plan

Physician/Surgery Specific Instructions

If your surgeon has a specific protocol that you need additional education on your care navigator will ask you to stay at the end of the course to review that information in more detail



Heading
Home

OrthoJourney

Surgery Recovery - Overall Tips



WHAT TO EXPECT:

- Discharging home with caregivers

You need someone to stay 24/7 the first several nights or until you are able to get yourself out of the house in the event of emergency.

- Pain is to be expected
- Ice will be your new best friend!
- Some bruising is normal
- Fever is normal (up to 101.5 for the first week or so after surgery) as your body recovers
- Constipation- DRINK WATER AND TAKE MIRALAX! (See Frequently Asked Questions)

***If you are still constipated, you CAN take Miralax EVERY HOUR followed by a FULL glass of water until you have a good bowel movement. Once you get relief, stop taking Miralax every hour and resume just taking it 2 time a day.

Surgery Recovery - First Few Days



Preventing BLOOD CLOTS

You will be discharged home on some form of medication to help prevent blood clots after surgery. Please be sure to discuss with your surgeon. (Aspirin daily for several weeks or stronger blood thinner).

Preventing PNEUMONIA

Get up and MOVE! DEEP BREATHING AND COUGHING AFTER SURGERY IS A MUST TO PREVENT PNEUMONIA! ESPECIALLY WHILE TAKING PAIN MEDICATION THAT MAKES YOU BREATHE MORE SHALLOW. 10-15x hourly for the first several days. (See Frequently Asked Question handout).

Preventing LOW BLOOD PRESSURE

- IF YOU TAKE BLOOD PRESSURE LOWERING MEDICATIONS, YOU NEED TO BE SURE AND MONITOR YOUR BLOOD PRESSURE TO MAKE SURE IT DOES NOT GET TOO LOW!
- Your pain medication has the side effect of lowering your blood pressure, JUST like a blood pressure pill.
- You can always get your BP DOWN, but you can't always get it back up if it gets too low.

Surgery Recovery

- Bandage - needs to stay in place as instructed by your surgeon.
 - Showering instructions are provider specific.
- Driving after surgery -
 - Determined by surgeon- DO NOT drive on any pain medications or until cleared by surgeon.
- Proper elevation is vital.
 - See "Frequently Asked Questions" handout for instructions
- Ice is your friend
- Limit naps during the day so you can sleep better at night
- Sleep in cool temperatures

Incision Care Specifics

- Swelling around the incision and in the operative area is NORMAL
- Wear loose clothing to avoid pressure on the incision.
- Bandages will remain on for 7 days after surgery.
 - Anytime you touch your bandage make sure to be in a clean environment.
 - Bandage care is specific to provider. Refer to provider handout instructions.

Note: If needed a replacement bandage will be provided.

Surgery Recovery - Infection Prevention Tips



Discharging HOME - Home is your best place to recover and home will be your expected discharge destination.

- Practice good hand hygiene - Hand wash with soap and water if your hands are visually dirty. Use Hand sanitizer regularly.
- Avoid sick people
- Antibiotics will be administered during surgery to protect you
- Avoid surgeries or procedures for -6 months.
 - Examples of invasive procedures (dental cleanings, colonoscopies, heart catheterizations).
- You will need Antibiotics FOREVER once you have had a joint replacement before any invasive procedures, dental work or surgeries to protect you from developing an infection where your new joint replacement hardware is.
 - You do NOT need Antibiotics before donating blood or getting a shot.
 - When making your dental appointment, make sure your dentist knows you now have a joint replacement and that you will need them to phone in an antibiotic prescription to take before your appointment

Surgery Recovery Reminders - First 12 Weeks



Gradually Increase Daily Activity

- Do NOT overtire or overdo, but gradually increase your daily activity
- Do NOT do heavy housecleaning or yard work
- Do NOT sit for more than 45-60 minutes at a time without standing or stretching

- Do have someone help with grocery shopping, meals and laundry for a few days
- Do shower as long as your special shower-proof dressing is in place (Do NOT sit in a bathtub)
- Do sit up for meals during the day
- Do your daily home exercises
- Walk frequently during the day...short distances multiple times a day is recommended

Diet

Eat a well- balanced diet and make sure your body has proper nutrition to help it heal and to restore your strength

Driving

Do not drive until you are cleared by your surgeon

Common Bumps in the Road

Loss of Appetite

Decreased appetite after surgery is common due to the medications. If you are vomiting and can't eat at all please contact your surgeon

Risk of Depression

It is not uncommon for you to feel somewhat sad and depressed after surgery. You may cry easily and be more irritable. This will improve with time, but if your feelings of depression are not improving it is important to speak to your physician

Incision Care

It is normal for your incision to be warm, itchy and slightly red. However excessive redness or any drainage should be reported to your surgeon.

Operative Area Swelling

- You will have some swelling in your operated area, but excessive swelling needs to be reported to your surgeon.
- Your area will remain swollen and tender after surgery. Significant swelling CAN occur up to a year, sometimes longer after surgery when you are up on it a lot. Elevate as indicated ABOVE YOUR HEART (not in a recliner). Elevating your surgical area and applying ice pack should decrease the swelling.

Pain and Numbness

Pain, numbness and discomfort is normal after surgery. Take your medication as prescribed and make sure to use your ice pack for 15-20 minutes several times a day. Notify your surgeon if you have any numbness or tingling down the back of your operated leg. Make sure to take your pain pill before therapy and use ICE!

Helpful Numbers

Please put the numbers/information below in your phone.



OrthoArkansas: 501-500-3500

Medical Exchange for Urgent Issues After Hours: 501-663-1450

Physical Therapy Coordinator at OrthoArkansas: 501-500-3700

Care Navigation Team: 501-978-2613

Arkansas Specialty Surgery Center: 501-553-9827

Therapy: 501-500-3700

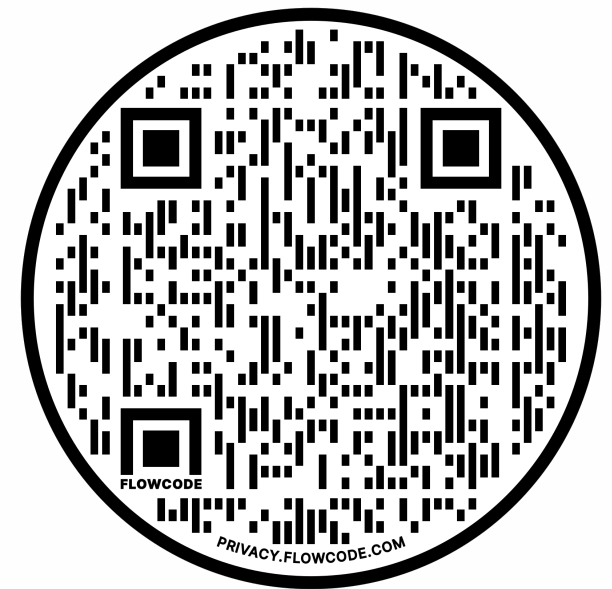
Urgent Care Clinic at OrthoArkansas: Open M-F 8a-8p, Sat 8a-12p

Little Rock - Midtown
800 Fair Park Blvd.
Little Rock, AR
72204

North Little Rock
2480 Landers Road
North Little Rock, AR
72217

Additional Resources - Handouts

- Most Frequently Asked Questions: How to Avoid the ER
- Your Joint Replacement, Dental Procedures & Antibiotics
- Pain Medication Information Following Surgery
- Home Exercise Program
- Anti-inflammatory Diet



Homemade Gel Ice Packs



Cold therapy can help reduce swelling, pain and inflammation.

These homemade gel ice packs are more comfortable than a bag of ice, because it molds better to your body.

What You Need:

- 1 quart or 1 gallon plastic freezer bags
- 2 cups water
- 1 cup rubbing alcohol (70%)

SURGERY INFORMATION

Patient Name: _____

DOB: _____

Surgeon: _____

Surgical Procedure: _____

Surgery Location/Address/Phone Number:

SURGERY DATE: _____

SURGERY CHECK-IN TIME: _____

FOR QUESTIONS CONTACT: _____

CURRENT MEDICATIONS

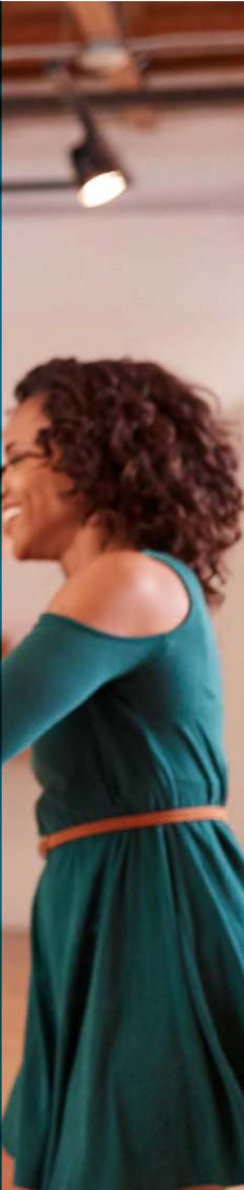


MEDICATIONS

CURRENT
DOSE

HOLD DAY
OF SURGERY

SPECIAL
INSTRUCTIONS



our **OA**
team is
ALL-IN

are you?