



Amendments to Teaching Booklet & Additional Important Information

- You will be assessed and cared for by a health care team which includes your surgeon, pre-operative assessment clinic nurse, occupational therapist, physical therapist, doctors (internists and anaesthetists as needed) and case managers with the Chinook Bone and Joint Clinic, as well as your family physician.

Chinook Bone and Joint Clinic: **(403) 942-0182**

Current Nursing Team	
Cora Gagnon, RN	Brittany Agnew, LPN
Tegan Radowits, LPN	Lori Zieber, RN
Breanne Poppe, LPN	Nina Thiessen, LPN

Physiotherapy/Occupational Therapy: **(403) 388-6182**

- You will be contacted by your orthopedic surgeon's office when a surgical consult date is available. During this appointment, your orthopedic surgeon will discuss your treatment plan, and if applicable you will sign your consent form for surgery. You will be notified by your surgeon's office once your surgical date is determined.
- While you wait for your surgery date to be determined, it would be beneficial to start thinking about finding a "buddy" who is willing to help you during your recovery. Hip replacements and knee replacements are major surgeries. Getting ready for a hip or knee replacement and recovery can be physically and emotionally challenging, especially for older patients, and having a support person will help ease the difficulties.



There is a series of exercises outlined in your hip or knee booklet. Please practice these exercises, as they will aid in your post operative recovery.

- Notify your family doctor and surgeon immediately if you have any major change in health while you are waiting for surgery. If you decide to reschedule or cancel your surgery, one month notice is required.
- If you are started on antibiotics for an infection prior to surgery (e.g. bladder infection, chest infection, etc.), please notify your surgeon's office as soon as possible. Your surgery may be postponed as a result.
- Approximately 6-8 weeks prior to your surgical date, you will receive a phone call from our office to schedule your Pre-Operative Assessment Clinic interview as well as any consults or testing that your surgeon orders.
- Bring your medications with you to your Pre-Operative Assessment Clinic appointment, including any supplements, vitamins and over the counter medications. **On the day of surgery leave your medications at home,** except for medications that you have been instructed to bring in by the nursing or pharmacy at your PAC appointment.
- Follow your diet instructions for the day of surgery as they have been given to you at your Pre-operative Assessment Clinic appointment with your nurse.
- Please bring your labelled walker and/or crutches to the hospital day of surgery. Physiotherapists at the hospital will ensure your equipment is sized appropriately.



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- Most equipment can be borrowed from the Canadian Red Cross in Lethbridge. For rural clients, your local therapist will advise you if you are able to borrow from your community health center. If the equipment you require is unavailable to borrow, (i.e., it is out of stock, or your height or weight exceeds the standard equipment restrictions) you will be required to rent the necessary equipment.
- If you notice any abrasions or break in skin integrity to surgical area before surgery, please notify your surgeon's office as soon as possible. Your surgery may be delayed or postponed as a break in the skin integrity may increase your risk for infection post-operatively. Please refrain from shaving your legs during the last 2 weeks leading up to surgery if possible.
- It is no longer common medical practice to insert a Foley catheter into your bladder during surgery; you will be getting up to use the washroom following surgery. However, if you are unable to void initially following surgery, the nursing staff will insert a catheter to drain your bladder if needed. Hemovac (drains inserted near surgical site to drain blood/fluid from area) are no longer used post-operatively for hip and knee replacement surgery.
- Your surgeon may not want you to perform all of the post-operative exercises outlined in this book. If this is the case, your therapist and health care team will advise you and provide you further information. You are only to do the exercises that you are instructed to do.
- All knee replacement patients will see a physiotherapist after they leave the hospital (2 weeks post op). This will be arranged by your therapist on the inpatient surgical unit before you go home. You will be seen by your local physiotherapist.



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- For hip replacement patients, your surgeon will determine if you require follow up with your local physiotherapist. Your therapist in the hospital will advise you about this, and will arrange this for you before you go home if required. If you do not have physiotherapy arranged for you, your surgeon may provide you with a referral at a later date. Please ensure you have transportation arranged for your physiotherapy sessions.
- You may bring electronics (e.g., cellphone, tablets, laptops, etc.) to the hospital; however, please note bringing these items are at your own risk as there will be a high volume of hospital personnel entering and exiting your room on a daily basis.
- You are welcome to bring your own food and drinks during your hospital stay (e.g., snacks, fruits, vegetables, etc.) if wanting to do so.
- You will be mobilizing day of surgery and can put as much weight as you can tolerate on your surgical leg (unless otherwise indicated by your surgeon). Expect to continue mobilizing each day, aiming to go further and longer in distance.
- Length of stay in hospital is **1-2 days** (day of surgery is post-op day 0, therefore does not count). Arrange to have a ride home from the hospital. Be prepared to go home at any time of the day or evening. **Pick up time could be as early as 9am.** Your hospital stay will be on Unit 4A.
- You will receive a phone call after discharge from a Case Manager at the Chinook Bone and Joint Clinic. At this point, they will assess your transition home and book your 2 week follow up appointment for suture/staple removal and assessment. If you have any questions or concerns upon discharge, please feel free to contact your Case Manager at the Chinook Bone and Joint Clinic at (403) 942-0182.



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- Please contact your case manager if you have any concerns with the healing and care of your incision after surgery, as your surgeon wants to know if there are any concerns or problem areas.
- Should you require a refill on your analgesics, please follow up with your family physician for same. If you are unable to get an appointment with your family physician, your case manager may be able to have your surgeon refill same for you.
- If you are discharged home on Xarelto (Rivaroxaban, blood thinner) or Pradaxa (dabigatran etexilate, blood thinner), you will not be required to have blood work drawn while taking these medications. Please finish prescription and once completed, no refill needed.
- You will have pain, swelling and bruising to your surgical leg. Please take your pain medication, rest, ice and elevate your surgical leg and in time will resolve.
- Your case manager is available from Monday-Thursday from 0900-1600.

You will be expected to attend the following appointments:

- Surgical Consult
- Pre-op Assessment Appointment (Chinook Bone and Joint Clinic)
- Surgery
- 2 week post-operative visit, staple removal (Chinook Bone and Joint Clinic)
- 6 week post-operative visit with surgeon (Chinook Regional Hospital)