

My Recovery

I agree to be an active participant in my recovery from joint replacement surgery. This book contains key components crucial to my recovery. I understand that I will be working along with my *Care Team* to ensure positive outcomes post joint replacement surgery, and as a team we will work to make the environment comfortable and conducive to healing while you are at SJHHC. My Care Team consists of Doctors, PAs, Residents, Nurses, Rehabilitation Services (PT, OT) staff, Case Manager/Discharge Planners, Pharmacists, and many other dedicated healthcare professionals.

You will check off items on this Patient Pathway as you participate in your care.

Accelerated Joint Replacement





Day of Surgery: Within 4-6 hours after arriving on the 4th floor

- Pain is controlled
- Use Incentive spirometer (IS): 10 times every hour
- Evaluated by Physical Therapist (PT)
- Walk to the door and back with assistive device (walker) and staff
- Able to tolerate fluids and a solid food diet
- Use CPM machine to the level of your comfort (knee surgery)
- Cold therapy on your surgical site
- Foot Pumps: use these at all times while in bed
- Meet with Discharge Planner/ Case Manager to review discharge plan

Day of Surgery: 6-10 hours after arriving on the 4th floor (evening of surgery)

- Pain is controlled
- Use Incentive spirometer (IS): 10 times every hour
- Walk to bathroom using a walker (or crutches) and staff
- Participate in Physical Therapy
- Able to tolerate fluids and a solid food diet
- Foot Pumps: use these at all times while in bed
- Use CPM machine to the level of your comfort (knee surgery)
- Cold therapy on your surgical site
- Discharge: review pre-printed discharge instructions this evening
- Ask your nurse any questions that you may have

Night of Surgery

- Sleep, Pain controlled, IS when awake, Foot pumps, Cold Therapy, CPM, Bathroom as needed

Day After Surgery (Day #1): Early Morning (7:00 AM-10:00 AM)

- Pain is controlled
- Use Incentive spirometer (IS): 10 times every hour
- Attend PT in gym; walk back (75-100 ft) as tolerated with walker/ staff
- Receive stair, car transfer training in PT and demonstrate ability
- Use CPM machine to the level of your comfort (knee surgery)
- Foot Pumps: Continue to use while in bed
- Cold therapy on your surgical site:
- Receive Discharge Instructions w/ family member present
- Receive walker or crutches for discharge (if you don't already have one)

Day After Surgery (Day #1): Late Morning-Early Afternoon

- Walk in room and hall with walker/ crutches with minimal assistance
- Discharge to home