

# TOTAL JOINT REPLACEMENT PATIENT GUIDE



Designated  
**BlueDistinction®**  
Center +  
Knee and Hip Replacement

# INTEGRATED SYSTEM OF CARE



**You are about to experience our integrated system of care. Your surgery is expertly planned from scheduling through recovery. Your care team will keep you educated and informed every step of the way so that you understand what will happen and get answers to any questions. This collaborative approach can lead to optimal healing, less pain and quicker recovery.**

## PATIENT EXPERIENCE

At Northwest Community Healthcare (NCH), we consider all factors of patient health to create an individualized system of care as soon as surgery is scheduled. We provide exceptional, comprehensive care using new, research-based systems that aim to reduce pain and help you return home faster with optimized healing and recovery.

Your team includes an anesthesiologist, surgeons, nurses, care coordinators and many other clinicians who collaborate throughout your procedure and recovery. We focus on your personal experience with the goal of keeping everyone informed and engaged throughout the process. Furthermore, we are focused on reducing the stress surgery has on your body by providing lifestyle, diet, mobility and pain management recommendations.

### **Before surgery**

- Patient education
- One-stop-shop for pre-surgery tests
- Post-surgery planning

### **During surgery**

- Standardized best practices
- Efficient surgical process
- Enhanced communication for care team

### **After surgery**

- Careful pain management
- Aim to prevent complications
- Organized team communication

### **Long-term recovery**

- Coordinating discharge plans
- Patient and caregiver education
- Rehabilitation and return to function



# OUR JOINT REPLACEMENT PROGRAM

From the start, we focus on education and communication so you are familiar with the total joint replacement process. This allows you to make informed decisions before, during and after surgery.

Your orthopedic surgeon will determine the best surgical approach and plan of care for your joint replacement. Below are some basic components of the process and what you can expect.

## Scheduling

One of our hospital representatives will call to sign you up for the Pre-Operative Joint Replacement Class and schedule pre-admission testing. Both can be conveniently scheduled for the same day. We recommend scheduling two to three weeks before your surgery.

*If you do not get a call, please call*  
**847-618-3775.**

## Pre-operative joint replacement class

This free, informative class is offered twice a week (Thursdays at 4:30 p.m. and Fridays at 11 a.m.). If you have had a knee or hip replacement within the past two years, the class is optional. Be sure to bring your coach (family member or caregiver).

## Durable medical equipment (DME)

Before surgery, you will need to obtain appropriate DME for your recovery, such as a walker, commode, etc. Suburban Lending Closets has many items and is an alternative to purchasing new equipment. In addition, our outpatient pharmacy has many items available.

## Surgery and recuperation

Your team of caregivers includes your orthopedic surgeon, nurses, patient care technicians, physical and occupational therapists, dietitians, pharmacists, care coordinators and social workers. They all work together to ensure your procedure is seamless and recovery is swift.

## Discharge plan

You will have a discharge plan with criteria and goals to meet. The care team, led by your orthopedic surgeon, will assess your progress toward the established discharge plan. They will work with you to make adjustments to help you return home as quickly as possible.

*NOTE: With your plan to go home, you will need to arrange for your "coach" (family or friends) to be available to help you throughout the first three days.*

## Satisfaction survey

You may be asked to participate in satisfaction surveys at different times during your care. This is a very important aspect of ensuring our patients receive quality care.





## THE IMPORTANCE OF PAIN MANAGEMENT

Effective pain management is key to your recovery and building post-surgery strength. We will develop a pain management plan to meet your specific needs. Your doctors, nurses and therapists will work with you to manage your pain after surgery so you can get the most out of your therapy sessions. We recommend that you speak with your orthopedic surgeon before surgery and throughout the process to ensure you are satisfied with your pain management.

### **Pain management options your doctor may choose**

Your orthopedic surgeon and anesthesiologist may choose one or several of the following types of pain management, based on your procedure and other health factors, such as heart disease or diabetes.

- Non-opioids
- Opioids
- Local anesthetic medications
- Intravenous (IV)
- Pills or liquids
- Nerve blocks
- Local surgical site medication



# DURABLE MEDICAL EQUIPMENT (DME) & PRE-SURGERY ITEMS

The following are pieces of DME that may be necessary during recovery. Most are available for free or a small donation through Suburban Lending Closets. They are also available for purchase through DME vendors or our outpatient pharmacy.

Talk to your orthopedic surgeon to determine what you will need. To purchase DME from our pharmacy, call **847-618-7427**.

## Bathroom toilet

- Raised toilet seat with or without an armrest (depending on the size of your bathroom) or bedside commode (can also be placed over toilet)
  - Recommended for patients with knee replacements who have difficulty getting up from a low surface

## Bathtub

- Bathtub transfer bench (goes over the side of the tub)
  - Recommended for patients with weight-bearing limitations
  - Recommended for patients with low endurance and decreased balance

- Shower chair (for walk-in showers)
  - Recommended for patients with low endurance and decreased balance
- Hand-held shower head
- Grab bars
  - Recommended for safe transfers

## Walking equipment

- Walker
- Straight cane
- Crutches (for stairs)

## Dressing equipment (also called a “Hip Kit” available at our outpatient pharmacy)

- Reacher (be sure it opens up and down, not sideways)
- Sock aid
- Long-handled shoehorn
- Long-handled sponge
- Elastic shoelaces

## Pre-surgery items (also available at our outpatient pharmacy)

- Pre-surgical carbohydrate drink
- Hibiclens® or generic CHG soap

# WHY YOU NEED TO USE HIBICLENS

It is important to shower the day before and morning of your surgery with Hibiclens or a generic chlorhexidine gluconate (CHG) showering product. This is different from other soaps in that it contains a strong antiseptic that continues to kill germs for 24 hours. Research indicates it significantly reduces the risk of infection after surgery.

## How to use

Step away from shower stream and apply Hibiclens directly to skin. Do not use on head, hair, face or genitals. Return to shower stream and rinse off thoroughly. Do not apply lotions, deodorants, makeup, perfume or cologne after showering with Hibiclens as they may impede the lasting antiseptic properties.



## HOME CARE SERVICES

Most patients are able to receive quality rehabilitation therapy within the comfort and privacy of their home. Our home care services will help you build your strength after surgery so you can recover as quickly as possible. These services are available when you go directly home from the hospital after any other post-surgical care.

Home care provides a complete range of services from skilled medical care to assistance with bathing for homebound individuals. Services provided in the home to rehabilitate patients include, but are not limited to:

- Physical and occupational therapy
- Individualized exercise plans following your surgeon's protocol
- Pain management
- Medication management
- Home safety assessment
- Instruction in use of DME
- Skilled nursing
- Assistance with personal bathing and hygiene
- Laboratory specimen collection
- Energy conservation
- Functional activities of daily living
- Wound care

Our home care services will start right after discharge and include registered nurses, physical and occupational therapists, medical social workers and certified nursing aides. Staff is available to answer your questions 24-hours a day. For more information call **847-618-7800**.

Our home care services are accredited by The Joint Commission and licensed by the Illinois Department of Public Health and certified by Medicare. We will work with your insurance carrier to verify coverage and provide necessary paperwork on your behalf to maximize your benefits.



# OUTPATIENT PHYSICAL REHABILITATION

Our highly-trained, licensed physical therapists and licensed physical therapy assistants will design an individualized physical rehabilitation program to help you recover and regain use of your new joint as quickly as possible.

## Our locations offering outpatient physical therapy

NCH Kildeer Outpatient Care Center  
21481 N. Rand Road  
Kildeer, IL 60047

NCH Outpatient Care Center at Harper College  
1200 W. Algonquin Road  
Palatine, IL 60067

NCH Buffalo Grove Outpatient Care Center  
15 S. McHenry Road (Lake Cook Road at Rt. 83)  
Buffalo Grove, IL 60089

NCH Mt. Prospect Outpatient Care Center  
199 W. Rand Road  
Mount Prospect, IL 60056

NCH Arlington Heights Outpatient Care Center  
1051 W. Rand Road  
Arlington Heights, IL 60004

NCH Rolling Meadows Outpatient Care Center  
3300 Kirchoff Road  
Rolling Meadows, IL 60008

NCH Schaumburg Outpatient Care Center  
455 S. Roselle Road, #205  
Schaumburg, IL 60193

NCH Wellness Center  
900 W. Central Road  
Arlington Heights, IL 60005

To schedule an appointment, obtain a physician's order and call **847-618-3700**.



# JOINT REPLACEMENT PROGRAM—PATIENT CHECKLIST

## When surgery is scheduled

- Eat a balanced diet including plenty of fruits and vegetables to avoid constipation
- Wash hands more frequently to decrease your chance of getting sick
- Stop smoking and any tobacco use
- Visit your dentist for a cleaning and check-up
- Be sure to get enough sleep and have a positive attitude for a successful surgery

*You must visit your primary care physician for evaluation for surgery. Do this as soon as possible, but no more than 90 days before surgery.*

## Three weeks or more before surgery

- Schedule mandatory Joint Replacement Class
- Schedule therapy visits if ordered by your surgeon
- Review Joint Replacement Guide
- Choose someone to be your coach
- Plan for someone to stay with you for the first three days when you return home from the hospital
- Contact insurance provider

## Two weeks before surgery

- Attend Pre-Operative Joint Replacement Class—bring your coach
- Start quadriceps exercises and ankle pumps
- If diabetic, monitor blood sugars
- Borrow DME (e.g., walker) from your local Suburban Lending Closet or purchase from our outpatient pharmacy or other vendor

## Five to Seven days before surgery

- Continue quadriceps exercises and ankle pumps
- Check with your doctor to see if you should discontinue any blood thinners
- Don't take dietary supplements unless instructed
- Have your prescriptions filled
- Complete all tests ordered by your doctor
- Pack a bag to bring to hospital:
  - Walking shoes
  - Personal care items
- Follow the instruction sheet given at your pre-admission visit; call 847-618-7250 with questions

## One business day before surgery

- Call surgical prep area (SPA) between 3 and 7 p.m. at 847-618-7244 for the time you should arrive at the hospital
- Call your surgeon if you become ill, have skin breakdown or rash, or if you have any questions
- Follow all instructions given at your pre-admission visit or by your surgeon

## Evening before surgery

- Remove all nail polish
- Shower with Hibiclens (or generic), follow manufacturer instructions
- Wear clean bed clothing and sleep on clean sheets

## PREPARE YOUR HOME

Remove throw rugs, electric cords and clutter from walkways

Ensure handrails are secure on stairways

Install grab bars in bath area, if needed

Place non-skid mat/strips inside of tub or shower

Attach bag to walker for carrying items

Place everyday items at arm level to avoid the need to reach or bend

Ensure adequate lighting in room by opening curtains

Stock up on kitchen staples and nutritious food

Consider setting up temporary living area on ground floor to avoid climbing stairs

Have a straight-back chair with armrests available



## Day of surgery

Shower again with Hibiclens (or generic), follow manufacturer instructions

Arrive on time for surgery

Bring or take medications as you have been instructed

Bring items you packed for the hospital

Bring your coach

## Hospital recovery

Tell your nurse when you're in pain

Use spirometer breathing device 10 times every hour while awake

Sit up in chair with staff help

Walk using walker with staff help

Follow personalized activity/exercise plan from your therapist

Stay safe: You must have help when moving about

Work with nurses to arrange discharge plan

## After hospital discharge

Take pain pills to manage pain, as directed

Use breathing device every two hours while awake

Follow personalized activity/exercise program from therapist

Have therapy sessions as ordered by surgeon

Sit up in chair and walk with walker

Visit orthopedic surgeon's office for post-operative care



**NCH Orthopedics Program**  
800 W. Central Road  
Arlington Heights, IL 60005  
**847-618-1000**

NCH is a not-for-profit 501(c)(3)  
charitable organization, dedicated  
to meeting the needs of the  
community.

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Community  
Healthcare