

Total Joint Replacement

Your Guide to Hip Replacement Surgery



Total Joint Replacement

Table of Contents:

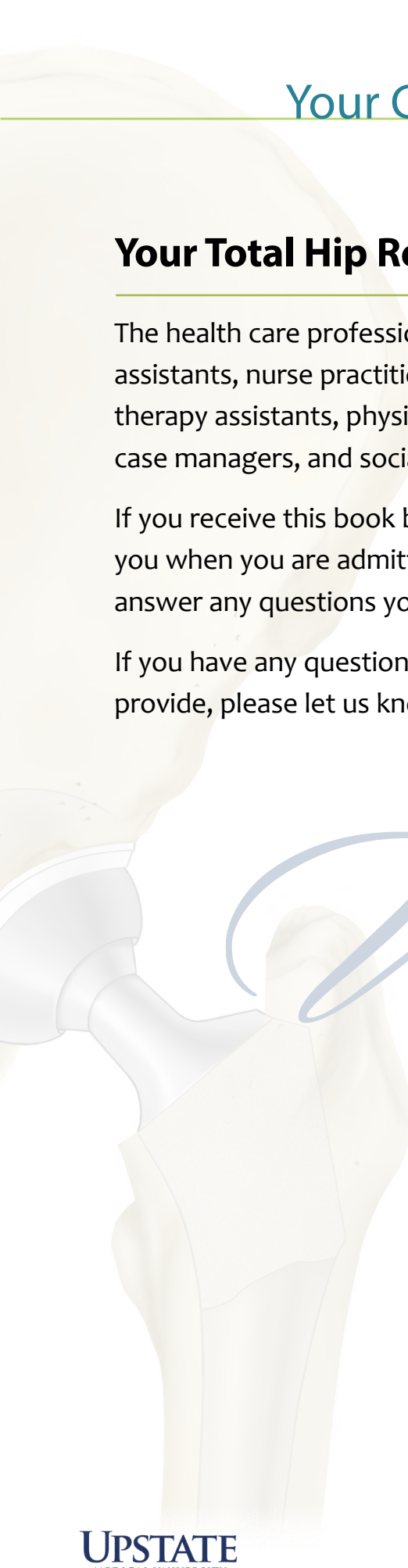
Introduction	3
Preparing for Your Surgery	4
Exercise Before Surgery	6
Managing Your Pain	8
After Your Surgery	9
Precautions	12
Activities of Daily Living	13
Exercises	15
Recovering from Surgery	17
Discharge Instructions	18
FAQs	19
Outpatient Therapy	20

Your Total Hip Replacement

The health care professionals involved in your care may include doctors, physician assistants, nurse practitioners, nurses, occupational therapists and occupational therapy assistants, physical therapists and physical therapist assistants, dietitians, case managers, and social workers.

If you receive this book before your admission into the hospital, please bring it with you when you are admitted for your surgery. This is so we can review it with you and answer any questions you may have.

If you have any questions regarding your care, treatments or the teaching we provide, please let us know. We hope you have a good hospital stay with us.



We Are Upstate

Drive Innovation & Discovery

Respect People

Serve Our Community

Value Integrity

Embrace Diversity & Inclusion

Total Joint Replacement

Preparing for Your Surgery:

Illness, injury, or surgery can cause changes in your life. Even if your hospital stay is short, things that can be affected during your recovery can include your ability to:

- Bathe or dress
- Cook
- Wash clothes
- Stand or bend
- Do hobbies
- Care for pets
- Grocery shop/do errands
- Clean
- Climb up and down stairs
- Drive your car
- Play sports
- Care for children and/or an older parent or spouse

Careful planning will help you prepare for these changes and will help make your recovery smoother. The more you prepare **before** you enter the hospital, the easier it will be after your surgery.

Consider these Questions:

Will you need help with any of the following? If so, who is available to help you?

- Getting around your home
- Bathing/dressing
- Preparing meals
- Grocery shopping
- Housework and laundry
- Yardwork or snow removal
- Caring for pets
- Medications
- Finances
- Emotional support
- Transportation

Asking for Help:

We encourage you to talk with family members and friends ahead of time, and let them know that you will need some assistance after surgery. We recommend that you designate a “coach”, or primary person to assist you through this process. This “coach” should attend the pre-operative class with you, and plan to attend at least one of your therapy sessions while in the hospital.

Please plan ahead to have someone available to drive you home from the hospital. You should also plan to have a friend or family member available to stay with you for the first week after surgery.

Your Guide to Hip Replacement Surgery

Get Your Home Ready:

One of our goals is to lower the chance of accidents in your home. Here are some simple changes you can make to decrease the chance of falls or injuries. Making these changes **before** your surgery will help make your recovery smoother.

Keep your walkway paths clear

- Arrange furniture so you can walk around easily.
- Watch for small pets and objects on the floor.
- Wrap up/tape down long electric and telephone cords.
- Remove throw rugs and check for uneven or loose flooring.
- Arrange to have outside paths and walkways cleared of snow and ice.

Place items that you use often within easy reach

- Keep a cordless or cell phone in your pocket.
- Store food and supplies that you use often in cupboards or on counters that are at waist to shoulder level.
- Place clothing that you use often in drawers and closets at waist to shoulder level.

Keep your floor and counter surfaces dry

- Get a non-slip mat for the bottom of your bathtub and outside of the tub/shower to prevent slipping.
- Make sure spills get cleaned up quickly.

Climbing stairs

- Move important items onto one floor.
- Consider keeping items you will need on the first floor if possible.
- Add sturdy railings to stairs.

Furniture in your home

- Place a supportive chair in your kitchen, bedroom, bathroom and on stair landing to complete tasks while sitting.
- Add firm pillows or cushions to low chairs. Make sure that your hips will be higher than your knees.

Total Joint Replacement

Exercise Before Surgery

Recovering from surgery can be physically demanding, and it will be easier if your body is in the best possible health before surgery. It is a good idea to exercise before surgery, if you are physically able to do so. The exercises below will help you prepare for a successful surgery. We also recommend that you walk or ride an exercise bike daily as tolerated to improve your endurance. If you do not feel you can do these exercises safely, a physical therapist can design a more individualized exercise program for you.

Chair Pushups



Sit in a chair with solid arms. Push down with both arms to lift your body weight out of the chair. Hold 2-3 seconds, then lower down slowly.

Standing Hip Extension



With hands on chair or counter for balance, stand on one leg. Lift opposite leg backwards, keeping knee straight. Keep trunk upright and toes pointing forward.

Heel Rises



Stand near a counter or wall for balance. Keep your knees straight and push up onto your toes using your calf muscles. Do not lean forward.

Standing Hip Abduction



With hands on chair or counter for balance, stand on one leg. Lift opposite leg to the side. Keep trunk upright and toes pointing forward.

It will also be helpful to practice the exercises you will need to do after surgery ahead of time. These exercises can be found on page 15. Practicing them now will make it much easier to do them correctly after your surgery.

Your Guide to Hip Replacement Surgery

Preparing for your Discharge from the Hospital

Even before you have surgery, we will work with you to create a safe plan for discharge from the hospital. An orthopedic nurse navigator, who has extensive experience working with patients preparing for joint replacement, will work with you from your initial physician visit through your surgery, recovery, and rehabilitation.

Prehab

We recommend you attend at least one physical therapy visit before your surgery, at the clinic you plan to use after surgery. This is known as “prehab”. The therapist will meet with you one-on-one and help you prepare for a smooth recovery. They can teach you how to use your walker and/or cane, and teach you the exercises you will need to do after surgery. These things are much easier to learn when you are not recovering from surgery, and will help your return home go much more smoothly. The therapist will also answer any questions you have, and help you prepare for surgery. Most clinics require a referral from your surgeon. Please make sure that you understand your insurance coverage for physical therapy prior to scheduling.

What is a Swift Hip?

Some patients are able to go home on the same day as surgery. This is called our “Swift Hip” program. This may be a good option for those who are relatively healthy and strong before surgery, and who have a good support system and accessible home. Your surgeon will discuss with you if they think you might be a good candidate. If you have not been specifically told that you will have a “Swift Hip”, then you will follow our standard protocol, which typically involves a one night hospital stay. Patients can expect the same outcomes and same high level of care regardless of the length of their hospital stay.

Total Joint Replacement

Managing Your Pain

Pain management is an important part of your care. Unfortunately, pain is a common experience after surgery. Good pain control helps your body rest and heal, and helps you feel better faster. Each person experiences pain differently and has different results from medications and other pain control methods.

We will ask you different questions about your pain and how you have handled pain in the past. We will ask you to describe what type of pain you have and where it is located. You will be asked often to rate your pain on a scale of 0-10, “0” being no pain and “10” being severe pain.

Self-Report Pain Scale



Rate	Description
0	No pain
2	Tolerable (and does not prevent any activities)
4	Tolerable (but does prevent some activities)
6	Intolerable (but can use telephone, watch tv, or read)
8	Intolerable (but cannot use telephone, watch tv, or read)
10	Intolerable (and unable to verbally communicate because of pain)

Cold packs are helpful to reduce pain and swelling, and you will be given reusable ice packs. The nurses and therapists will teach you how to safely use ice. Be sure to check your skin regularly and move the cold packs every 20 minutes, to prevent frostbite.

In addition to medications, there are other pain reduction methods that may help you. The following can help relieve your anxiety, decrease muscle tension, increase your circulation, and keep your mind off your discomfort.

- Relaxation techniques
- Breathing exercises
- Music
- Humor
- Changing positions
- Focusing on pleasant images

You are the best judge of your pain and things that help you, so please let us know what we can do to help you.

Your Guide to Hip Replacement Surgery

Immediately After Your Surgery

Some patients are scheduled to stay overnight in the hospital, while other patients are scheduled to have a “Swift Hip”, where you will go home the same day as surgery. This decision is based on your individual needs and will be discussed with you prior to surgery.

If you are having a Swift Hip, the physical therapist (PT) will see you in the surgery center 1-2 times on the day of surgery. If you are staying overnight, the PT will evaluate you in your hospital room within a few hours after surgery, unless it is very late in the day. In this case, your nurses will help you get out of bed and start walking.

The PT will review your restrictions or precautions with you, and teach you some exercises to start to strengthen your muscles and prevent blood clots. The therapist will assist you out of bed and help you walk as much as possible. They will finalize any equipment recommendations and answer any questions you may have.

Aim to do ten repetitions of these exercises every hour while awake:

- Ankle pumps: pull your toes back, then point all the way down

- Quad sets: tighten your thigh muscle and push your knee down

- Gluteal sets: squeeze your buttock muscles, as if you are trying not to pass gas

Getting out of bed early is very important to decrease your risk for complications and help you go home as soon as possible. You may feel drowsy, lightheaded or sick to your stomach. These feelings are common and your nurse and therapist will help you work through this to successfully start your recovery.

Total Joint Replacement

The Days After Surgery (if still in the hospital)

- Your physician assistant or nurse practitioner will visit daily to monitor your progress.
- You will have physical therapy each day that you are in the hospital. You will practice walking and getting in and out of bed, and do exercises to strengthen your hip. You may also practice climbing stairs, if you will need to climb stairs in your home.
- The occupational therapist (OT) will evaluate your ability to care for yourself, including tasks like getting dressed and using the toilet. The therapist will teach you how to use special equipment to dress and bathe yourself. Some patients may need additional OT sessions during their hospital stay, while others will not.
- With assistance, you will get out of bed to sit in a chair frequently. Please remember not to cross your legs or bend at greater than a 90 degree angle at your hip, if recommended by your doctor. You will also be able to walk to the bathroom and in the hallway with your nurse, once it is safe for you to do so.
- Continue to do ankle pumps, quad sets (thigh squeezes), and gluteal sets (buttock squeezes), ten times every hour while awake. (See page 15)
- It is helpful to take pain medication about 30 minutes before you go to physical therapy. You should also be applying ice packs to your hip regularly with assistance from your nurse. Make sure to check your skin regularly.



Your Guide to Hip Replacement Surgery

Discharge from the Hospital

The case manager will meet with you if you are staying overnight after surgery, to help monitor your progress and review your discharge plan. S/he will order any necessary equipment (like a walker) and help arrange any home care or inpatient rehabilitation that you may need.

Many patients will be ready to go home from the hospital on the first day after surgery. You may be able to go home if you are able to walk and get in and out of bed safely. Your medical team will also determine if you are medically stable for discharge.

The length of your hospital stay will depend on several factors: your progress with therapy, pain control, and stability of any other medical problems. Once you are safely getting out of bed and walking, your pain is manageable using ice and pain medications, and you are medically stable, you will be discharged. Your entire health care team, including your surgeon and his team, case manager, nurses and therapists will monitor your daily progress to help determine when you are ready for discharge. Almost all patients are discharged within 1 to 2 days after surgery.



Total Joint Replacement

Precautions

Your surgeon will request that you avoid certain positions after surgery, to decrease your risk of having problems with your new hip as it heals. Different patients will have different precautions, depending on the location of your incision and type of surgery. Your therapist will instruct you in which of the following precautions you need to follow.

☐ Posterior Hip Precautions:

Do not bend your hip beyond 90 degrees.

Do not rotate your hip inward.

Do not cross your legs. Keep a pillow between your legs while resting.



☐ Anterior Hip Precautions:

No forceful or excessive hip extension.



☐ Lateral Hip Precautions:

Do not actively move your surgical leg out to the side.



Your Guide to Hip Replacement Surgery

Tub / Shower Transfer

You may need someone to help you when you transfer in and out of tub/shower.



1. Using walker if necessary, back up to the tub bench. With one hand on walker and one hand on bench, lower yourself down.
2. While sitting on bench, slide your hips to the inside of tub. Extend operated leg and lift over tub edge.

Toilet Transfers

You may need a raised toilet seat depending on your ability to move from sitting to standing.



Slowly lower yourself onto the toilet. If you need a walker, use one hand to support yourself on a secure surface (not the walker).

Climbing Stairs



To go upstairs:

Hold onto rail if available. Start close to bottom step. Step up with non-operated leg, then lift operated leg and cane.

To go downstairs:

Hold onto rail if available. Place cane on lower step. Step down with operated leg, then follow with non-operated leg.



Total Joint Replacement

Maintaining Your Independence:

Adaptive Equipment for Use After Surgery

Equipment can help increase your independence with your daily living skills (ie. bathing & dressing). Using this equipment will also help you maintain posterior hip precautions.



Reacher (left): Use to pick up objects from the floor. You can also use when dressing to put on pants or undergarments. (Place waistband in “jaw” of reacher, and pull over each leg). Always dress operated leg first and undress it last.

Long Handled Shoe Horn (right): Use to put on shoes. Place in heel of shoe and slide foot in (use with elastic shoelaces).

Elastic Shoelaces: Use like regular shoelaces, but leave tied at all times. Be sure to lace through hole in tongue of sneakers.



Long Handled Sponge: Use to wash lower extremities and back.



Sock Aid (left): Use to put on socks. Follow written instructions that came with the sock aid. To remove socks, use your reacher (right) or long handled shoe horn.



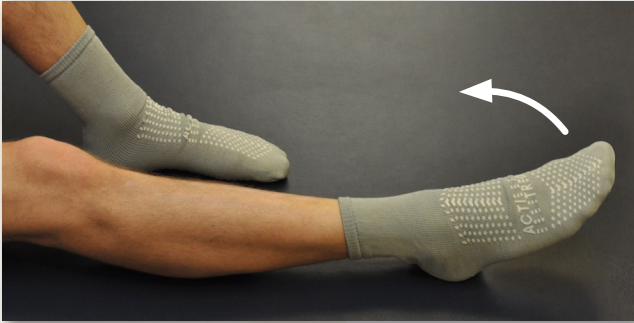
Other Equipment may be recommended. These may include: a raised toilet seat or commode, shower bench and/or tub seat, or rarely a hospital bed. These may not be covered by insurance, and will only be ordered as deemed necessary by you and your healthcare providers.

Your Guide to Hip Replacement Surgery

General Exercises

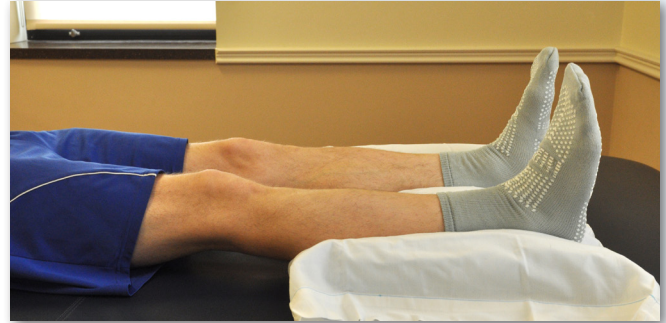
Complete these exercises twice a day, working up to 3 sets of 10 repetitions. Not all patients should do all of the exercises below. Your therapist will check off the exercises you should do, and instruct you in how to do them correctly.

☐ Ankle Pumps



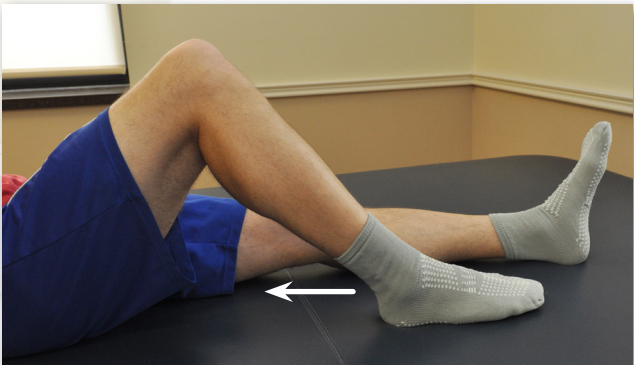
Pull foot up as far as you can, then point foot down. Do these every hour while awake.

☐ Quad Set



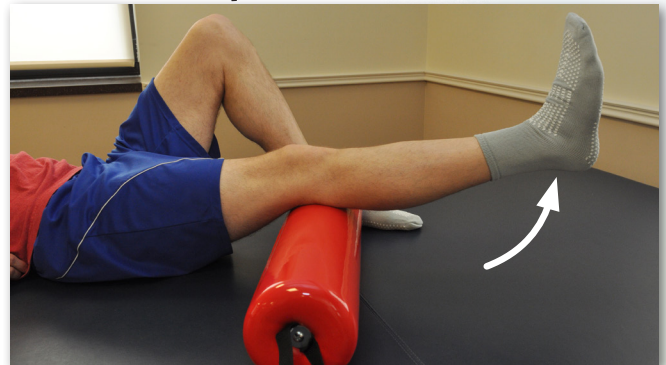
Tighten thigh muscle, trying to push the back of the knee down into the bed. Hold 3 seconds.

☐ Heel Slide



Slide heel along surface, bending knee toward chest. Then return to starting position.

☐ Short Arc Quad



With pillow or rolled blanket under knee, straighten knee and raise foot. Hold 3 seconds. Lower slowly.

☐ Gluteal Sets



Tighten buttocks muscles. Hold 3 seconds.

Total Joint Replacement

☐ Long Arc Quad



Slowly straighten knee. Hold three seconds. Slowly return to starting position.

☐ Supine Hip Abduction



Slide one leg to the side as if you are making a snow angel. Keep your leg flat on the mat.

☐ Standing Hip Abductions



With hands on chair or counter for balance, stand on one leg. Lift opposite leg to the side. Keep trunk upright.

☐ Standing Hip Extension



With hands on chair or counter for balance, stand on one leg. Lift opposite leg backwards, keeping knee straight. Keep trunk upright and toes pointing forward.

☐ Hamstring Curl



With hands on chair or counter for balance, bend knee to bring your heel toward your buttocks. Keep trunk upright, and do not lift your knee forward.

☐ Mini Squat



With hands on chair or counter for balance, slowly bend knees, as if you are starting to sit in a chair. Keep your knees behind your toes. Slowly stand up.

Walk with your assistive device, as instructed by your PT, at least 5 times per day. Make sure you are walking with good form, and try to increase your distance a little bit each day.

Your Guide to Hip Replacement Surgery

Recovering from Surgery

No matter how healthy you are or how much you prepare for surgery, going home from the hospital will be an adjustment. You may experience anxiety and wonder if you are ready to be at home. This is normal. You will feel better with each passing day. You will likely experience a number of changes in your body, not just in your hip. You may experience poor appetite, low energy, constipation, and difficulty sleeping. These things are all a normal response after surgery, and will improve with time.

Some things that may help include:

- Try repositioning frequently. Change position or move your hip every 30-45 minutes during the day. It is good to get up and walk frequently, and try to increase your overall walking distance a small amount each day.
- Take your pain medicine about 30 minutes before a therapy appointment or other increase in activity. Over time, try to wean down the amount of pain medicine you are taking, as medications do have side effects and you may feel better overall once you no longer need them. You should also use ice regularly to help control the pain and swelling.
- Make sure to eat a healthy diet, and drink plenty of fluids.
- Engage in activities you enjoy, such as reading, watching movies, listening to music, making phone calls to friends, or visiting with family. There are lots of things you can do to keep busy, while still resting your hip.

While you will generally feel better as the days pass, it is normal to have some ups and downs along the way. Do not get discouraged if you have a temporary increase in pain, or if you have more difficulty during a therapy session, or find that you just need to lie down for a nap. Try to stay positive and focus on the things that are improving, and not worry about the things that are still difficult for you.



Total Joint Replacement

Discharge Instructions

Do:

- Follow the precautions you were taught by your therapist. (see page 12).
- Sit in a chair, such as a firm straight backed chair with arms, which helps maintain good hip alignment and makes standing and sitting easier.
- Use your elevated toilet seat for at least six weeks after surgery.
- Wear loose clothing that allows free movement of your legs. Wear comfortable shoes such as sneakers.
- Continue the exercises you were doing in the hospital as taught by your therapists. Your outpatient therapist will help you progress these as you get stronger.
- Walk as much as you can but avoid becoming too tired.
- Elevate your leg while sitting or lying.
- Tell your doctor or dentist that you had hip replacement surgery if you require any of the following: dental work, other surgery, diagnostic procedures, or you think you might have an infection. The doctor may wish to order antibiotics for you before any of these procedures to prevent the possibility of an infection developing in your joint replacement.
- Take your pain medication 1/2 hour before increased activity, if needed.
- Continue to do your deep breathing and coughing exercises using your incentive spirometer after discharge.



Your Guide to Hip Replacement Surgery

Frequently Asked Questions

When can I take a shower?

The typical dressing is waterproof, so you may usually shower any time after surgery. Do not soak or scrub the incision. To shower safely, you may need equipment such as a long-handled sponge and shower chair, and may need assistance from another person.

When can I drive?

You may not drive while taking any narcotic pain medications. Do not drive until you have regained the range of motion, strength and reaction time to drive safely, including reacting to any sudden situations. This is different for everyone. Realistically, those having a left hip replacement may be able to return to driving an automatic vehicle sooner than those having a right hip replacement.

Will my new joint set off the metal detectors at the airport?

Your joint replacement is made of metal alloy and may or may not be detected when going through some security devices, depending on the implant used. Inform the security agent that you have a metal implant. The agent will direct you on the security screening procedure.

Can I get a handicap parking permit?

You may be eligible for a temporary handicap permit, which would be issued by your town, city, or village. Your surgeon's office can help you complete the paperwork.

How do I get in and out of a car?

Most patients will travel in the front passenger seat. Have someone move the car seat all the way back, and recline the seat. Back up to the seat and hold on to the car seat or the dashboard (not the car door) as you sit down, and then rotate in the seat to lift your legs into the car.

What do I do if I need dental work?

We strongly advise that you have a dental checkup before surgery, and get any dental work taken care of several weeks before your surgery. Do not plan to visit a dentist for at least 3-6 months after surgery, unless it is an emergency. Discuss any future dental care with your surgeon, as he may recommend antibiotics before any future dental work.

Continuing Your Rehabilitation

Outpatient physical therapy offers rehabilitation with an individualized program for increasing strength, range of motion and mobility. The goal of outpatient therapy is to maximize your function and return to or beyond your previous functional level.

***Upstate's Regional Rehabilitation Center offers
outpatient physical therapy at six locations:***



Institute for Human Performance
505 Irving Avenue
Syracuse, NY 13210



Health Care Manlius
102 West Seneca Turnpike
Manlius, NY 13104



Bone & Joint Center
6620 Fly Road
East Syracuse, NY 13057



Western Lights
4671 Onondaga Boulevard
Syracuse, NY 13219



Township 5
208 Township Boulevard
Camillus, NY 13031



Clay
8687 Carling Road
Liverpool, NY 13219

***Please call 315-464-6543 to schedule an
outpatient physical therapy evaluation.***

UPSTATE
MEDICAL UNIVERSITY