

Patient's Complete Guide to Total Joint Replacement

MCKINLEY ORTHOPEDICS AND SPORTSMEDICINE



McKinley
Orthopedic & Sports Medicine

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Questions?

For general questions please call or email:

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After Hours

In the event of a medical emergency please call 911 or go to the nearest emergency room. For non-emergency after hours questions please call our message line at 907-987-0575.

Facility Questions

For questions regarding The Surgery Center of Fairbanks please contact 907-458-7263.

For questions regarding Fairbanks Memorial Hospital please contact 907-458-5500.

Welcome to McKinley Orthopedics and Sports Medicine

Thank you for choosing the skilled physicians and staff at McKinley Orthopedics and Sports Medicine for your Total Joint Replacement. We are honored to be your top choice for orthopedic care in Fairbanks, Alaska.

We hope to make your experience as convenient, comfortable, beneficial, and safe as possible. This short guide will guide you through the Total Joint Replacement experience as well as give you a source of reference material to help answer any questions you might not have asked while you were in the office.

Please review this guide before your date of surgery and discuss its contents with your family.

Joint Replacement Pre-Op Education

In-Person Class

Fairbanks Memorial Hospital offers a pre-op class for patients scheduled for total hip or total knee surgeries. This class is offered the first and third Wednesday of every month with check-in at 5:45 PM. To register please contact the FMH Education Department at 458-5580.

Online Videos

Please visit our website for educational videos available at your convenience to assist you in preparing for surgery and recovery.

Contact Us

Our surgical planners and providers at McKinley Orthopedics are always happy to answer your questions and help you prepare for surgery. Pre-Op teaching appointments are available upon request.

Introduction

Meet Our Providers



Timothy Carey, DO



Jennifer Malcolm, DO



Dayna Daku, PA-C



Ambria Ptacek, PA-C



Benjamin Johnson, PA-C

Total Hip Arthroplasty

Total Hip Arthroplasty is the technical medical term for a hip replacement. The word “arthroplasty” breaks down to mean the surgical repair or restoration of a joint. The first total hip replacement was successfully completed in 1947. Since then, many advances have been made in technique, tools, and implants used to make outcomes the most desirable for the patient.

The purpose of the total hip arthroplasty is to surgically repair the working surfaces of the hip joint: the “ball” of the femur and the acetabulum which is the “socket” that the ball rotates in. Osteoarthritis causes wear and irregularity on both of these surfaces which causes you pain! By replacing these surfaces with implants, your pain is significantly relieved and your hip function increases so you can return to your active lifestyle!

Dr. Carey uses Smith and Nephew implants for all of his total hips. Smith and Nephew implants are on the cutting edge of technology for hip implants. Dr. Carey uses these implants to make sure you get the best outcomes from your surgery. X-Rays of your hip are required before surgery.

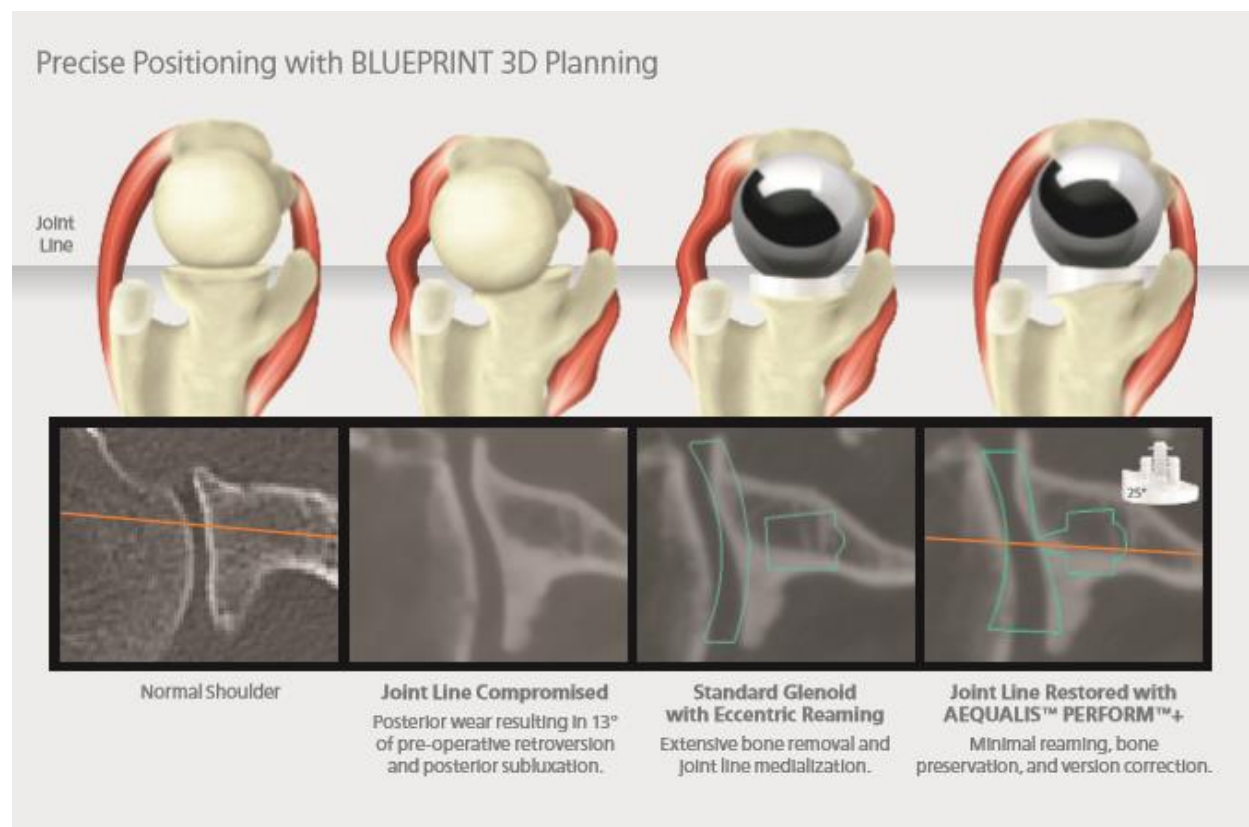


Total Shoulder Arthroplasty

Total shoulder arthroplasty is the medical term for a shoulder replacement. Shoulder replacements are most often used to treat severe osteoarthritis of the shoulder. There are three types of shoulder replacements: total shoulder, hemiarthroplasty, and reverse total shoulder. Dr. Carey will discuss which surgical option is best for you.

Dr. Carey works with Tornier to plan the best possible outcomes for your surgery ahead of time. Using Tornier Blueprint software and CT imaging of your shoulder, Dr. Carey is able to virtually recreate your shoulder replacement ahead of time. Then, using patient specific guides, Dr. Carey uses this software intraoperatively to ensure that your implants have the best fit and the procedure runs smoothly and quickly.

Patient specific guides reduce the risk of post-operative complications such as loosening of the implant or pain related to the implant. They enable your joint to work harder for you with less pain so you can return to your active lifestyle.



Total Knee Arthroplasty

The first total knee replacement was successfully completed in 1968. Since then, many advances have been made in technique, tools, and implants used to make outcomes the most desirable for the patient.

Smith and Nephew's Visionaire technology uses information from MRI and full leg x-rays to create a 'custom fit' implant that is aligned and sized to your individual anatomy.

Weeks before surgery we order x-rays of your entire leg and MRI of your knee. Then, all of the imaging is submitted to Smith and Nephew's processing department. Smith and Nephew will then create your implant and ship it to the facility at which you will be having surgery to ensure it is immediately available to Dr. Carey intraoperatively.

Custom fit implants reduce the risk of post-operative complications such as loosening of the implant or pain related to the implant. They enable your joint to work harder for you with less pain so you can return to your active lifestyle. Visionaire implants also eliminate untimely sizing and alignment processes intraoperatively and reduces the amount of time that you have to spend in the operating room.

Before preoperative testing and clearances begin, we must first obtain the necessary imaging to build your custom implant. You will find an order for MRI in your surgery folder along with all necessary testing orders. Please schedule your MRI promptly to ensure we have the implant available to us on your requested surgery date. Full leg x-rays are also required and will be taken in our office.

If you choose not to proceed with a Visionaire Total Knee, Dr. Carey is very experienced in providing a regular total knee replacement. We will still require x-rays of your knee to select the best stock implant for you.



What to Expect

Before any joint replacement there is a process of pre-operative testing and clearance. It is important that we make sure that you are in good health before we proceed with any large surgery. Clearances will need to be obtained from both your primary care physician as well as your dentist. If you see a cardiologist, we will also need a cardiac clearance.

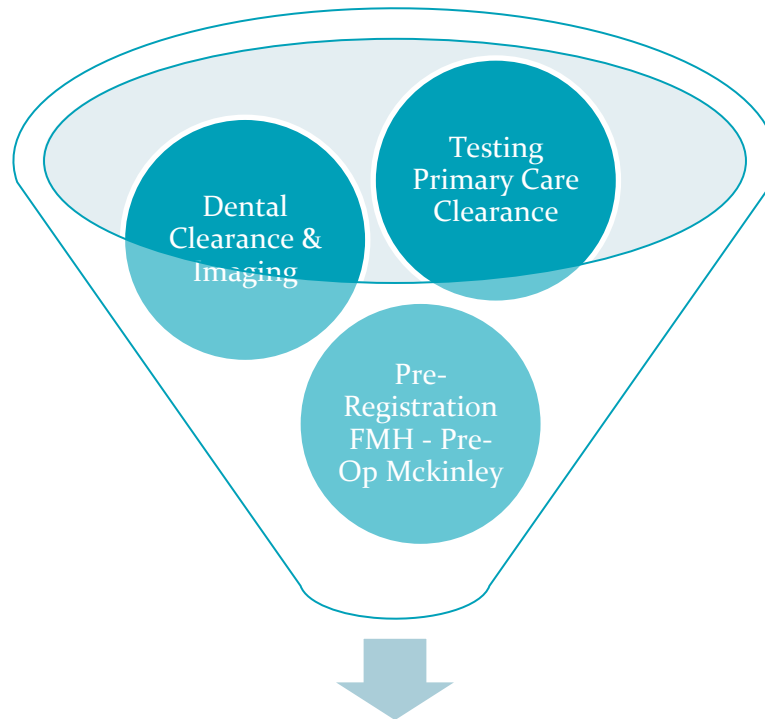
If you do not have a primary care physician please make an appointment with Dr. Malcolm so she can review your testing results and evaluate you for clearance. Please remember that all testing and clearances besides your dental clearance and EKG must be within 30 days of surgery.

After you have obtained all of the required testing, imaging, and clearances you will meet with Dr. Carey for a formal pre-operative planning appointment. At this appointment Dr. Carey will answer any questions you might have about the surgery and give you your post-operative medications. This appointment is typically the day before surgery.

Fairbanks Memorial Hospital will contact you between 2 and 4pm to inform you of your surgery time and let you know when you should check in. After surgery you will spend one night inpatient at Fairbanks Memorial Hospital and be discharged on day 2. You may begin physical therapy at this time.

Your follow up appointment with McKinley will not be until two weeks after surgery. At your follow up appointment, we will remove your sutures or staples and examine your knee to ensure that it is working properly. If you would like to be seen sooner for any reason please contact McKinley Orthopedics at 907-456-3338.

Pre-Operative Process



Total Joint Replacement

The pre-operative process is very thorough and may seem exhausting, but it is imperative that each step is completed to ensure that your body can withstand the demands of surgery and also to ensure that your surgery is successful and does not need to be revised in the future.

You will be given orders in your surgery folder for the following tests:

CBC, CMP, Chest X-ray, UA, EKG

Please have these tests complete before your appointment with your primary care physician. Remember these must have been done within 30 days of surgery – no sooner. Your EKG and Dental clearance must have been done within the last 6 months. Please contact Fairbanks Memorial Hospital for pre-registration appointment.

Preparing for Surgery

In addition to all of your pre-operative clearances and testing, it is important to make sure that your body and your environment are equally prepared.

Things to do to prepare your body in the weeks before surgery include:

- Stop smoking
- Eat a healthy diet
- Exercise as instructed by your surgeon
- Drink plenty of water
- Attend FMH's Joint Replacement Class (Information in your folder)
- Discontinue certain medications as instructed by your doctor

Beginning 5 days before surgery you must clean the skin around your nostrils with the iodine swabs provided to you. This must be done every day for 5 days.

Beginning 5 days before surgery you must use the CHG scrub sponges provided to you to clean the entire area of your knee in the shower. This must be done every day for 5 days.

Preparations to your home environment will need to be considered especially if you have stairs in your residence. For the first few weeks after a total hip replacement, stairs will be difficult to navigate especially with a walker. Things to do to prepare your environment include:

- If your bedroom is located up stairs find a place where you can sleep and access the things you need down stairs.
- If many stairs are required to access your residence look into staying with a friend or relative.
- Rearrange your furniture to allow you enough room to move with a walker.
- Remove any loose electrical cords or other tripping hazards.
- If you have pets, arrange for a friend or family member to care for them during your hospital stay.

- Prepare a rest station for yourself with essentials like water, your medications, a telephone, and entertainment items.
- Make sure to install your shower chair and raised toilet seat before your date of surgery.

Remember to take a thorough shower using the CHG sponges given to you the night before surgery and the morning of surgery. You cannot have anything to eat or drink after midnight unless otherwise instructed by medical staff.

Pre-Op Considerations

- DO NOT schedule dental working, including routine cleanings, for 60 days after your surgery.
- The current recommendations for patients that have had a joint replacement is that one dose of antibiotic be taken prior to dental care for the rest of your life.
- High blood sugar, smoking, and obesity all increase the risk of infection and poor wound healing. If any of these are concerns for you prior to surgery please consult your primary care doctor to ensure that yours risks are managed for best post op outcomes.
- Hot tubs and hot baths must be avoided for at least six week after surgery.

Medications

Please ensure that you bring a comprehensive list of all of your medications and allergies to your pre op appointments with your surgeon and with your facility.

Exercises

Joint pain can diminish levels of activity in patients leading up to total joint replacement, but less activity can lead to less muscle strength which impacts the healing process. It is important to keep your muscles strong leading up to surgery. The following exercises are meant to strengthen muscles that are crucial to healing after a total joint replacement. Make sure that you start these exercises off slowly, do them correctly, and do them on both sides of the body.

If you experience an increase in pain while doing these exercises, STOP!

Exercise	Date	Date	Date	Date	Date	Date
Gluteal Sets						
Hamstring Sets						
Quad Sets						
Calf Raise						
Chair Press						
LAC						

Total Knee Arthroplasty (TKA)

Total Hip Arthroplasty (THA)

Preparing for Surgery:

Warming Up:

Your knee or hip pain, caused by arthritis, has limited your walking and functional activities, and has kept you from being active and exercising like normal. It is important to keep your activity level up as much as possible. Less pre-operative activity leads to decrease in muscle mass and strength, that you will need immediately following your joint replacement surgery. Being active each day helps prevent muscle loss.

Performance:

On the following pages, there will be detailed instructions on what exercises to perform. Be sure to start off slowly while performing each exercise.

Pre-Operative Exercise

Pre-operative exercise is an important component of joint replace recovery. It slows down the loss of muscle and maintains function.

If an exercise is increasing your pain, then stop that activity at that time or modify the exercise.

Pain:

Pain has been your primary limitation leading up to the surgery, lowering your tolerance for exercises and completing daily tasks. If the exercises are increasing your pain while you are performing them, STOP. Make sure to listen to your body.

Physical Therapy:

It would be beneficial to enter a pre-surgical physical therapy program, prior to your surgery, to get your muscles stronger and joints moving. A physical therapist can help you with your exercises and make sure you're performing the exercises safely and effectively.

Your surgeon will provide you with a physical therapy prescription and start date post-operatively. It is important to get started within 1 week post-operatively.

Instructions for Exercises:

- Perform exercises at a tolerable level
- Make sure to perform with the proper form and technique
- Do not hold your breath when performing the exercises

Exercises:

Quad Sets



- Begin in sitting upright with one knee bent
- Contract your quadriceps muscle, straightening leg fully, while pushing knee into surface; feeling the muscle on the front of your thigh tighten
- Hold 5seconds and rest
- Repeat 15-20 times and repeat with other leg

Gluteal Sets



- Tighten the muscles in your buttocks, hold 5seconds, then relax
- Repeat 15-20 times

Hamstring Sets



- Begin sitting with both knees bent,
- Pull your heel down into ground tightening muscles on back of thigh, hold 5seconds, then relax
- Repeat 15-20 times

Long Arc Quad (LAQ)



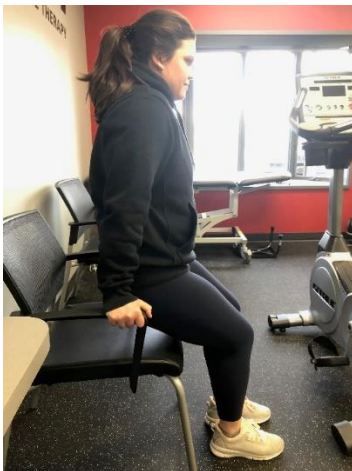
- Begin sitting at edge of table or in chair with feet flat on ground
- Slowly straighten one knee as much as possible, hold and return to starting position
- Move through a tolerated range of motion
- Repeat 15-20 times on each leg

Calf Raise



Chair Press

The purpose of this exercise is to strengthen your arms for use of your walker or crutches after surgery



Standing with both feet flat on the ground with hand support as needed

- Rise up onto toes, hold for 3seconds and return to starting position
- Repeat 15-20 times
- While seated in a chair with armrests press down into your hands to lift your body up and out of chair, trying to straighten your arms
- Try not to use your legs too much or shrug your shoulder

- Return slowly to starting position in the chair
- Repeat 15-20 times as tolerated

7 to 10 Days Prior to Surgery

Stop medications if necessary.

Some medications may need to be stopped before surgery. Refer to your physician's pre-operative instructions regarding your medications.

-You CAN take Tylenol for pain

-If you take a blood thinner such as Xarelto, Coumadin, Plavix, Pradaxa, or Arixtra, check with the physician who prescribes this medication about when to stop these medications before surgery.

Plan for Physical Therapy after Discharge

You will be given an outpatient physical therapy order before surgery. Discuss with your surgeon when you should begin physical therapy and arrange your appointments ahead of time. The less complicated you can make your life in the weeks after surgery the better!

Modify Your Home

Planning ahead to ensure that your healing environment is optimized for you after surgery is crucial to your recovery. Make sure that you have obtained all required Durable Medical Equipment prescribed for you and consider having a friend or relative help you rearrange your furniture or other items so they will be easily accessible given any limitations after surgery. If you are having a shoulder replacement, we highly recommend that you have a recliner available to you for use after surgery.

Plan for Post Surgery Care

It is important to ensure that you are prepared to have your daily needs met after surgery. Make sure you have thought about who will prepare your meals, drive you to appointments, or care for your pet.

Pre-Operative Showers

It is important to maintain excellent hygiene in the weeks leading up to surgery. Frequent handwashing and showers using the CHG scrub sponges provided to you will help your surgical team control your risk of infection after surgery. These scrub sponges are made with 4% chlorhexidine gluconate which is a similar antibacterial compound to what the surgeons use to cleanse their skin prior to surgery. If you are allergic to CHG please let your surgical planner know.

DO NOT use CHG on your face or near your eyes.

DO NOT shave or use hair removal products near your surgical site starting 48 hours before your procedure.

DO NOT apply any lotions, powders, perfumes, or ointments to the body areas that have been cleansed with CHG>

Morning of Surgery

Pack your hospital bag (toiletries, extra clothing, book or magazine, medication list, insurance card, ID, regular medications)

- Remember to bring your eyeglasses, hearing aid, CPAP or BIPAP machine, and a current list of medications.
- Make sure all of your home preparations are complete and arrange for pet care if necessary.

No Food No Drink



After Midnight

- Take your regular medications with a small sip of water.
- Shower using CHG soap provided to you at your preop appointment.
- Clean the skin around your nostrils with iodine swab provided to you at your preop appointment.
- Brush your teeth and rinse without swallowing.
- Leave valuable possessions with a friend or relative.
- Wear loose comfortable clothing.
- Double check with the person that will be picking you up at discharge that they are available.

**DO NOT EAT
OR DRINK
ANYTHING AFTER
MIDNIGHT EXCEPT
WATER**

**DO NOT
SHAVE OR USE
HAIR REMOVAL
WITHIN 48 HOURS
SURGERY**

Your Hospital Stay

The day before surgery your facility will contact you between 3:00 and 5:00 PM with the scheduled time of your surgery and any additional information you might need.

If your surgery is on Tuesday FMH will call you on Monday afternoon. If your surgery is on Thursday the Surgery Center will call you on Wednesday afternoon. If you have not heard from your facility by 4:30 PM the day before surgery please contact that facility.

Surgery Prep

After you have been checked in to your facility you will be taken to a preoperative holding area. Here a nurse and your anesthesia team member will discuss and perform final preparations for your surgery. These might include:

- Taking your vital signs and changing you into a gown
- Placing an intravenous line
- Further cleansing of the surgical site with CHG
- Verification of the type of surgery that you're having and the location

The surgeon will then mark your surgical site and confirm your consent form. You might also receive anesthetic in the form of a nerve block to help with pain relief after surgery.

In the Operating Room

After all preoperative preparations have taken place and you enter the operating room the OR and Anesthesia teams will apply leads for monitoring and administer anesthesia. Your surgeon will then perform your procedure will the Anesthesia team continues to monitor and remain with you. At the completion of your procedure you will be transferred to recovery in the Post Anesthesia Care Unit (PACU).

Post Surgery

After surgery you will remain in PACU with a nurse to care for you until discharge or until you have been moved to a room on the Surgery and Orthopedic Nursing Unit (3 West at FMH).

While you are in PACU, your nurse will continue to monitor your vital signs and administer medication. Your family member can join you in PACU or in your hospital room.

If you are to be admitted to the hospital and stay over night you will have a team of professionals monitoring you under the supervision of your surgeon. These professionals help monitor and aid your recovery until discharge. The nurses will ask you about your pain, perform a nursing assessment, and give you food and drink as tolerated. They will care for your surgical dressing and instruct you to perform exercises that will speed your recovery. Full compliance with nursing staff is appreciated.

To ensure infection control please maintain excellent hygiene and hand washing practices while in the hospital and after discharge.

After Surgery

You will spend your first night after surgery inpatient at Fairbanks Memorial Hospital and the watchful eye of your perioperative team. You will be discharged the next day. A friend or relative over the age of 18 must be present for you at discharge. Occasionally patients stay more than one night in the hospital. Extension of hospital stay is determined on a case by case basis. If you've had a total shoulder replacement you will not be required to stay overnight.

It is important that your thigh high compression socks stay on for the first six weeks after surgery. These socks reduce pain and swelling as well as reduce the risk for post-operative complications.

Post-operative pain typically peaks between 1-3 days after surgery. Ice your hip and take your medications as directed for maximum pain relief.

A prescription has been sent to Alaska Medical Solutions for a representative to come to your house and set up a rental Game Ready machine for use for the first 4-6 weeks after surgery. This machine circulates cold water and compresses the hip for pain relief.

After discharge, remember to schedule for first physical therapy appointment for the soonest available date after discharge. Physical therapy is necessary for positive surgical outcomes.

Your post-operative appointment will be two weeks after your surgery. At this appointment we will check your healing, possibly remove your staples or sutures, assess your progress in physical therapy and answer any questions you have.

If you would like to be seen sooner for any reason please contact the office to schedule an appointment.



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Post-Operative Complication Prevention

DRESSINGS

A surgical incision is bacteria's most direct route into your joint. Your surgical incision will be approximately 6-8 inches in length and covered by a water-resistant dressing. It is very important that surgical dressings remain clean and dry until your incision has healed. Some patients have developed ways to keep their surgical dressing dry while showering but it is recommended that you sponge bathe until your dressing can be removed.

If for any reason your dressing becomes dirty, saturated in any liquid, or has a foul smell please contact the office immediately for a dressing change. To prevent infection, do not sleep with your pets for at least two weeks after surgery.

MEDICATION

You will be given a 14-day course of Xarelto (a prescription strength blood thinner) to prevent the risk of post-operative blood clots. After you have finished your course of Xarelto you must take one full dose (325mg) aspirin once daily for 30 days. It is important to take these medications faithfully and as directed for your safety.

ACTIVITY

Many patient's feel much better very shortly after surgery. It's important to remember that although your hip might hurt less than before surgery you are still recovering from a total joint replacement. It is normal to feel tired for several days after surgery. Resume your normal activity level gradually.

Tips for Sitting

- Use a comfortable chair with armrests
- Do not sit for more than 45 minutes at a time
- Elevate your legs
- Ensure that you are following all precautions given by your surgeon.

Tips for Walking and Exercise

-Start walking immediately. Activity reduces the risk of blood clots, swelling, and stiffness.

-Walk small distances frequently.

-Wear good fitting shoes with tread and walk on a flat surface.

Tips for Pain Relief

-Take your pain medications as prescribed.

-Use ice at least two to three times per day for the first two weeks.

Tips for Sleeping

-Consider taking a short rest two times daily.

-Be patient with your body – sleeping will be difficult for the first few nights after surgery as your pain level decreases.

-If you've had your shoulder replaced consider sleeping at a 45 degree incline in a recliner.

Contact the office immediately if:

- You suspect you might be sick
- Your temperature rises above 100.5
- You have increased pain or swelling more than 3 days after surgery
- If you saturate your dressings with blood
- If your dressing becomes wet, dirty, or smelly

It is important to ensure you are giving your body it's best chance at a healthy recovery. Eat a healthy diet, sleep well, and take proper care of your surgical incision. Do not wear artificial nails, smoke, consumer alcohol, touch your incision, use lotions or powders, or touch your surgical incision. Keep your body and your hands clean and avoid contact between pets and your surgical incision.

Anticoagulants

Your surgeon will prescribe an anticoagulant (blood thinner) for use after surgery. Anticoagulants are safe and effective if they are used as instructed by your surgeon. However if you experience any of the following you must call your surgeon or immediately:

- Increased bleeding from your surgical site
- Chest Pain
- Vomiting, nausea, or fever
- Shortness of breath
- Confusion
- Nosebleed
- Pain in foot or hip
- Blood when brushing teeth
- Dizziness, numbness, or tingling
- Rapid or unusual heart beat
- Coughing or vomiting blood
- Blood in urine
- Bruising for no reason

Things to Avoid While Taking Anticoagulants

While taking blood thinners you should always avoid drinking alcohol. Ensure that your orthopedic surgeon has an updated list of your medications to ensure that you are not currently on any medication that could react negatively with blood thinners. You should also avoid using a straight edge razor or engaging in any activities that increase your likelihood of breaking your skin or bleeding.

If you notice any concerning symptoms that you believe to be potential post-operative complications please contact our office immediately.

Tips for Recovery

- Stay Hydrated
- Eat a healthy, well balanced diet
- Take your medications as prescribed
- Follow the lead of your physical therapist
- Ask your surgeon questions
- Don't compare your surgical experience to others – every body is different!
- Work on your at home exercises 3-4 times daily
- Use your durable medical equipment until your physical therapist weans your off of it (walker, shower chair, raised toilet seat)
- Wear your compression socks for 6 weeks after surgery

Call 911 IMMEDIATELY if you experience:

-Sudden chest pain

-Shortness of breath

-Sweating -Confusion – Difficulty breathing

Forms Included

- Lab Orders
- DME Orders
- Imaging Orders
- Pre-Operative Checklist
- Joint replacement class information
- Game Ready Prescription

Please call our office with any questions or requests at 907-456-3338.

If you require non-emergency after hours assistance please call our message line at 907-987-0575.