

*The Bone and Joint Center*  
Magee-Womens Hospital of UPMC

*Let Your  
Journey To Wellness  
Begin*

Your Guide to Rapid Recovery After  
Joint Replacement Surgery



*The Home Team Advantage*

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# Welcome!



## CONTACT INFORMATION

Magee-Womens Hospital .....	412-641-1000
Orthopaedic Inpatient Unit.....	412-641-8611
The Orthopaedic Program.....	412-641-8643
Physical/Occupational Therapy .....	412-641-4488
Gift Shop .....	412-641-4180
Parking.....	412-641-4903
Social Worker.....	412-641-4255
Renaissance Orthopaedics .....	412-683-7272

# The Orthopaedic Program Team

**T**hank you for choosing the Orthopaedic Program at Magee-Womens Hospital of UPMC to begin your own Journey to Wellness from hip or knee pain caused by arthritis. We are a specialized team who focuses on you and your family's needs. We strive to obtain the best results while providing a comfortable environment for you and your family. Our goal is to create a stress-free experience and 100 percent satisfaction. The Orthopaedic Program has many unique characteristics that help to make it the best orthopaedic TEAM possible.

**Y**our journey to wellness may be filled with challenges. We want to make these challenges as easy to overcome as possible. We believe the best way to help you overcome these challenges is to provide a guide for your journey.

**O**ur goal is to familiarize you with the steps of your journey and describe in detail everything you and your family will need to know, from a pre-op visit to home life after you leave the hospital.

**W**e hope that your journey to wellness will help you overcome any challenges and make your experience as comfortable as possible while our team helps you return to an active lifestyle as soon as possible.



**We deliver exceptional care experiences and respect your time too!**

- Patient and Family Centered Care with you as a member of the team!
- On time, office and hospital visits.
- Education classes and materials.
- Calming hospital experience and 100% patient and family satisfaction
- Special inpatient "Wellness Unit."
- State-of-the-art gym and workout area.
- Large private rooms, with some semi-private rooms and a special Family Community Room.
- Valet parking, a massage therapist and coming soon, a concierge service!

# Your Care Team

## Surgeon

The surgeon is the team leader. The surgeon will be responsible for performing the surgery and monitoring your recovery. You will see the surgeon pre-operatively (before surgery) and then every morning during your stay.

## Physician Assistants

The physician assistants (PA) will see you in the pre-operative testing area to obtain your health history and perform a physical examination. PAs also assist the surgeon in the operating room. They will see you every morning, on rounds with your surgeon, and afternoon to follow your daily progress. The PAs will address any issues or concerns you may have.

## Registered Nurses

After your surgery, the recovery room staff will transport you to the Orthopaedic “Wellness” Unit. You will arrive in a special orthopaedic

bed so that no moving is required and you can remain comfortable. Upon arrival, a nurse will perform a brief assessment and set up any necessary equipment, such as a pulse oximeter, IV pump, and vital sign monitor. The nurse will explain the plan of care and answer any questions you or your family may have. Throughout your hospital stay, the nurses will continue to perform assessments until the time of your discharge. The nurses collaborate with the entire health team to ensure quality care in meeting your individual needs.

## Patient Care Technicians (PCT)

The PCT will also be present upon your arrival at the inpatient unit. The PCT helps the nurses with activities such as monitoring your vital signs, setting up equipment, assisting you in walking and moving around, and other activities of daily living. The nurse and PCT work together as a team to help you reach your optimal level of comfort and function.



# Your Care Team



## Physical Therapists: *Our exercise specialists and your personal trainers*

Therapists will see you twice a day in the special gym located right on the orthopaedic unit. You will perform therapeutic exercises designed to optimize your journey to wellness.

## Social Worker

The social worker collaborates with the case manager and the health Care Team to assist you with your discharge needs.

## Case Manager

The case manager works collaboratively with the social worker and the health Care Team to plan for your discharge needs. The case manager will organize your home care needs and will work with your insurance company to obtain authorizations for your hospital stay as well as authorizations for services that you require immediately after discharge.

# Visiting Hours

Your family is encouraged to visit while you stay in the hospital, and visiting hours are flexible. Family members are also permitted to stay overnight. If possible, please let us know ahead of time so we can plan accordingly.

# Directions and Parking

## Directions to the Parking Garage

Turn off Halket Street onto the main drive of Magee-Womens Hospital. For valet parking, which we strongly recommend, go straight and proceed to the main entrance of the hospital. Magee's valet service is available between 5:30 a.m. and 4:30 p.m. Magee also offers a "call ahead" service for your car if you use valet parking. This service can save you time and is convenient. If you park yourself, take the ramp to the right into the parking garage. You can enter the hospital from either Level Zero or the street level. From Level Zero you will proceed through the walkway into the Level Zero of the hospital. From the street level, you will enter through the main entrance of the hospital.



Magee-Womens Hospital  
300 Halket Street • Pittsburgh, PA 15213

On the Web direct your browser to the following link:

<http://www.upmc.com/HospitalsFacilities/Hospitals/Magee/Pages/Home.aspx>

Click on **Contact Us**

Then click on **Get Directions**

# Parking Rates

## Day of Surgery

Standard: \$5.00

Valet: \$8.00

## Day of Discharge

Standard: Free

Valet: \$3.00

## On Post-Operation Visitation Days

Time	Standard Rate	Valet Rate
0-1 Hour	\$3.00	\$5.00
1-2 Hours	\$4.00	\$6.00
2-3 Hours	\$5.00	\$7.00
3-4 Hours	\$6.00	\$8.00
4-5 Hours	\$7.00	\$9.00
5-6 Hours	\$8.00	\$10.00
6-7 Hours	\$9.00	\$11.00
7-24 Hours	\$18.00	\$20.00

# Pre-Operative Information

## ***Two or three weeks before surgery...***

we have developed a special pre-operation testing and educational program here in our Orthopaedic Program so you will be here ***for approximately 2 hours (all in one place and have everything done that you will need so there are no delays on the big day of your surgery).*** You will have your history and physical, blood work, EKG, and chest x-ray by our Care Team. Be sure to begin to take a multi-vitamin.

## ***One week before surgery...***

you should stop taking any medications that could cause any increased bleeding. These medications include:

- **Aspirin (except for baby aspirin taken for the heart which is an 81mg tablet).**
- **Ibuprofen, Advil, Naproxen, Aleve, Motrin or any NSAID pain reliever.**
- **All herbal and natural supplements, including fish oil, glucosamine, garlic, and vitamin E. (The vitamin E included in the multi-vitamin is safe).**
- **Plavix or Aggrenox Coumadin (should be stopped 5-7 days before surgery unless otherwise instructed).**
- **You may take Tylenol and Celebrex until the day of surgery for pain.**

## **What arrangements should I make for my arrival at Magee?**

A nurse from Magee will call you the evening before your surgery to tell you when to arrive at the hospital. At that time the nurse will also inform you if you are to take any of your prescription medications the morning of the surgery. If you are to take any medications, do so with only a SIP of water.

## **What happens the night before surgery?**

Stop eating and drinking at midnight the night before surgery (unless you are told earlier by the nurse who calls you). This includes gum, candy, coffee, and water. If this rule is not followed, your surgery could be cancelled.

## **What do I bring to the hospital?**

Please bring personal hygiene items, such as toothbrush and deodorant. You also need to bring loose fitting workout clothes. This includes shirts; loose fitting pants and a pair of walking shoes. Feel free to bring books, magazines, or other items that will make your stay comfortable. Each room is equipped with internet access for you and your family. If you choose to bring your laptop computer, there is wireless service throughout the hospital.



# *Your Day of Surgery*

## **Directions to Surgical Services and where you will be checking in for surgery.**

If you enter through the main entrance, proceed to the silver elevators, which can be seen directly in front of you as you enter. If you enter the Level Zero entrance, go straight as you enter the hospital; you will see the elevators on your right just past the auditorium entrance, which is on the left. Take the elevators to the third floor. Upon exiting the elevators, make a left followed by another left (almost a “U” turn); follow the hallway and Surgical Services will be on your right.



## **The Surgical Services check-in area.**

Check in at the reception desk and have a seat in the waiting room. You will be given your hospital bracelets, and your personal information will be verified. A nurse will come out to the waiting room and escort you to the Pre-Operative Room. Your family will continue to wait in the waiting room until you have changed clothes. The nurse will get your family and have them come back to wait with you. You will meet the surgeon and anesthesiologist.



# Your Day of Surgery

## Next you and your family will be escorted to the Pre-Operative Room.

In the Pre-Operative Room, you will be prepared for surgery. The nurse will give you your medications and start an I.V. You also will sign a consent form. The surgeon will talk with you and your family and initial the joint that



will have the surgery. The surgeon or nurse will give your family directions to the Family Room, which is the private community room on the Orthopaedic Unit. When it is time for your surgery, you will be taken to the operating suite. Your family can then go to the Orthopaedic Unit 4100, Family Room on the fourth floor and wait for a phone call from the surgeon.

## Where does my family go while I am in Surgery?

The Family Room on the Orthopaedic Unit is where your family will wait for you while you are in surgery. They should feel free to help themselves to the drinks and snacks in the refrigerator, as well as coffee or tea. They are also welcome to use the large-screen television, puzzles, old fashioned games, kiosk and a kitchenette. A map of Oakland and local restaurants can be found in the Family Room in case your family would like to go for a walk or go out to eat while they wait for you.



## What happens in the Operating and Recovery Rooms?

Surgery will take approximately one hour to two hours. Following the surgery you will be taken to the Recovery Room, where you will stay for approximately three hours.

# Your Day of Surgery

## What about managing my post-op pain?

A special Pain Management Plan has been developed for each individual patient by your surgeon, Care Team, and anesthesiologist. You will experience discomfort following surgery and the degree is very different for each individual. The goal of your pain management program is to eliminate as much discomfort as possible to allow you to participate in your journey to wellness. To maximize your ability to exercise, it is encouraged that you take your pain medication prior to your therapy session in order to make therapy more tolerable and speed your recovery.

## What are the things I can expect to happen on the day of my surgery after I get to the Inpatient Wellness Unit?

- After surgery you will be taken to the Orthopaedic Wellness Unit from the recovery room. On this first day the nurses will closely monitor your blood pressure, assess your operative dressing, and assess your pain levels.
- Remember if you are in pain, tell your nurse. You will be taking oral pain medication after your surgery and will need it ask for it. Your nurse will also ask you how comfortable you are using a special pain score.
- Your nurse will encourage you to cough, deep breathe, and use your incentive spirometer, initially after surgery.
- There is a “White Board” in your room that will have the names of your Nurses, along with your Patient Care Technician’s and Physical Therapist’s scheduled physical therapy times.

- You will start with a clear liquid diet. If you tolerate liquids, you will resume the diet you followed before surgery.
- Your physical therapist will complete a bedside initial evaluation. This will include your gym schedule, goals, and introduction to the exercises.
- In addition, you will sit at the edge of the bed, stand, and even walk if you can tolerate it. You will be permitted to sit in a chair at the end of this session for as long as you would like.
- For total knee replacement patients, you are encouraged to use your Continuous Passive Motion (CPM) machine while in your room, this machine will help with pain control.

## Things you should do today!

- Use your incentive spirometer 10 times every hour while you are awake.
- Take your pain medication if you are in any pain.
- Sit at the edge of the bed and walk with assistance if you are able to tolerate it.
- Ice your joint 20 minutes every hour while awake and after exercising.
- Elevate your leg when you are not exercising this will help reduce swelling.
- Keep a positive attitude, this will help lead to a quicker recovery.
- Order food from the Hospital’s Café service at any time if you are hungry.
- Sleep Well!

# Your First Post Operative Day

DATE: \_\_\_\_\_

## What are the things I can expect to happen on my first post-operative day?

- Your surgeon and Orthopaedic Care Team will be in to monitor your progress.
- The catheter in your bladder will be removed.
- If you have had a total knee replacement, your hemovac drain will be removed during your post-op dressing change.
- Your IV fluids will be discontinued.
- You will be participating in a morning and afternoon physical therapy session. Your white-board will have a schedule to let you know what time each session begins.
- Ask for pain medication if you are in pain and take the medications at least 1 hour before physical therapy.
- You will resume your at home diet and can order from our special Room Service when you are hungry. Drink plenty of fluids.
- The *Case Manager* and social worker will visit you and your family to discuss your discharge plan.

## Things you should do today.

- Wash up and change into your workout/street clothes for therapy.
- Get out of bed with your physical therapist and begin walking to and from physical therapy with help.
- Use your incentive spirometer 10 times every hour while awake.

- For total knee replacement patients you are encouraged to use your Continuous Passive Motion (CPM) machine while in your room as much as possible.
- Do your exercises as instructed by your physical therapist.
- Take your pain medication if needed.
- Keep a positive attitude, this will help lead to a quicker recovery.
- Sleep Well!

***REMEMBER- We have no limits on your activities or on how fast you resume your activities. The speed of your recovery depends very much on you and your confidence level!***

## Swelling and Bruising after total knee replacement.

It is normal to have swelling and bruising around the knee or hip and even into your foot and ankle after your total joint replacement. Bruising may last up to 6-8 weeks. This is a part of the normal healing process. Being on a blood thinner after surgery can contribute to bruising. The blood thinners are very important and should never be stopped unless your physician says to do so. Swelling of the leg may last for 2 or 4 months.

## Things to Minimize swelling and bruising.

- Elevate leg when you are not doing your exercises or when you are resting.
- Ice your knee 20 minutes every hour and also after exercising. If you have a total knee replacement, use your CPM machine.

# Your Second Post Operative Day

DATE: \_\_\_\_\_

## What are the things I can expect to happen on the second post-operative day?

- You will attend therapy twice a day and be evaluated each day until you are ready for discharge.
- Your therapy will be similar to day one except you will be expected to walk every day to and from the gym. You will perform standing exercises, mat exercises, stationary cycling, and walk on a treadmill.
- You will also be trained to *get in and out of your car along with activities of daily living*. A Social Worker and Case Manager will be speaking with you regarding your discharge plan.
- Before you are discharged, you will be *trained on how to climb steps* as part of your daily exercise routine.
- If required you will be provided with adaptive equipment that you may need for discharge which can be purchased from Dr. DiGioia's office.
- You will also be attending a Discharge Class given by the nurses on the unit.
- If you are planning to be discharged today, you will be given the option to stay for both therapy sessions (leaving around 4 pm to 6 pm) or leave after your morning session (around noon).
- Your nurse will also be giving you and your family personalized discharge instructions.



**REMEMBER-** *We have no limits on your activities or on how fast you resume your activities. The speed of your recovery depends very much on you and your confidence level!*

## Things you should do today.

- Use your incentive spirometer 10 times every hour while awake
- Take pain medications as needed.
- Progress further with your physical therapy so that you are prepared to go home. (you should be able to walk independently with the assist of a walker or cane).
- Prepare for your discharge to home.
- Keep a positive attitude this will lead to a quicker recovery.

# Your Discharge Planning

Your discharge planning starts on the day of pre-operative testing. If having a total knee replacement we will arrange delivery of a Continuous Passive Motion Machine (CPM) to your home. On the day after your surgery the case manager or social worker will visit you to discuss your discharge plans and confirm that your situation has not changed since the pre-operative visit. We plan for patients to return to home upon discharge. If other discharge plans are necessary, the case manager and social worker will assist you. The case manager and social worker work closely with the entire Orthopaedic Care Team to help with a smooth transition from the hospital to the next level of care that you may require. We want to make your experience as easy and anxiety free as possible.

## Discharge Instructions

You and your family are to attend our weekly discharge classes, which are held every Tuesday and Wednesday in the 4100 Family Room. The class provides instruction to both total hip and total knee replacement patients to prepare them for their return home. Family members are encouraged to participate. All patients are encouraged to attend this information class which provides valuable information for your care at home. We look forward to seeing you there.

### The class schedule is as follows:

- If your surgery was on a Monday the classes are as follows:
  - Hip replacements are at 5:00 pm
  - Knee replacements are at 6:00 pm
- If your surgery was on a Tuesday the classes are as follows:
  - Hip replacements are at 5:00 pm
  - Knee replacements are at 6:00 pm

## What to expect on day of discharge

On the day of discharge have your family member park on the **Zero Level of the Parking Garage (parking will be free)**. You will be given the option to stay for both therapy sessions and leave between 4 pm and 6 pm or to leave after the morning session (around noon). After your final exercise session, you will return to your room where the nurse will review your discharge instructions. We plan for all of our patients to be discharged home, but if extra care is needed, the plans will already have been made by the social worker or case manager for transportation.

## Home Health Care

Home Health Care is part of the Orthopaedic Care Team and is arranged to assist you with your rapid recovery. Home Health will include therapy and if needed, nursing. A therapist will arrange for your first visit by contacting you when you have been discharged from the hospital. Your first home care visit will occur the day following your hospital discharge.

## UPMC's Community Provider Service Network

To assist in the transition from the hospital, UPMC offers a variety of care through Community Provider Services. The range of services includes in-home therapy and nursing, outpatient rehabilitation, and durable medical equipment. During your hospital stay your case manager and social worker will advise you of the services needed and offer you a choice of providers.

# FAQ *Frequently Asked Questions*

## **On pre-operative testing day, how long will I be at my appointment?**

You will be here in the pre-operative testing area for approximately 2 hours, this testing will be done by our Orthopaedic Team including a History and Physical examination, EKG, Chest X-Ray, Blood work, urinalysis and education. You may need clearance for your surgery from your Primary Care Physician (PCP) and/or a specialist, i.e. Cardiologist, etc.

## **How long will my recovery be?**

We encourage full activity as soon as possible. On the night of surgery, you will complete a bedside therapy session. The following day you will begin your regular, twice-a-day exercise program. We have no limits on your activities or on how fast you resume your activities. The speed of your recovery depends very much on you.

## **How long will I be in the hospital?**

The average hospital stay is between 1 and 3 days.

## **How long will the surgery take?**

The surgery takes about 1 to 2 hours. Following surgery you will be taken to the Recovery Room, where you will spend approximately 3 hours before being transferred to the Orthopaedic Unit.

## **Who will be performing the surgery?**

Your surgeon will perform the surgery with the assistance of a physician assistant and a specialized operating room team.

## **Will I need a walker, crutches, or a cane?**

Patients are able to walk with the assistance of a walker, and some are able to use just a cane. You are permitted to put as much weight as possible on your operative leg and proceed as quickly as you feel comfortable.

## **How long until I can drive?**

The general requirements are that you should require only the support of a cane and should be off your pain medications.

## **When will I be able to go back to work?**

You can begin working when you feel that you are able to do so.

## **What physical activities will I be able to participate in after surgery?**

Low-impact physical activities such as walking, golf, swimming, dancing, hiking, bowling, and gardening are recommended and encouraged. High-impact activities and those associated with injury risk, such as running and basketball, are not recommended.

## **When will I need to see my doctor following the surgery?**

Your doctor will see you 4 weeks after the surgery. You will then be seen at your one-year anniversary. After this visit, the general recommendation is to get x-rays every 3 years. If the doctor feels that you require more frequent visits, this will be scheduled.

*Please see "One Patient's Story" on the back cover!*

# *One Patient's Story*

## *A "New Leg" on Life*

*by Janet Rushmore*

I used to think 60 was old! After all, if 40 or 50 is considered "over the hill" then turning 60 was clearly going down the other side. I had begun to feel like I was sliding in that direction. I had long ago accepted the back pain, ignored the limp, and didn't realize all the extra steps my husband was making carrying my briefcase, unloading my car and watering the plants.



Perhaps it was denial, ignorance or just being too busy to stop and realize what was happening. I attempted everything, but it was all becoming quite a struggle! Gardening, biking, dancing and hiking were becoming limited while activities with grandchildren were reduced simply because I couldn't keep up with them.

The time had come for me to admit that I needed a "new leg" if ever I was to feel young again. I am blessed by friends who offered to pray and were very supportive. Some shared their experiences: the process was painful but never unbearable; take whatever pain meds offered; exercise before the surgery to help afterwards. I listened and learned later that they were right!

I was brave the 1st day, miserable the 2nd, walked a flight of steps and went home with a cane on the 3rd day! The absolute worst memory of the entire experience was being sick from the pain pills the next two days while trying to accommodate visiting therapists. The best news was that the nagging back pain totally disappeared! Although bruised and sore, I picked up and slowly moved on with my busy life. At the end of the week, I found strength to attend a party Saturday, church on Sunday and drove my car around the parking lot. As a realtor, I could work from home and had racked up two sales the

following week and began the next phase of what I affectionately called visits to the "physical terrorists." They gave me the tools to resume shopping, driving, cooking, dancing and socializing for the next two weeks which amazed me and everyone I knew. By the time I had my one-month follow-up visit, I'd been to the theater, restaurants, dinner parties, showed houses and even went to the zoo!

Now I was finally feeling young again. Prayers were answered...it was practically a miracle! Friends wanted to nominate me to be the poster child for hip surgery. Still on my goals list was "go golfing" and "wear high heels" – but not at the same time, of course!



*"My husband and I went to a cookout just 5 days following surgery and danced at a country-western picnic only 13 days after surgery. I was back at the office the following week to the shock of all my colleagues."*

Had a terrific golf game exactly two months following surgery and danced in my 4" heels at a wedding only nine weeks after getting my "new leg." It sure felt strange but wonderful to be back in the game again.

Eventually the swelling disappeared, the soreness wore off, but the scar is still there as a reminder that my life wasn't turning into a nightmare. Thanks to "Team DiGioia" my dream to feel young again had come true!

***Janet Rushmore***

*Wife, Mom, Grandma of Seven, Realtor*