

Catholic Health
Knee & Hip Center
At Kenmore Mercy Hospital

**Catholic Health's Orthopedic
Campus of Excellence**



Welcome

We are pleased that you have chosen the Knee & Hip Center at Kenmore Mercy Hospital's Orthopedic Campus of Excellence, Western New York's leader in joint replacement surgery for more than 25 years. Your decision to have elective joint replacement surgery is the first step towards a healthier lifestyle.

When you choose Kenmore Mercy, you are choosing a hospital committed to patient safety and quality of care, which is demonstrated by its numerous awards. Kenmore Mercy was the first hospital in Western New York to earn Disease-Specific Care Certification from The Joint Commission in both hip and knee joint replacements in 2011 and has been recertified twice, in 2013 and 2015. It remains the only program in the area to earn this certification. It was also the only hospital in New York State to earn The Leapfrog Group's Top Hospital Award for patient safety in 2016 and the prestigious Magnet recognition for nursing excellence in 2017.

Our specialized team of orthopedic physicians, nurses, and rehabilitation staff take pride in delivering outstanding care for patients through leadership, education, innovation and excellence in medicine. Furthermore, many nursing team members have earned Orthopedic Nursing Certification. This special credential documents an advanced level of knowledge and practice in orthopedic nursing.

This team has implemented a comprehensive planned course of treatment designed to relieve your pain, restore your independence, and return you to work and other daily activities. Our goal is to involve you in your treatment throughout each step of the program. Every detail, from pre-operative teaching to post-operative exercising, is considered and reviewed with you. This guide will provide you the necessary information to promote a more successful surgical outcome.

Communication is key to outstanding patient care. That is why Kenmore Mercy Hospital encourages active participation with patients and families. Your questions and ongoing feedback is necessary to maintain quality care.

Thank you for choosing Kenmore Mercy's Knee & Hip Center.



Orthopedic Campus of Excellence

At Kenmore Mercy Hospital, we want to ensure that your experience before, during, and after joint replacement surgery is excellent. The first step is education. We are proud to provide this guide for each patient because we believe that well-informed patients have better outcomes. It can also help you and your caregiver avoid potential problems.

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Before the Hospital

You have been living with joint pain for some time. You and your doctor have decided that joint replacement is an option for you. There are a few things that need to happen before your surgery.



Pre-Operative Class: When you come to the pre-operative class, you will learn how to prepare for surgery, pre-operative exercises, precautions, how to manage your pain and other issues that may arise during your joint replacement journey. We understand the importance of family and friends as you recover from surgery and we encourage their involvement in your care. For further questions about this class or your surgery, please contact our orthopedic clinical advisor at **447-6480**.

Pre-Admission Testing: You will be called to schedule pre-admission testing at the hospital two weeks prior to your surgery date. Please be sure you are ready for your appointment and bring the following:

- your insurance card
- another form of identification (driver's license, etc...)
- all of your medications, including over the counter, in their *original containers*

You will receive instructions from pre-admission testing on what medications, if any should be stopped before surgery and what medications, if any need to be taken the morning of your surgery.

- a completed New York State Health Care Proxy form. Please ask for this at registration or download a copy from <http://www.health.ny.gov/forms/doh-1430.pdf>

You will be asked questions concerning pain levels, tobacco, alcohol and drug use. Be honest when answering these questions. Your answers will help us in planning your care.

Medical Clearance: Before you have your surgery it is important for your primary care doctor to evaluate your current health status. Your doctor may order additional testing or evaluation in order to optimize your medical status prior to undergoing joint replacement surgery.

Preparing Your Home: Setting up your home for your return will help make you more comfortable during recovery. In anticipation of your return home, you may want to stock up on non perishable or easily prepared food items. “Fall-proof” your home by removing throw rugs, electrical cords, foot stools and clutter in your walking path. Keep in mind that your walking path must be at least 21 inches wide to accommodate any assistive devices (walker, cane) that you will need when you return home. If you are having hip surgery, a stable chair with a firm back, arms, and a high seat will allow you to get up easily.



Pre-operative Exercises: In preparation for your total joint replacement surgery, we encourage you to perform the following exercises two times daily to condition and strengthen your muscles prior to surgery. Perform each exercise with your surgical, then your non-surgical leg. Please perform exercises in your bed. The condition of your muscles will determine how many repetitions you will be able to do. This can vary from five to eight repetitions per exercise to twenty to thirty repetitions. Do as many repetitions as possible, but do not cause strain.

Ankle Pumps - Lie on your back. Bend ankles up and down alternating feet.



Gluteal Sets - Lie on your back. Squeeze buttock muscles tightly and hold for five seconds.



Quad Sets - Lie on your back with your legs extended. Slowly tighten muscles in the front of the thigh and hold for five seconds, then relax. Repeat with other leg.



We recommend using a small folded towel behind your knee when doing these exercises.

Straight Leg Raise - Lie on your back. Bend one leg. Keep the other leg straight and lift the straight leg 6-8 inches off the bed keeping the knee locked. Hold for a few seconds. Slowly lower the leg.



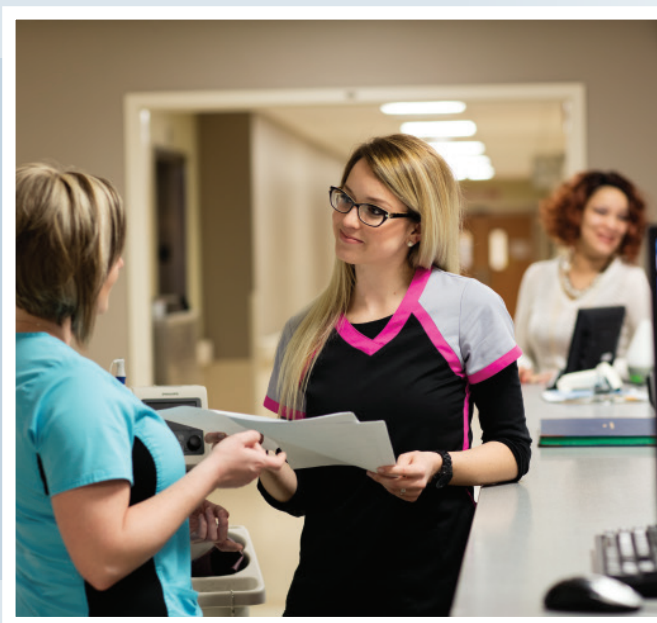
Heel Slides - Lie on your back. Bend your knee. Slide your heel up toward your buttocks. Go as far as you can and hold for five seconds. Then slide your heel back down until your leg is straight. Repeat with the other leg.



Knee Extension - Sit in a chair with both feet flat on the floor. Slowly straighten leg and hold for five seconds. Then slowly bend your leg under the chair, bringing it back as far as you can. Hold for 10 to 20 seconds. Return your leg to the starting point. Repeat with other leg.



Planning for Discharge: Multiple factors will determine if you will be able to return directly home after discharge from the hospital, or if you would benefit from the care of a subacute rehabilitation facility (short term stay) before returning home. Age, overall health, assistance at home, physical barriers at home and insurance coverage may determine your discharge destination.



Your discharge care manager will assist you to make that transition. If recommended by your doctor, you may choose to visit a subacute rehabilitation center and pre-register at the facility prior to surgery. Catholic Health has several subacute rehabilitation locations for you to choose from. See page 13 for more information about these facilities.

When patients meet the criteria for discharge to home, the expectation will be to attend both sessions of physical therapy on the day of discharge. If going directly home, you will receive instructions on how to climb stairs, and get in and out of a car safely. Your care manager will arrange for all your necessary equipment to be at your home on the day of your discharge.

When subacute rehabilitation is necessary, the care managers will coordinate the date and time of your transfer. Transportation to the facility can be by wheelchair van or private care.

The Day Before Surgery

The afternoon before your surgery, you will receive a telephone call to inform you of the time to report to the hospital. If your surgery is scheduled for Monday, you will receive a call on Friday.



You may want to pack a light robe, a change of loose, comfortable clothes like shorts or sweatpants, as well as sneakers and socks for use in therapy, toothpaste, toothbrush, and deodorant. It is not necessary to bring soap or linen. Your family will keep your belongings until you are settled in your room after surgery. It is best to bring as little as possible to the hospital and to leave cash, jewelry and other valuables at home.

The night before surgery you should have a well balanced meal.

It is best to avoid very spicy food and foods that are high in fat. Do not eat or drink anything after midnight the night before surgery. This will help prevent any nausea from the anesthesia.

What to Expect the Day of Surgery

It is important to arrive at hospital at the designated time. There may be additional forms and testing to be completed prior to being taken to surgery. While in the pre-operative area, you will change into a hospital gown and have the opportunity to use the bathroom. An antibacterial skin preparation may be applied prior to surgery to reduce the risk of infection. An intravenous catheter, a thin tube, will be placed in a vein to deliver fluids into the body. The orthopedic surgeon and anesthesiologist will meet with you and review your medical history prior to surgery. You will receive medication to prepare you for surgery prior to being taken to the operating room.

Your family members may stay with you in the pre-operative area until the time of your surgery. They should then wait in the surgical waiting area to speak with the orthopedic surgeon or his/her designee after the surgery is complete. A volunteer will direct them to the surgical unit.

In the recovery room, your vital signs will be monitored, you will receive medications to control your pain, nausea, if any, and may have X-rays taken of your new joint. Once you meet the criteria, you will be transferred to the surgical unit where the nursing team will begin providing care and your family will be allowed into your room.

The Day of Surgery

It is important to arrive at hospital at the designated time. There may be additional forms and testing to be completed prior to being taken to surgery.



Do's and Don'ts for the Day of Surgery

Do

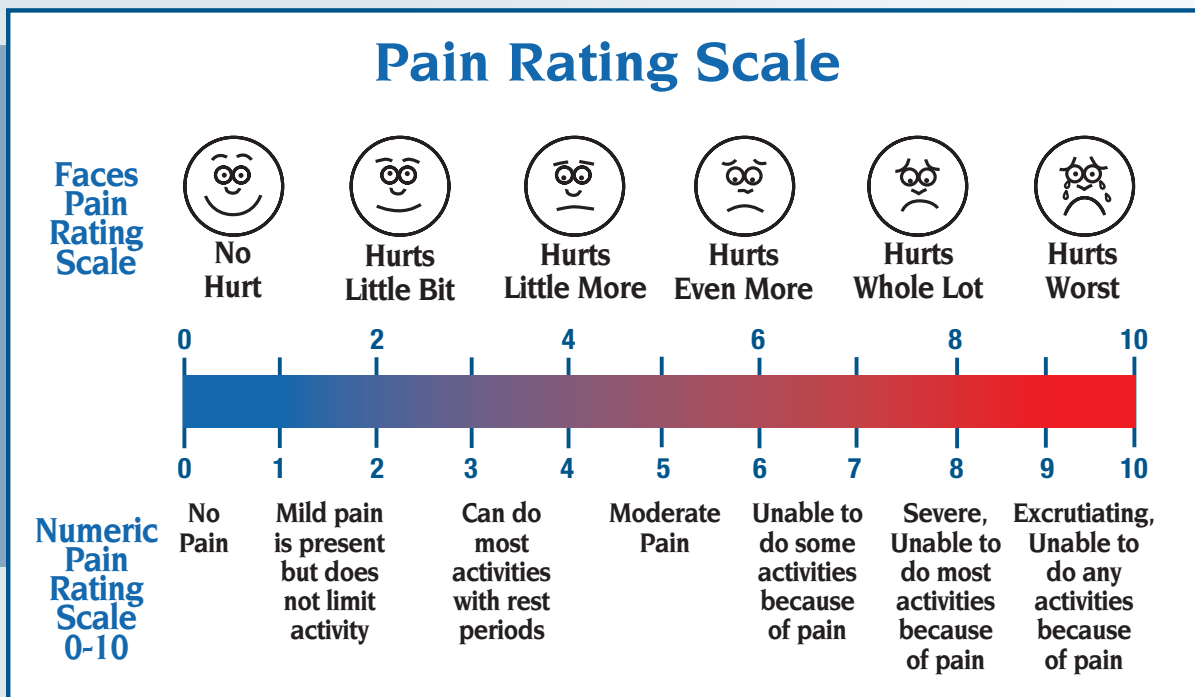
- Do shower the morning of surgery and put on clean clothes
- Do brush your teeth
- Do follow pre-admission directions regarding medications, if any, to be taken the morning of surgery
- Do bring any medication that has changed since pre-admission testing, in its *original container*
- Do bring your sleep apnea machine with a record of current settings if you have one
- Do arrive at the hospital at the designated time
- Do inform the nurse of any changes in your medications or treatments
- Do wear comfortable clothes, sneakers or shoes with rubber soles
- Do bring your dentures, hearing aides, eye glasses or other personal items if you need them
- Do bring your rescue inhaler, if you use one

Don't

- Don't eat or drink unless instructed by your physician
- Don't wear any makeup
- Don't apply skin or hair products
- Don't wear contact lenses
- Don't take any medications unless instructed otherwise

During Your Hospital Stay

It is important to get adequate rest during your recovery. To optimize your recovery, we recommend that only one or two close family members visit you the day of surgery. Visitors with a cold or fever are best to stay home. Please check with the hospital regarding any changes to these regulations.



Pain Scale: A 10-point pain scale using zero (no pain) to 10 (worst pain ever) will help you verbalize the intensity of your pain both before and after a pain medication is given and during therapy sessions. Our goal is for your pain to be at minimum in the 3- 4 range at rest.

Managing Pain: Some pain is expected after surgery. We will work with you to help set a reasonable pain goal and manage pain in the best way so you can fully participate in therapy. Your pain will lessen every day. There are a variety of methods used to relieve pain.

- **Pain medications** are ordered to relieve your pain. Your orthopedic surgeon, the physician assistant or nurse practitioner will select the type and route of administration (oral, intravenous, skin patch) based on your medical needs. A pain specialist may be asked to see you if you are having complex pain management issues. It is best to take your pain medication on a regular basis and avoid long periods without pain medication.
- **Cryo therapy** is the application of ice to the surgical site to decrease the amount of swelling and therefore decrease pain. You will be encouraged to use cryo therapy during your recovery.
- **Exercises** you learn in physical therapy will help decrease swelling and strengthen muscles thereby decreasing your pain. Physical therapy may be done in your room or in the physical therapy gym usually twice per day. Participation in physical therapy is essential for your recovery.

Preventing Blood Clots/Deep Vein Thrombosis (DVT): Surgery, limited mobility, advanced age and/or previous blood clotting abnormalities may put you at risk of developing blood clots. Preventative techniques to reduce this risk may include blood thinning medications, and the use of foot pumps designed to assist with circulation. Beginning physical therapy as soon as you are able and following your recommended leg exercises will also help to promote blood flow.

Medication Side Effects: Constipation is a common side effect of pain medications. You will have medications ordered to help relieve your constipation. Adequate fluids and fiber can also help relieve constipation. Nausea can also occur after surgery, please let your nurse know if you feel nauseous. Medications can be given to relieve your nausea.

Routine Medications: Medications you were taking at home are usually ordered for you during your hospital stay unless there is a medical reason to discontinue them for a short time. Never take any medication during your hospital stay unless the nurse dispenses it to you. If you have questions or concerns about the medications you are receiving please discuss them with your nurse.

Food and Fluids: During the initial hours after surgery you may not have much of an appetite but it is important to begin taking fluids as tolerated. Gradually increasing fluids and food will increase your strength. You will have fluids going through your IV at first. The IV will be stopped when you are eating and drinking well. You will likely start with a liquid diet. You can order your meals by telephone approximately one hour before your desired meal time. Remember to allow enough time for you to enjoy your meal before going to physical therapy.

Important Reminders During Your Hospital Stay

Do

- Do follow staff instructions regarding how to safely get in and out of bed
- Do use your assistive devices
- Do report increases in pain, light-headedness and nausea

Don't

- Don't get up by yourself until instructed to do so
- Don't take medications that are not given to you by the nurse
- Don't be afraid to ask questions

Medical Personnel

While you are in the hospital, your care will be provided by a variety of medical professionals.

- Your **orthopedic surgeon** assisted you in making the decision to proceed with your surgery, performs your surgery, and directs your care after surgery.
- **Physician assistants** and **nurse practitioners** are health care professionals with advanced education. They work with your orthopedic surgeon to manage your care during your hospital stay.
- An **anesthesiologist** is the physician who is responsible for your anesthesia management issues before, during, and immediately after surgery.
- Your **medical doctor** or a **hospitalist** manages your routine medical needs during your hospital stay.
- A **physiatrist**, a doctor of physical medicine, focuses on the development of a comprehensive rehabilitation program and oversees the continuum of your care.
- Your **orthopedic clinical advisor** is a certified orthopedic nurse who provides education to you and your family about a variety of topics including your health and safety needs before and after surgery.
- **Registered nurses** provide your bedside care following your surgery. They provide daily updates in your plan of care, and they assist in your discharge plan.
- **Nursing attendants** provide day-to-day bedside care, assisting you with personal hygiene needs, moving about using assistive devices, and ensuring your comfort and wellness.
- A **physical therapist** works with you to regain muscle strength, range of motion and balance after your surgery.
- An **occupational therapist** will assist you with learning techniques to complete your daily activities such as bathing and dressing yourself.
- A **respiratory therapist** will instruct you on the use of an incentive spirometer to improve your breathing.
- **Care managers/discharge planners** work closely with your surgeon and your care team members to formulate your discharge plan. The care manager/discharge planner can also answer your questions about insurance coverage for services and equipment.
- **Spiritual care personnel** represent a variety of faiths, and are available to patients and their families.
- A **pharmacist** can assist you with understanding how and when to take your medications including avoiding interactions and minimizing side effects.
- Our **registered dietitians** will help develop a meal plan to meet your nutritional needs.



Discharge From the Hospital

By the third post-op day, we anticipate most patients will be prepared for discharge. Most patients have attended regular physical therapy sessions, and have been increasing their mobility and gaining confidence in their knowledge of exercises and precautions.



Home: Patients have a choice of home care agencies in their geographic region, one of which is Catholic Health's McAuley-Seton. When you receive home care, the appropriate medical staff will see you in your home after discharge. To reach McAuley-Seton, call 685-4870.

Subacute Rehabilitation Center: If your orthopedic surgeon has concerns about your safety and well-being at home; he or she might recommend that you be discharged to a subacute rehabilitation center. Your care team and family members will assist you in making this decision and which facility is right for you. The subacute rehabilitation centers affiliated with Catholic Health are listed below. Your care manager will assist you and your family to make these arrangements.



McAuley Residence

1503 Military Road
Kenmore

Admission Coordinator
(716) 447-6373

Other Catholic Health Subacute Center

Father Baker Manor

6400 Powers Road
Orchard Park

Admission Coordinator
(716) 209-0790

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After Leaving The Hospital

After your discharge to home or a subacute rehabilitation facility, we encourage our patients to start physical therapy as soon as possible.



Outpatient Physical Therapy

We believe that the greatest benefits from physical therapy occurs in an outpatient center setting and strongly encourage outpatient appointments as soon after surgery as possible.

AthletiCare Kenmore

1495 Military Road
Kenmore
(716) 447-6037

Other Catholic Health Physical Therapy Facilities

AthletiCare Orchard Park

3669 Southwestern Blvd., Orchard Park
(716) 828-2455

Partners in Rehab Sisters Hospital

2157 Main Street, Buffalo
(716) 862-1170

Partners in Rehab Sisters of Charity Hospital, St. Joseph Campus

2605 Harlem Rd., Cheektowaga
(716) 891-2530

Partners in Rehab Depew

6199 Transit Road, Depew
(716) 684-0649

Partners in Rehab West Seneca

550 Orchard Park Rd., West Seneca
(716) 677-5022

Partners in Rehab East Aurora

94 Olean Street, East Aurora
(716) 828-3700

Caring For Yourself at Home

Whether you go home or have a short stay at a subacute facility, there are a variety of things you need to know for your safety, your recovery, and your comfort.

Depending on your needs a visiting nurse and/or physical/occupational therapist may come to your home in the weeks following your surgery. Exactly how many visits are covered by your insurance is a question your care manager can answer for you during your hospital stay.

Caring For Your Incision

You will receive instructions on how to care for your incision before you go home. Some surgeons use specialty dressings that are waterproof while other surgeons prefer the standard gauze dressing that cannot get wet. Your surgeon will let you know when you can take a shower. You will not be able to sit in a tub for approximately 12 weeks.

Returning to Everyday Activities

Joint replacement surgery is a major event in your life. The recovery time will vary from person to person based on their age, physical health and commitment to their rehabilitation program. Your surgeon will let you know when you can begin driving again. Your return to work is dependent on the type of work you do. In some cases patients can return to work in as little as four weeks and with others it may be as long as three months. Sexual activity is not recommended during the initial recovery time due to pain and swelling. Total hip patients will need to avoid positions that may cause them to dislocate their hip.

Continuing Physical Therapy

Your physical therapist can assist you in determining how many times per day you need to exercise your joint. However, many patients find that continuing to do their exercises increases their strength and endurance. Most patients need to follow hip precautions for eight weeks. Your orthopedic surgeon will let you know how long you should follow hip precautions.

Achieving Your Level of Comfort

Your need for pain medication will decrease as you recover from joint replacement surgery. Most patients will gradually decrease their pain medication as they return to their everyday activities.

Follow-up With Surgeon

You will be given specific instructions at the time of discharge from the hospital as to when to you need to follow-up with your orthopedic surgeon.



What does it mean to be an Orthopedic Campus of Excellence?

At Kenmore Mercy, it means from prehab to rehab, you get the most proven experience, innovation, quality, specialized state-of-the-art care and customized rehabilitation services at one convenient location – all designed to help you get back to the things you love.

- Dedicated Knee & Hip Center with highly skilled and experienced medical team that has performed thousands of knee and hip replacements
- Blue Distinction® Center for spine surgery, knee replacement and hip replacement*
- The only Joint Commission Certified Total Knee and Hip Replacement Center in the region
- Western New York's first site for robotic orthopedic surgery using the MAKOpasty® system
- Orthopedic-certified registered nurses available 24/7
- Outstanding surgical/medical care and pain management protocols, inpatient medical rehab, outpatient rehab, subacute care for transition from hospital to home, and exceptional home care rehab and nursing services
- Among the less than eight percent of hospitals nationally to be acknowledged by the Magnet Recognition Program for nursing excellence

*Blue Distinction® Centers+ met overall quality measures for patient safety and outcomes, developed with input from the medical community and also met cost measures that address consumers' need for affordable healthcare. To learn more about Blue Distinction Centers for Specialty Care®, visit www.bcbs.com or contact your Local Plan.

Accept nothing less than proven quality care - the Orthopedic Campus of Excellence at Kenmore Mercy, part of Catholic Health's acclaimed orthopedics program. For more information visit www.chsbuffalo.org/KneeAndHip or call HealthConnection at **(716) 447-6205**.

Designated as a

**Blue
Distinction®
Center+**
for Knee and Hip Replacement



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