

Proliance Surgeons Skagit Northwest Orthopedics

Partial & Total Joint Replacement Program

03-05-2023



This presentation is for patients scheduled — for or considering partial or total joint replacement

Use this presentation and the PROLIANCE JOINT CARE GUIDE Booklets
(available on the clinic website)



What is Joint Replacement?

Joint Replacement uses metal and plastic components to resurface the bone and take the place of the worn away cartilage



Who Should Have A Joint Replacement?

- Joint replacement surgery is appropriate for patients with arthritis that is debilitating and that have failed appropriate nonsurgical options



What are the Nonoperative Treatments for Arthritis?

- Anti-inflammatory medications
 - Injections
 - Braces
 - Physical Therapy
- Activity Modifications
 - Assistive Devices
- Weight management



Preoperative Patient Education and Preparation

Allows patients to:

1. Have a better understanding of their surgery
2. Experience decreased anxiety
3. Develop a perioperative pain control plan
4. Have a same day surgery or decreased length of hospital stay
5. Have a smoother recovery



Components of the Pre-Surgery Evaluation

1. Clinic evaluation and surgical decision
2. EKG, lab orders, additional imaging or PCP medication optimization requests, DME (durable medical equipment orders)
3. Pre-op Physical Therapy appointment
4. Pre-op Orthopedic appointment- review pre-op labs, EKG and final instructions, prescriptions, needs.



Preoperative Physical Therapy Appointment

At this evaluation you will learn the skills to be successful post-operatively. You may learn:

- How to use Assistive devices (e.g. walker, crutches)
- Navigating stairs
- Getting in/out of bed and cars
- Protective or partial weight bearing
- Dislocation precautions
- Fainting precautions
- Important exercises, range of motion
- Motion for the prevention of deep vein blood clots

**Proliance Surgeons
Skagit Northwest
Orthopedics has
Physical Therapy
offices in **Anacortes**
and **Mount Vernon****

Optimizing patient preoperative health reduces complications and improves outcomes

Patient risk Factors

- Age
 - Obesity (BMI>40)
 - Diabetes
 - Previous infection
 - Previous surgeries
 - Bleeding problems
 - Skin problems
 - Heart disease
 - High blood pressure
 - Smoking
 - Preoperative Narcotic use
 - GI (absorption) problems
 - Kidney disease
- ***Make sure you tell for Medical Team if you have any of these conditions, as they will need to be controlled and stable before your surgery



After Surgery

Same Day Surgery, Overnight Stays, or Inpatient Admissions

- With the combination of preoperative Physical therapy and our modern anesthesia techniques and multimodal pain control, most patients will be **going home the same day** of surgery. This will be true for all patients having surgery at our Ambulatory Surgery Center. And most patients having surgery at the hospital.
- If you have a serious medical condition that makes you higher risk for complications or if your surgery is a more complex revision surgery, you may be planned for an overnight stay in the hospital or need to go to a short-term skilled nursing facility after surgery for additional care.
- While multiple day hospital stays were common decades ago, these are very rare with contemporary joint replacement.



At home

Family Care

- Plan for Assistance for approximately 5 days to 2 weeks (depending on living situation and needs)
- Understanding medication management (Acetaminophen, NSAIDS, narcotics)
- Direct communication with provider
- Monitor medicines and ice
- Monitor activity
- Communication



Durable Medical Equipment (DME)

- Durable Medical Equipment for Total Knee or Hip Replacement
 - Front wheeled walker (FWW)
 - Cane
 - Ice packs
 - Toilet seat riser



Joint Replacement

Recovery Plan

- Multimodal pain management
- Pain expectations
- Family support
- Prehab (pre-operative PT)
- Home setup
- DVT (blood clot) prevention
- Nausea/vomiting prevention
- Urinary retention prevention



Multimodal Pain Management

What is it?- using medications of different classes synergistically to control pain without over sedation

- **Pain Prevention**
 - Ice
 - Anti-inflammatory (Ibuprofen 400 mg every 4 hours) **AND**
 - Acetaminophen (Tylenol) 500 mg every 4 hours
 - **Ibuprofen + Tylenol = 6-8 mg Morphine Sulfate**
 - Elevation balanced with rest (out of bed frequently for short durations)
- **Pain Treatment**
 - Narcotic pain medicine:
 - Oxycodone
 - **Refer to your patient guide and/or discharge instructions*



Pain Control During Surgery

Preoperative medications and Intraoperative injection medication

- Celebrex
- Gabapentin

- Intraoperative injection: Long-acting local anesthetic – Liposomal Bupivacaine (Exparel) can provide 48-72 hours of pain relief



How Long does it take to recover from a ~~Joint~~ Replacement?

ONE WHOLE YEAR

- **When will I start to feel better?** This is very individual and depends on the limitations that you had prior to surgery. Many studies have shown that patient's satisfaction after knee replacement is comparable to their preoperative dysfunction. This means that the more limited you were by your joint before surgery, the happier you are after the replacement. If you were very limited before surgery, you may feel better as soon as 2 weeks after surgery. But continued improvement should be expected up to a full year after surgery.
- **What if I still have pain at months later?** Some patients will still have pain months later and even 6 months after a joint replacement, especially at night. Patience is important at this point as many aches and pains at 6 months will still resolve by the 1-year anniversary. Also, recovery is very individual. Everyone had a different deformity or level of arthritis and function prior to surgery, so individuals will progress, and the recovery timeline will be different for each person. Try not to compare yourself to others.



Joint Replacement Recovery Summary

- Outpatient (same day) surgery versus one night in hospital
- Independent by 10-14 days
- Return to work in 4-6 weeks
- Off narcotics in 1 week
- 90% healed in 6-12 weeks
- Full recovery in 1-2 years



Post-op appointments

1st post-op: 2 weeks- incision check

2nd post-op: 6 weeks- X-rays

3rd postop: 3 months- Xrays





Exceptional outcomes, *personally delivered.*

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QUESTIONS? CONTACT 360-424-7041