

Supplemental Information for Lovelace Women's Hospital Prehab Presentation

Pre Surgery:

1. Home assessment for safety should include removing throw rugs and other hazards that could cause tripping, assessing areas for adequate clearance when using a walker (greater than 2 feet of clearance), and identifying a chair with arms and reasonable height to sit on after surgery.
2. When assessing your home make a note of any obstacles present that would complicate your mobility (stairs, narrow doorways, height of your bed etc.) Let the hospital therapist know about these concerns so that they can be addressed.
3. The chair pushup exercise in the handouts should be done frequently before surgery to increase upper body strength (be cautious if you have pre-existing shoulder, elbow or wrist problems). The leg exercises should be done at least often enough to be comfortable performing them independently. If you have questions, let the hospital PT know.
4. Women's Hospital uses antiseptic wipes rather than the soap mentioned:
5. Pre-op infection prevention.
6. There is no outpatient pharmacy at Women's Hospital. Your prescriptions will be called into your preferred pharmacy.
7. You will be called the day before surgery to be notified of the time of your surgery and what time you should arrive.

Day of Surgery:

1. In general Dr. Werner's patients receive general anesthesia and Dr. Babinsky's patients receive spinal anesthesia
2. When your surgery is completed, you will be placed in your hospital bed for the recovery room. You will go to your hospital room in that bed.
3. Physical Therapy will usually begin the day of your surgery. You will sit on the edge of the bed and will likely be able to stand and ambulate with a walker.

During Your Hospital Stay and After Discharge:

1. Bedside commodes are rarely used at Women's Hospital. Hopefully you will be mobile enough to ambulate to the toilet with a walker and staff member. We request that you do not get up alone or with family while you are in the hospital. Wait for a staff member to assist you for increased safety. A fall can slow the recovery process significantly.
2. There is a page of post-op instructions included in the handouts that was prepared by Dr. Werner. If you are one of his patients please refer to that page for his instructions.
3. Most total hips at Women's Hospital are anterior approach. These patients do not require the wedge (abductor) pillow.
4. Some patients may have Physical Therapy at home after discharge and prior to beginning outpatient PT. The case management staff will assist with setting up this therapy as well as obtaining a walker if you do not have one. Since most bathroom equipment is not covered by insurance, the patient is usually responsible for obtaining this equipment.
5. Post-operative pain control includes not only oral pain medicine but also: ice (TKR patients will usually be given a cryo-therapy machine to use at home. This requires adding ice and water to the machine at regular intervals. THR pts should have ice packs which can be purchased for home use.) In addition elevation of the leg is also helpful to decrease swelling, this will also decrease pain. Movement of the joint will also decrease pain during the recovery process.



Supplemental Information for Lovelace Women's Hospital Prehab Presentation

6. Until your incision is fully healed, do not take a bath, soak in a hot tub or go swimming. This is an infection risk.
7. Check with your surgeon prior to having dental cleanings or procedures or colonoscopies. Some surgeons recommend antibiotic treatment prior to these procedures.
8. If you would like a preview of how to perform mobility after your joint replacement, there are videos available on You Tube. Some that are available are from Mercy One. (In YouTube, type in the search bar "Mercy One Joint Camp")

If you have additional questions please call 505-727-4656 or email Arik.Riley@lovelace.com

