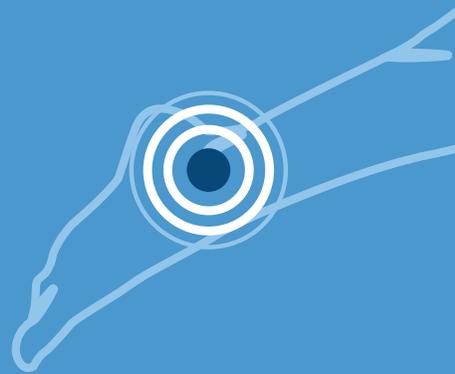




**optim** surgery center





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# Joint Venture

*A Total Experience*

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# Welcome

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At Optim Surgery Center, our mission is to serve our patients with compassionate, quality care that is convenient, efficient and cost effective. Our vision is to be exceptional as your trusted partner and your best choice for health care.

We are committed to bringing you and your doctor all the services and support needed to make your total joint replacement surgery a success. We offer the following services as part of our Joint Venture Program:

- Free education session prior to your surgery. Our Total Joint Nurse Coordinator will fully describe the surgical procedure and take you step-by-step through the entire process from registration to discharge. The coordinator will explain how preparation prior to surgery can speed the recovery process.
- Following surgery, you will stay in our 23-hour orthopedic unit. The nursing and therapy staff are specially trained in the care of patients who have undergone total knee, hip, and shoulder replacement surgery.
- Comprehensive physical therapy sessions during your stay after your surgery.

**For more information or questions, please call the Total Joint Coordinator at 912.629.3534.**

*Optim Surgery Center complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.*

*ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame: 404.562.7886 (TTY: 404.331.2867).*

*CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 404.562.7886 (TTY: 404.331.2867).*

# Pre-operative (before surgery) Education Sessions

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This is your opportunity to learn what is in store for you in the upcoming weeks and what you can do to make your surgery a success.

**Please feel free to ask any questions you may have. The more you know, the better you will feel.**

## Preview

- Meet with the Total Joint Nurse Coordinator
- Preparing for surgery
- What to expect during the surgical experience
- Rehabilitation after your surgery
- How to maximize your recovery
- Questions and answers

# The Importance of Your Coach

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Family and friends are a major part of everyone's life and during this experience their involvement is very important. We encourage you to choose a family member or close friend to act as your coach as you go through the joint replacement process. Their help and support will make your journey easier.

**Here are the things your coach can do to help you through your joint replacement experience.**

## Before surgery

- Attend the pre-op education session with you
- Prepare for your return home by helping you complete the Pre-op Checklist following this section

## At the Ambulatory Surgery Center (ASC)

- Offer support and encouragement during therapy sessions
- Keep your morale high by sharing time and doing things that you like (board games, watching movies, etc)
- Keep you focused on returning to a healthy life style

## At home after discharge

- Make sure you do the exercises. NO EXCEPTIONS!
- See that you use your walker or cane according to your doctor's orders
- Encourage you to increase your activity level and do things gradually as you gain your strength back
- Oversee that you are following post-op orders

# Pre-op Home Checklist

**Preparing for your homecoming prior to your surgery will make your post-op days go much smoother. Being prepared is the key to a relaxed recovery. Complete the list below:**

- Make arrangements to have someone stay with you until you are comfortable being on your own.
- Have enough food on hand or arrange for someone to go shopping for you.
- Do the laundry, change the linens, and complete other housework before leaving for the surgery center.
- Have a pair of shoes or slippers with good support and non-skid soles.
- Have easy access to a bed and bathroom on the floor level where you will be spending most of your time. Choose a bathroom with a door wide enough to accommodate a walker. There should be enough room for a commode or an elevated toilet seat.
- Install a handrail, if possible, for any steps you may be using routinely.
- Make arrangements for walking your pets, mowing the lawn and bringing in the mail.
- Remove any obstacles that may cause you to trip: throw rugs, extensions cords, pet toys, or low hanging bedspreads. Make sure you have adequate lighting, especially at night.
- Fill your routine prescriptions.
- Take care of any financial matters such as bills, having cash on hand, etc.
- Arrange for plates, pans, and kitchen utensils to be within easy reach as well as any other items you may frequently need. Plan how you will transport your food to the table using the walker (slide on counter, walker basket, etc.)
- Have a phone and emergency numbers within easy reach.
- Have a comfortable chair with arms to help you when rising. For hip replacements: NO low, soft, upholstered chairs or couches.
- Tend to any scheduled procedures like teeth cleaning before surgery.
- Have a full tank of gas before leaving for the surgery center.

## Other Important Information

- **DO NOT eat, drink, smoke or take medications after midnight on the night before your surgery unless otherwise instructed by your surgeon.**
- **Talk with the pre-admission nurse about your diabetic medication adjustment for the day of surgery.**
- **Talk with your surgeon about blood thinners and any other medication prior to the day of surgery.**
- **Surgery usually lasts 1.5 hours for a single joint. Every patient is different. The surgery may take longer in some instances.**
- **During your surgery, your family will be in the surgery waiting area.**

# What Should I Bring to the ASC?

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## Personal Care:

- Toothbrush/toothpaste
- Deodorant
- Eyeglasses/contact lenses, dentures, hearing aides
- Other personal comfort items

## Clothing:

- Hospital gowns are the clothing of choice for the first few hours after surgery due to the presence of intravenous (IV) lines and drains.
- Loose comfortable clothing. We suggest basketball-style shorts or elastic-waist pants like pajama bottoms or lounging pants and a tee shirt.
- Non-skid footies will be provided; however, you may bring tennis shoes or any non-skid shoes.

## Miscellaneous Items:

- Bring **all** prescription medications and supplements that you take in the **original** product or prescription bottles.
- Insurance card
- Driver's license or photo ID
- Contact phone numbers
- Personal mobile phones and small personal battery-operated electronic devices if desired

## What should I leave at home?

- Do not bring cash over \$10
- Valuable items such as keys, credit cards, jewelry, checkbooks, wallets
- Weapons are not permitted at Optim Surgery Center

## Other Instructions

- One family member or friend may stay with you during the night.
- We provide soda, juice, coffee, water, soups, and packaged crackers. If you would like other drinks/snacks please bring them with you.
- We will order an evening meal from a local restaurant for you and the one person staying with you.
- Bring your own breakfast snack.
- You will be discharged to our physical therapy department on the first floor around 7:00 AM.
- If you were issued a walker or cold (ice) therapy system, please bring it with you the morning of surgery.

# For Your Family

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## The Surgery Waiting Area

Waiting during a surgical procedure may seem like a very long time for your family. At Optim Surgery Center we strive to take excellent care of your family while doing the same for you!

The surgery waiting area is located directly outside the surgery suite.

Once you are admitted to the pre-op area, your family will be able to see you before your scheduled procedure. Your surgeon will speak with your family immediately after the surgery. You will remain in the Post Anesthesia Care Unit (PACU) for about 1-2 hours before admission to your room in the 23-hour unit. Your family is welcome to wait for you in your room.

## Amenities

**For your family's enjoyment and comfort we provide the following amenities:**

- Free coffee
- Wireless/Wi-Fi capability
- Television
- Conveniently located restrooms
- Magazines
- Cell phone use is permitted

## No Smoking Policy

Optim Surgery Center is a **tobacco-free environment**; therefore, **no** smoking, chewing tobacco products, or eCigarettes are permitted in the building or immediately outside the premises.

Patients are **not permitted** to leave the building to smoke. Other individuals desiring to smoke will be directed outside to the designated smoking area located at the gazebo on the Habersham Street side of the building.

# Anesthesia

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Anesthesia is the loss of feeling or consciousness. The anesthesiologist is a medical doctor who administers the medications in the operating room.

Many medications and procedures are available to your anesthesiologist to prevent you from feeling pain during your surgery.

General anesthesia works best for most patients having joint replacement surgery. Your surgeon will plan to use this technique for you unless a medical condition indicates otherwise.

Several different medications may be used for general anesthesia – some are inhaled and some are given through an IV (intravenous line).

With general anesthesia, you may have a tube placed in your windpipe to deliver inhaled medication. This may cause your throat to be sore following your surgery.

Your operating room anesthetist will monitor your breathing, heart rate and blood pressure during your surgery. An IV will be started in the pre-op area prior to your surgery.

**At Optim SurgeryCenter, we value your safety and concerns. You do not need to worry that you will wake up too early or that you will feel the surgery being performed. Your anesthesiologist will make sure you wake up at just the right time!**

To assist with post-op pain control, your anesthesiologist may administer a major nerve block for patients having a total knee replacement. This nerve block will provide post-op pain control for many hours following your surgery.

Please feel free to talk with your surgeon or nurse if you have any questions or concerns about your anesthesia options.

# Pain Management

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Following a joint replacement surgery, pain is a consequence that needs to be managed adequately. Your team is ready to help you; however, for them to help you, you **MUST** tell them about your pain. **By telling us about your pain, we can become partners in managing your pain.** It is important to be realistic when dealing with pain. The amount of pain that a person feels varies from one individual to another. No two persons are exactly alike.

**It is important to think along the lines of “under control” as opposed to “no pain”.**

Please tell your care team if you believe your pain is under control or hampers your ability to participate in your care and rehabilitation. If you are unable to use the pain scale, your care team will rely on other signals of pain such as facial expressions, activity, movement, and sweating to name a few. You will be assessed routinely for existing pain and pain relief.

## Other Possible Ways to Manage Pain

- Changing your position every 1-2 hours
- Positioning your pillows for comfort
- Sleeping
- Listening to music
- Watching television
- Walking
- Talking to family and friends
- Reading
- Breathing exercises
- Relaxation techniques

## After Your Surgery

After your surgery is finished, you will be taken to the recovery room called PACU or Post Anesthesia Care Unit located across from the pre-op admission area.

Our staff will be with you when you wake up from surgery. The anesthesia drugs will most likely cause you to have blurred vision, dry mouth, chills, and they may also cause some nausea. You may have a sore throat if a tube was placed in your windpipe during surgery.

As you wake up, you will be aware of your nurse checking your bandage and blood pressure. Your nurse will also be asking if you are having pain or nausea. Medication is available to make you comfortable. You will be attached to a heart monitor and oxygen level monitor. You will hear these monitors beep. You will also receive oxygen through clear plastic tubing in your nose.

You will remain in the recovery area from 1- 2 hours depending on the anesthetic you had and your individual reaction to it.

Visitors are not allowed in the PACU area. Please be assured that your family will be updated on your progress.

When you are released from the PACU area, surgery personnel will transport you to your room in the 23-hour unit. You will already be in your hospital bed! Your family may visit you after the nurse checks you into your room.

# For Your Safety

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At Optim Surgery Center, patient safety and satisfaction is our number 1 goal. Here are some simple ways that can help keep you safe:

## Avoid Falls

- Do not attempt to raise or lower the bed rails or lean too far out of your bed. Call for assistance when you need it.
- Wear bedroom slippers with skid resistant soles when you get out of bed. The surgery center provides socks with skid resistant soles for your convenience.
- Do not walk on wet floors.
- Ask for assistance when getting in and out of wheelchairs.
- Ask for assistance when going to the bathroom.
- Before getting out of bed, sit on the edge of the bed for a few minutes before standing and starting to walk.
- Use your nurse.
- Always call for assistance if you need to get out of bed. Never attempt to get out on your own, even with the assistance of family or friends. **CALL, DON'T FALL!**

# Frequently Asked Questions

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## Will I be awake during the surgery?

During the surgery, an anesthesiologist will administer an anesthetic that will provide total pain relief. There are different types of anesthetics: a general anesthetic will put you into a deep sleep, while a regional anesthetic will numb specific areas only.

Most people will get both the general anesthetic and the regional anesthetic. You will not remember the surgery once you awaken. You and your anesthesiologist will discuss which method is best for you prior to your surgery. Please feel free to discuss any concerns you may have.

## Other than my scar, will my joint be any different?

Some people notice a major clicking sound when they bend their joints. This is a result of the prosthesis, or artificial parts, coming in contact with each other. This is normal and is not a cause for concern. Most total knee patients notice that the knee feels “different” but without pain. Most total hip patients feel like they have a normal hip again.

## How long will I be at the ambulatory surgery center?

Joint replacement patients usually stay with us for 23 hours, however, some may leave earlier. Before you leave, you must meet certain functional goals. Physical therapy after surgery is very important.

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

People progress at their own rate. Normally, patients use an assistive device such as a walker and progress to a cane afterwards. Your therapist and your physician will inform you on when you can stop using these devices.

## Will I need help at home the first week?

Although you will be well on your way to recovery when you leave the surgery center, arrange to have someone assist you with meals, medications, dressing and all other daily activities for the first week or two. Be sure to alert the joint care team if you live alone.

To make the transition to home easier, plan ahead. Prior to coming to the hospital, take care of such things as getting prescriptions filled, changing beds, doing the laundry, washing floors, arranging for someone to cut grass, walking the dog, stocking up on groceries, etc. **Your job after surgery is to focus on your recovery, not household tasks.**

## Will I need therapy when I go home?

For knee replacements, yes. For hip replacements, there is a possibility that you may need therapy. Therapy is a very important component of your recovery. The number of therapy sessions is based on individual progress.

To a large extent, your progress will be determined by how much effort you put into your exercise routines. Your therapists will monitor your progress after surgery and will help determine your therapy needs after discharge. Your nurse or surgeon’s office staff will arrange for your therapy before going home.

## Why should I exercise before surgery?

The better the condition of your muscles prior to surgery, the easier and faster your recuperation is expected to be. It is important to learn the exercises and be comfortable with them prior to surgery so that you can continue them once you return home. Starting the exercises now will build muscle tone and pave the way to quicker recovery. Begin doing the exercises immediately, unless you experience pain in your joint.

## Are there any activities that I should avoid initially?

Keeping your new joint moving will help your recovery process. However, you should return to your normal activities gradually. In some instances, you may have to work your way to a particular activity. For example, taking a five-mile walk on your first time out is not realistic. Rather, walk until you begin to get tired. Add distance to each subsequent walk until you have reached your goal.

You will be instructed by your joint care team to avoid specific positions of the joint. Avoid high impact activities such as jogging, singles tennis, basketball, downhill skiing, football, etc. Consult your surgeon prior to participating in any high impact or injury prone sports.

## When can I return to work?

The physical demands required for your job, as well as your own progress, will determine when you can return to work. Your surgeon will tell you when you can return to work.

## When can I drive?

How soon you can resume driving will depend on several factors such as your progress, type of vehicle you drive, which side of your body was the joint replaced, and if you are still taking prescription pain medications. Your return to driving is largely dependent on your progress as well as your commitment to your exercises and physical rehabilitation. You should NOT consider driving until you are released to do so by your surgeon.

## When can I resume having sexual intercourse?

After surgery, it will take time to regain your strength as well as your confidence in your new joint. Most people feel able, physically and mentally, to engage in sexual activity about 4-6 weeks after surgery. Talk to your surgeon if you have any questions regarding this.

## Are there any positions that should be avoided during sexual intercourse?

For **total hip replacement** patients, consult your surgeon prior to resuming this activity. For **total knee replacement** patients, positions involving kneeling on your new joint should be avoided at least initially. It is best to use a side lying position in the early recovery stages. Pillows maybe used to provide support and comfort to the affected leg. As your recuperation progresses, lying face up using a pillow or two under the knees to create a comfortable bend is an alternative to side lying position. For male joint replacement patients, consult your surgeon first prior to assuming the top position.

# Rehabilitation Services

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## Physical Therapy

Physical Therapy will begin the afternoon of your surgery. Your physical therapist will be responsible for guiding your rehabilitation efforts toward recovery.

### Your Physical Therapist will:

- Assess your physical and mobility status
- Instruct and assist you with your exercise program
- Teach you movement precautions
- Instruct you with safe transfer, walking and stair training
- Make recommendations for your follow-up care after your discharge from the hospital

### During your first treatment

You will begin by performing bedside exercises with the therapist's assistance. Your therapist will provide you with a list of exercises that you will perform in therapy. The exercises will help improve the movement in your leg and will help stretch and strengthen your muscles.

You will be assisted to a sitting position at the side of your bed. You will then be taught how to stand using a walker and you will be encouraged to take your first steps. Your physical therapist will instruct you on how much weight you can place on your operated leg.

A walker with two, non-swivel wheels on the front legs is preferred for your safety. Our staff will facilitate ordering a walker for you prior to discharge home. If you already have this style walker or plan to borrow one, please bring it with you on the day of surgery.

You will be transferred from bed to a chair. You are encouraged to sit for 1-2 hours. Once you are ready to go back to bed, inform your nurse by using your call button. Nursing staff or the aides will then transfer you back to bed. **DO NOT** attempt to get in or out of bed without staff assistance.

**Our goal is for you to be more independent each day.** As such, your therapist will slowly progress your therapy to your tolerance.

# Beginning Your Exercise Program

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## Important Tips

- Take short rest periods between exercises if needed.
- Use slow steady movements while exercising.
- Take slow deep breaths while exercising. Breathe out during the most difficult part of the exercise. Counting your repetitions out loud will help you remember to breathe.
- **DO NOT** over exert yourself.
- **DO NOT** exercise in a cold room or immediately after meals.
- **DO NOT** continue with the exercise if it causes increased pain or discomfort. However, you may be able to “modify” the exercise without completely eliminating it. As an example, if a particular exercise causes increased pain with 10 repetitions, then try doing fewer repetitions and gradually add more repetitions as you are able.
- Stop exercising and contact your doctor if you notice chest pain, dizziness, or excessive perspiration while exercising.

## Before your Surgery

- It is recommended that you perform the exercises 1-2 weeks prior to your scheduled surgery.
- Perform the exercises 1-2 times daily.
- Begin with 10 repetitions of each exercise. Gradually increase them by 1-2 repetitions each day as tolerated until you can perform 20-30 repetitions of each exercise. Continue with 20-30 repetitions until your surgery.
- A word of caution: You should be aware that there will be limitations to the range of motion in your arthritic joint while exercising before surgery. This limit is signaled by pain. Therefore, when exercising your arthritic joint before the replacement surgery, stay within the limits of your pain tolerance.

## After Surgery

- You will continue to perform the exercises after you leave the hospital. Please refer to any specific instructions given by your therapist.
- Taking your pain medications 30 minutes to 60 minutes prior to performing your exercises will help minimize pain and discomfort.
- Apply ice for 10-15 minutes after completing your exercises.

# List of Adaptive Equipment

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You may need some equipment to help you during your recovery. Some of the equipment is optional and insurance coverage varies. Because each patient recovers differently, your therapist will recommend the equipment that is best suited for your needs. Your surgeon will prescribe the equipment you will need.

Equipment recommended by your health care team may not be covered by your insurance plan. Our staff will help you understand your equipment coverage and will also assist you in ordering the prescribed equipment. Equipment may include:

1. Two-wheeled Walker
2. Polar Care Icing Device
3. 3-in-1 Bedside Commode

# Total Joint Replacement Protocol

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For questions, call Optim Therapy • 912.644.5333

Physical therapy is provided two times prior to your discharge.

## TOTAL HIP REPLACEMENT

### PRE-OP TEACHING:

1. Hip anatomy
2. Hip precautions
3. Pre-op and post-op exercises, goals
4. Equipment needs

### DAY OF SURGERY: PHYSICAL THERAPY (PM)

- PT evaluation
- Exercise per protocol
- Transfer training
- Gait training as tolerated with walker
- Review hip precautions

## TOTAL KNEE REPLACEMENT

### PRE-OP TEACHING:

1. Knee anatomy
2. Pre-op exercises
3. Post-op activity/expectations, goals
4. Equipment needs

### DAY OF SURGERY: PHYSICAL THERAPY (PM)

- PT evaluation
- Exercise per protocol
- Transfer training
- Gait training as tolerated with walker
- Review knee precautions

# Going Home

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## Before You Go Home

At Optim Surgery Center, the nursing staff will assist you with any discharge needs. Our staff is available to help you and your family plan for your care after you leave the hospital. They will not make decisions for you and your family but will provide information to allow you to make the best decision about your care after discharge. In addition, our Patient Navigator can assist you in understanding your insurance coverage options.

**Your doctor will order your discharge from the 23-hour ambulatory unit and provide you with specific discharge instructions. These instructions will include:**

- Information on how to take your medications
- Managing your pain and how to minimize swelling
- How to care for your dressing and incision
- Follow up appointment with your surgeon and physical therapy
- Activity and diet information
- Warning signs of problems like infection and blood clots

Thank you for choosing



**optim**  
surgery center

For questions or for more information about our  
Total Joint Replacement Program please contact:

**Total Joint Coordinator**

**912.629.3534**

**[optimhealth.com](http://optimhealth.com)**