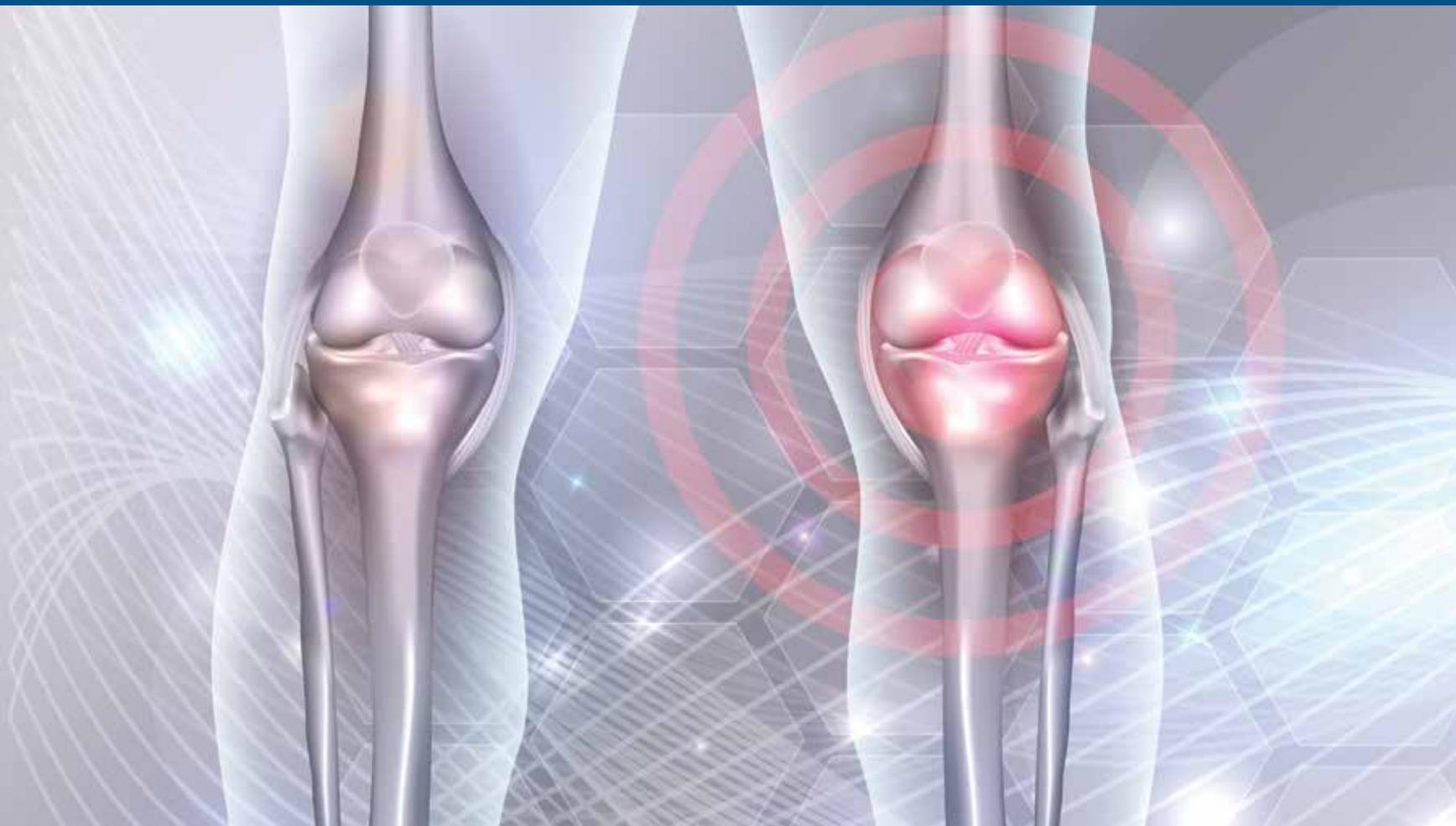


# EXCEPTIONAL ORTHOPEDIC CARE

## JOINT REPLACEMENT GUIDE





Neal, Double Knee Joint Replacement Patient



# EXCEPTIONAL ORTHOPEDIC CARE

White Plains Hospital Center for Orthopaedic & Spine Surgery is well-known throughout the region for a complete range of superior orthopedic care services to relieve pain and restore function. This includes the highly-specialized and advanced methods of joint replacement surgery.

This guide is intended to help you get ready for your surgery, answer your questions, ensure your smooth transition through rehabilitation, and prepare you to resume an active lifestyle as soon as possible.

A multidisciplinary team of board-certified orthopedic surgeons, physician assistants, nurse practitioners, nurses, and physical therapists work collaboratively to provide a comprehensive and individualized care plan for each patient to ensure the best possible outcome and quickest recovery.

Beginning with a thorough assessment, through pre-operative education, and ultimately resulting in a comprehensive recovery and rehabilitation plan, our surgeons have decades of combined experience with joint replacements and utilize a variety of techniques to ensure optimal outcomes.

# BEFORE YOUR SURGERY

## PROGRAMS & SERVICES

White Plains Hospital has several programs in place designed to prepare you for joint replacement surgery and facilitate your recovery thereafter. They are as follows:

### Pre-Admission Testing & Pre-Surgical Testing

Your surgeon will explain your surgery and request that you complete any follow-up such as obtaining a History and Physical (H&P) from your primary care physician (PCP) who may order additional consultations. If you do not have a PCP, you may visit the Pre-Surgical Testing Center for the required tests and H&P. Of particular importance is your blood work, which needs to be drawn within 28 days of your surgery.

Also speak to your provider regarding medications leading up to and the day of surgery, including the use of blood thinners, anti-inflammatory medicines, and aspirin products.

### Emmi Education

*Emmi Engage*, a multimedia educational program, will be e-mailed to patients when a total joint procedure is scheduled at White Plains Hospital Center for Orthopaedic & Spine Surgery. Three online programs, *Total Knee/Hip Replacement*, *Anesthesia* and *Hospital Visit Expectations*, will provide an in-depth explanation of the surgery details.

You will receive an 11-digit access code by email or phone to access your customized *Emmi Engage* programs at [www.StartEmmi.com](http://www.StartEmmi.com). The program is available in multiple languages. We encourage you to view these videos prior to surgery to find helpful information to prepare.

### Enhanced Recovery After Surgery (ERAS)

A program implemented at the Hospital based on proven best practices, ERAS provides information to patients to prepare for surgery, what to expect during surgery, and what you can do for optimal outcomes. As detailed throughout this guide, ERAS offers healthy habits and hand washing, expectations for pain management, tips on eating well, and maintaining your physical condition, breathing and skin care.

### Holistic Services

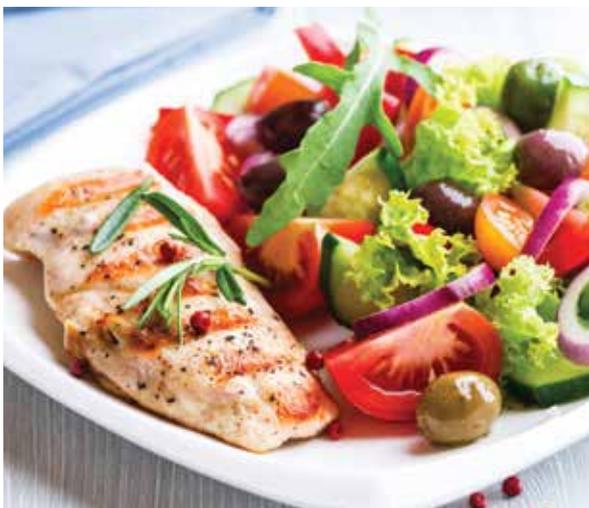
The Holistic Services Program at White Plains Hospital is a complementary program that can help prepare your body, mind, and spirit before your surgery by helping you relax through breathing techniques and visualizing positive outcomes. The Program can also supply you with all the information you need as you prepare to welcome your new joints with excitement and appreciation.

For more information on the Holistic Services Program, please call 914-681-2049.



## PREPARING FOR YOUR SURGERY

To ensure a successful outcome for your surgery and help speed your recovery, there are several key steps to follow. Stop smoking, follow an exercise regimen, practice good oral and hand hygiene, eat healthy meals, and try to anticipate any post-surgical home accessibility issues.



### Your Diet

**In the days and weeks before your surgery**, it is important to eat foods rich in protein, vitamins and minerals. Protein will help repair and rebuild tissue. Protein is found in chicken, fish, turkey, lean beef, pork, beans and tofu. Fruits and vegetables are a good source of vitamins, along with dairy products (milk, yogurt and cottage cheese), fortified cereals, seeds and nuts. Include a twice-daily supplement (i.e. Ensure, Glucerna, Boost, or Carnation Instant Breakfast) in your daily meal plan, especially if you are not eating well. And, of course, continue to follow any dietary recommendations from your physician.

**The day before surgery**, drink plenty of clear fluids to help stay hydrated. Clear fluids include water, sports drinks (i.e. Gatorade, Powerade, etc), and non-citrus juices such as apple and cranberry juice.

**Eight hours before surgery**, stop eating solid foods. Continue to drink only clear liquids to stay hydrated. Please drink the provided carbohydrate drink three (3) hours prior to surgery start time. This will be your last drink and should be consumed quickly (in 5-10 minutes). The carbohydrate drink can be beneficial to reduce insulin resistance, reduce surgical stress, reduce the length of hospital stay, improve your well-being and aid in muscle recovery after surgery.

### Breathing Exercises

It is important to exercise your lungs before you arrive at the Hospital. Before you go to sleep, and when you wake up, do the following exercise ten (10) times. If you feel dizzy, it is not necessary to perform them ten times in a row. You can take a break and resume later.

- Sit in a chair or on the edge of your bed with your back straight
- Inhale slowly and as deeply as you can
- Hold the air in for 3-5 seconds
- Slowly let the air out

### Showering & Bathing

Do not shave or use depilatories on your leg for one week prior to surgery to avoid the risk of infection from any minor nicks or cuts in the skin. Forty-eight hours prior to surgery, do not shave any part of your body, besides your face. Shower the evening before and the morning of surgery with the antiseptic soap (chlorhexidine gluconate) provided to you. This soap will help remove unwanted bacteria from your skin. Be sure to avoid contact with the eyes, the inside of the ears, or mucus membranes—the thin skin that covers the inside surface of parts such as the nose and mouth and produces mucus to protect them. If you have a history of any skin condition such as eczema, psoriasis or contact dermatitis, please use your own bathing products, instead of the antiseptic soap provided to you.

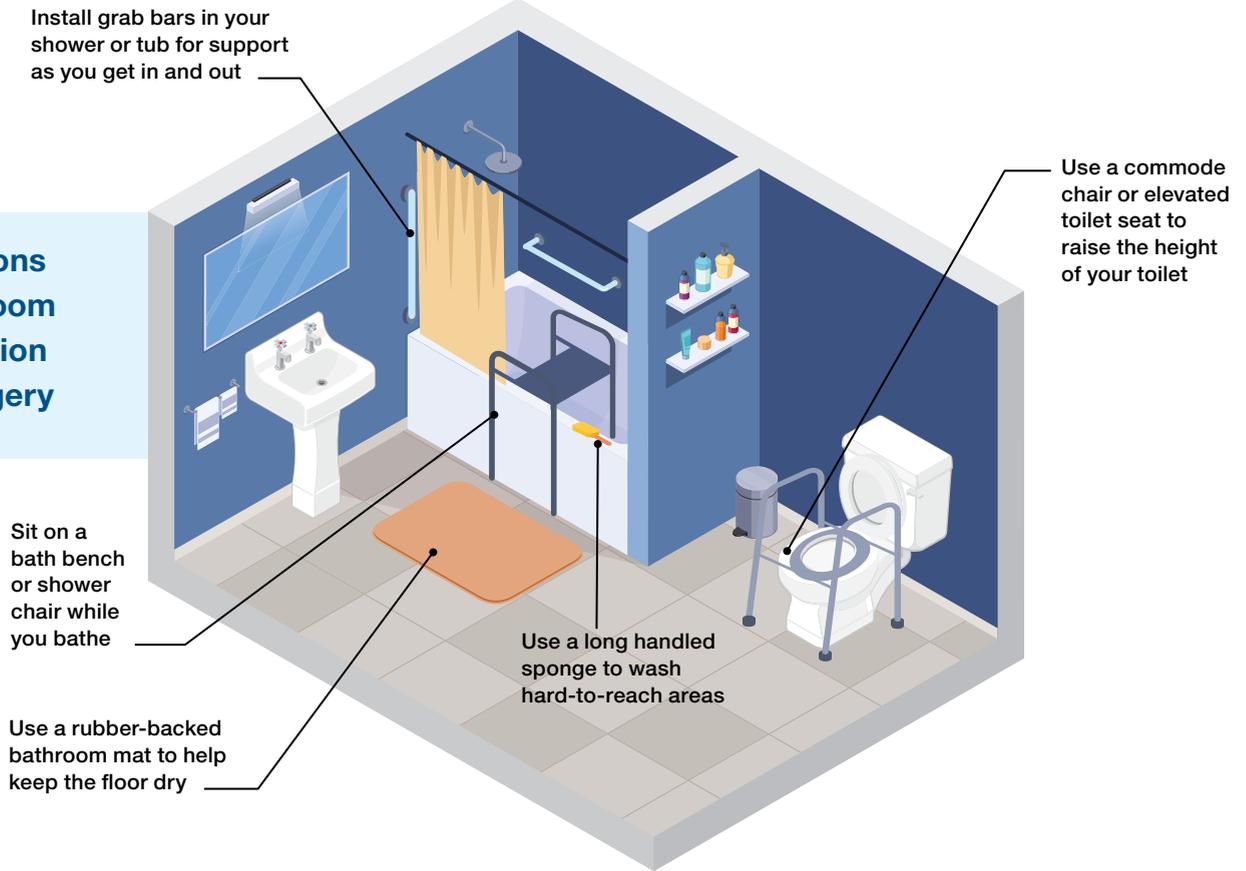
### Preparing Your Home

Before your surgery, it is a good idea to arrange a clear path from your bedroom to your bathroom. If you have a commode, a raised toilet seat, or a tub bench at home, check that the equipment is functioning. If you have a walker, ensure that its in good condition. Throw rugs should be removed as they are a tripping hazard.

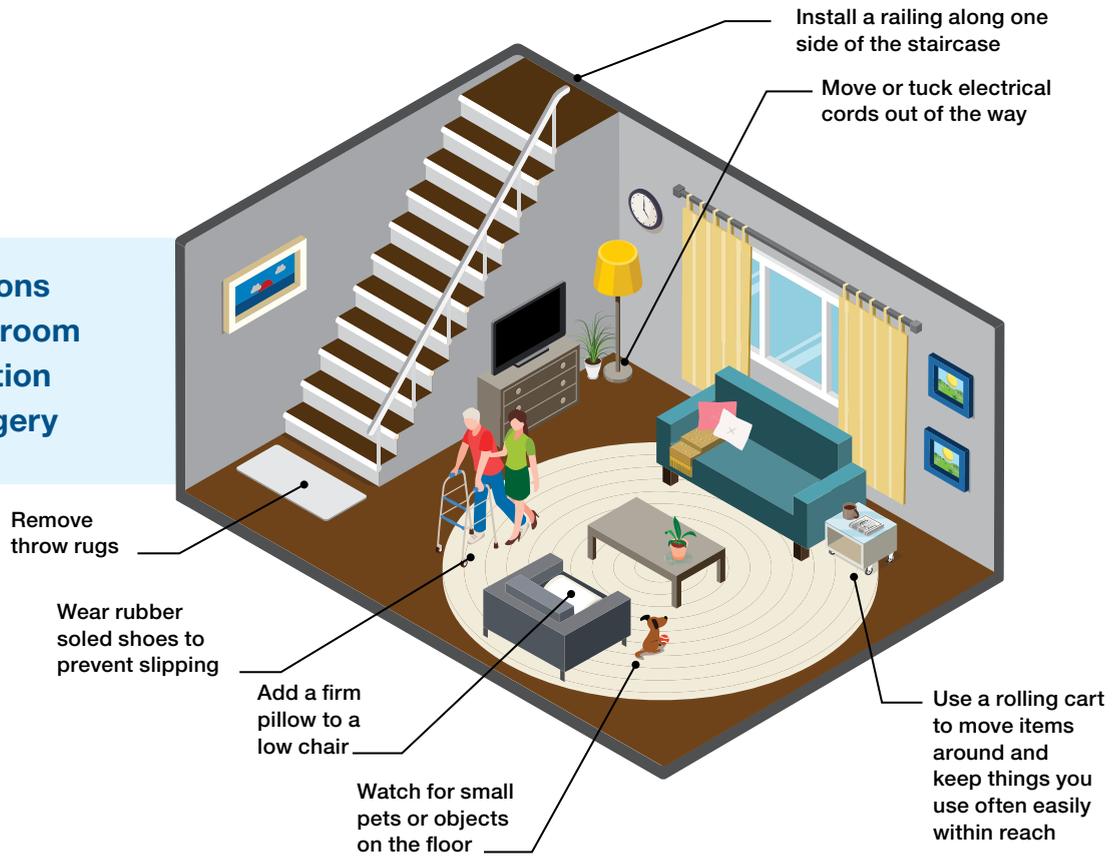
It is important to stock up on foods that are easy to prepare prior to your surgery, and to arrange to have a family member or a friend deliver groceries and help with errands after your surgery.



## Suggestions for bathroom organization after surgery



## Suggestions for living room organization after surgery



# WHAT TO EXPECT ON THE DAY OF SURGERY

On the day of your procedure, arrive two (2) hours prior to your scheduled surgery time at the Admitting Department. You will be escorted to Ambulatory Surgery, where you will be introduced to your pre-op team. Your surgeon and surgical team will go through a process of site verification. White Plains Hospital staff will perform a finger stick to measure your sugar level if you are 45 years or older, or have a BMI of 30 or greater.

## WHAT TO BRING TO THE HOSPITAL

Bring with you your complete medical history and your medical reconciliation forms provided in your pre-op class, which should include your current medication list. Also bring the following personal items:

- Undershorts/underpants and, if desired, loose fitting clothes, robe, or pajamas
- Eyeglasses, hearing aids, dentures (if used)
- Loose fitting clothes and shoes for discharge
- Brace or orthotics
- Personal toiletries
- Remember to leave all valuables home



## ANESTHESIA

On the day of your surgery, you will meet with your anesthesiologist to discuss your options. There are various forms of anesthesia, including Spinal, General, Localized, and Peripheral Nerve Block (for knee surgery only). The *Emmi Engage* video emailed to you has a more detailed explanation about what to expect for anesthesia.

Should you need further information, you may contact Westchester Anesthesiology at 914-428-5454.

## YOUR SURGERY

Your actual surgery will take approximately 1.5 to 2 hours, though the surgical team will need additional time for the application of monitors, the administration of anesthesia, and proper positioning.

Following surgery, your surgeon will speak with your caregiver/loved ones.

After surgery, you will be brought to the PACU/Recovery room until you have regained sensation in your legs. The surgeon may place a surgical drain near your incision site to collect excess drainage. It would be removed the day after your surgery.

# YOUR STAY AT THE HOSPITAL



Following your time in the PACU/Recovery room you will be taken to our Orthopaedic Unit – 4I. The rooms are furnished with a number of devices to make your stay more comfortable, including a raised commode and an orthopedic chair. Phone and television service are available for your use.

**Visiting hours are from 10:00 am until 9:00 pm.** We ask that your guests do not use your bathroom or sit on your bed to decrease the risk of infection. Also, family and friends who are ill should not visit.

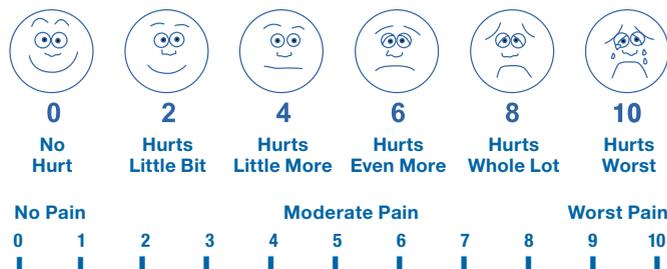
## THE COMPREHENSIVE CARE TEAM

Along with your surgeon, a team of Magnet® recognized nurses and specialized orthopedic physician assistants work closely to provide comprehensive care to address your post-surgical needs, including pain management, dressing changes, and other medical-related issues.

## PAIN CONTROL

Pain management is an integral part of your recovery. We will use a multimodal method of pain control – meaning potentially utilizing more than one method. The nursing staff will refer to the Pain Assessment Tool to measure your level of pain or discomfort. Together you will discuss various options for pain management, including Holistic Services.

### PAIN ASSESSMENT TOOL



## HOLISTIC SERVICES

During recovery, patients can once again take advantage of the Holistic Services Program at the Hospital. The program works to improve patients' quality of life and manage any symptoms or discomfort. Providing evidence-based complementary and integrative modalities, individuals can actively participate in their health and healing.



### SERVICES PROVIDED INCLUDE:

- Reiki (Healing Energy)
- Therapeutic Touch (Healing Energy)
- Healing Touch (Healing Energy)
- Guided Imagery
- Meditation
- Relaxation (Breathing exercises)
- Gentle Massage/Touch
- Aromatherapy

These therapies promote relaxation and can positively impact recovery and healing by managing pain, anxiety, and insomnia.

For more information on the Holistic Services Program, please call 914-681-2049.

## MEDICATIONS

Your normal daily medications will be reviewed upon your admission and ordered for you while you are in the Hospital. Following surgery, antibiotics will be administered for the first 24 hours to prevent infection. Blood thinners will be administered according to your surgeon's recommendation for up to six (6) weeks in order to prevent any possible complications (i.e. clots, etc.). The nursing staff will provide information and assistance with nausea management and your bowel regimen.

## FALL PREVENTION

Patient safety is our priority. To prevent falls we have bed alarms, chair alarms, and we will assess you for fall risk every 12 hours. If you need assistance, please "call before you fall." We ask that you don't get out of bed without assistance during your hospital stay.

## INFECTION PREVENTION

Infection control is vital to optimal outcomes for our patients. Please do not touch your incision and use the provided hand sanitizer frequently. All employees must "wash-in" and "wash-out" during each patient encounter. Your sheets will be changed each day—more frequently if necessary. All patients should follow proper nutrition guidelines; glucose control will be provided for diabetic and high-risk (BMI  $\geq 30$  or Age  $\geq 45$ ) patients to minimize the risk of infections.

# YOUR POST-SURGICAL CARE

## NUTRITION

Your surgeon will adjust your diet as soon as possible to assist with wound healing. Your doctor may order a supplement for you to drink while in the Hospital, such as Ensure or Glucerna. These supplements provide nutrients that help with wound healing. It is recommended to consume a supplement as part of your meal plan twice a day for a minimum of seven days after surgery to help meet your nutritional needs for recovery. Try drinking supplements between meals as a snack, instead of water when taking medications or as a replacement for milk with cereal or coffee. You can ask to see a dietitian before you leave the Hospital if you have questions about your nutritional status or meal plan.

## PHYSICAL THERAPY

Physical Therapy plays a critical role in every stage of recovery. The goal of physical therapy is to prevent tightness and stiffness, to improve patient awareness, to strengthen muscles around the joint using controlled exercises, and to improve functional mobility.

As part of the recovery process, therapy may start as early as the day of your surgery and will continue until you leave the Hospital. Therapy sessions generally last for about 15-30 minutes.

**Day 0/Day of Surgery** – may include bedside exercises, dangling first at the edge of the bed, standing or walking using an assistive device.

**Day 1** – two sessions of physical therapy; may include getting in and out of bed, moving from one surface to another, activities of daily living, increasing distance with ambulation, and may start stair training.



**Day 2** - two sessions of physical therapy that again may include bed mobility, transfers, activities of daily living, and stair training; will also review a home exercise program and techniques for home activities, prior to your expected discharge on this day.

In addition to the individual Physical and/or Occupational Therapy sessions, group therapy classes are also offered Monday through Friday. If you have any further questions about rehabilitation services, you can call the Physical Medicine and Rehabilitation Department at 914-681-2440.

Outpatient Physical Therapy is available at our Physical and Occupational Therapy Center, managed in partnership with the renowned Burke Rehabilitation Hospital, located at 222 Westchester Avenue White Plains, NY 10604 914-681-1116

# GETTING READY FOR HOME



## HOSPITAL DISCHARGE

Expect to stay in the Hospital for one (1) to two (2) days, including the day of surgery.

A Care Manager, who is a registered nurse, will meet with you to establish the most appropriate discharge plan. A personalized discharge care plan will be established by the multidisciplinary team. Your discharge plan will be based on your needs and covered insurance.

The discharge plan is formulated based on the following factors: your post-operative medical status, your mobility, your home environment and support systems, and your insurance and financial considerations.

## RECOVERING AT HOME

When you return home, be sure to schedule follow-up appointments with both your surgeon and primary care physician. Avoid driving until cleared by your surgeon.

As established with your team, continue with the pain management protocols. This may include holistic services such as meditation or gentle massage, as well as over-the-counter medications, with the goal of minimizing and eventually eliminating use of any stronger prescription pain medication as soon as medically appropriate. Prescription medications can be habit-forming; they should be used with caution and only when pain is severe. If you experience a fever, redness or swelling at the surgical site, drainage from the incision, calf pain, or constipation following discharge, please call your surgeon or your physician.

## EMMI TRANSITION PROGRAM

As part of our Emmi Transition program, patients are automatically enrolled in a series of post-discharge calls to check on their status. You should expect four (4) calls during the first week following discharge to discuss your follow-up appointments, medications, rehab, wound care, smoking and alcohol use. Calls are offered in English or Spanish.





## **BILLING, FINANCE, INSURANCE AND MISCELLANEOUS**

### **Billing Questions**

For questions related to bills that you receive from your health care providers, please refer to the phone number listed directly on the bill. For Hospital billing questions related to your Hospital outpatient treatment or Hospital inpatient stay, please call our Patient Accounts Department at 914-681-1004.

### **Financial Assistance**

White Plains Hospital is a voluntary not-for-profit organization with the mission of caring for patients 24 hours a day, seven days a week, and 365 days a year, regardless of their ability to pay. If you do not have health insurance or worry that you may not be able to pay in full for your care, we can help. White Plains Hospital provides financial assistance to patients based on their income, family size and needs. In addition, we may be able to help you obtain free or low-cost health insurance, or work with you to arrange a manageable payment plan. For questions related to financial assistance, call our Patient Accounts Department at 914-681-1004.

### **Insurance**

White Plains Hospital accepts most types of insurance, including Medicaid and Medicare. For questions about insurance, please contact our Patient Accounts Department at 914-681-1004.

### **Foreign Language Interpretation**

Interpretation services for more than 140 foreign languages are available upon request, free of charge. Sign Language interpretation is also available. Your nurse can access these services for you or a family member.

### **Volunteers**

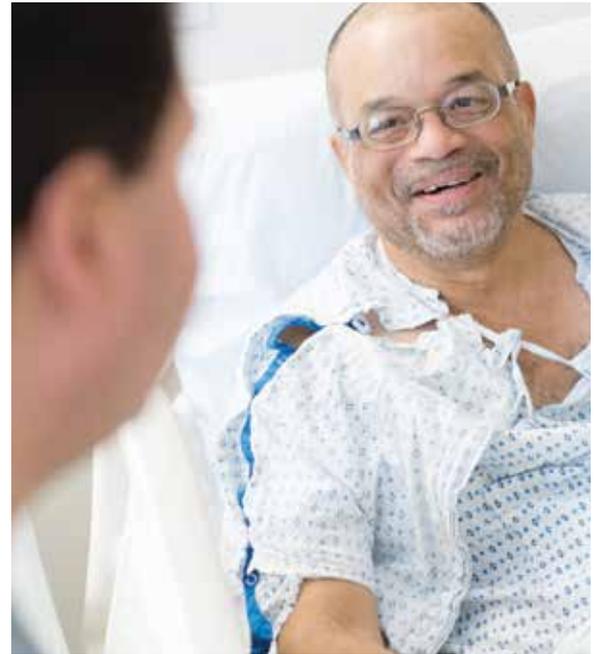
Volunteers are integral members of the interdisciplinary team providing hospitality and support to patients and family members. They offer companionship, information, resources, and advocacy that will enhance a sense of well-being and the community of care. If you're interested in volunteering, please contact the White Plains Hospital Volunteer Office at 914-681-1225.

### **Patient Feedback**

Our goal is to provide exceptional care every day! We continually work to enhance our program and would appreciate your input. Please speak to us regarding your concerns or suggestions before you leave.

### **Consumer Advocate Patient Representative**

The Consumer Advocate/Patient Representative is a direct link to Hospital administration and serves as a liaison between the patient, the family, and the Hospital. The Consumer Advocate's goal is to improve the hospital experience by explaining policy, answering questions, and seeking resolutions to issues. For more information, call 914-681-2150.



## **HOW TO RECOGNIZE STAFF**

Every day, we hear from patients about their exceptional doctors, nurses, and technicians. Many tell us about environmental services staff, food servers, parking attendants and other employees who made a difference in their hospital experience by providing comfort, warmth, support and kindness to them and their loved ones. You can share your story or make a donation in someone's honor by visiting [givetowphospital.org](http://givetowphospital.org) or calling 914-681-1040. You can also send a letter to Susan Fox, President and CEO of White Plains Hospital, at 41 East Post Road, White Plains, NY 10601, or submit your story online at [wphospital.org/patientstory](http://wphospital.org/patientstory).





White Plains Hospital  
Center for Orthopaedic  
& Spine Surgery

41 East Post Road, White Plains, NY 10601 | [wphospital.org](http://wphospital.org) | 914-681-0600