



Pre-Operative Education

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HCA Florida Memorial Hospital

Mission:

Above all else, we are committed to the care and improvement of human life

Vision:

To be an excellent place for employees to work, and an excellent place for physician's to practice medicine, resulting in an excellent place for patients to receive care

Values:

Excellence Ownership Compassion



Purpose of Education

- Provide valuable information on what to expect before, during, and after surgery.



First in Jacksonville

**We are the 1st Hospital in Jacksonville to be
Joint Commission Advanced Certified in
Total Hip and Total Knee Replacement in 2021**



Orthopedic Surgeons

These are the talented Orthopedic Surgeons performing Total Joint Replacement Surgeries at our hospital



Gavan Duffy, MD



Georges El-Bahri, MD



Fady El-Bahri, MD



Brett Frykberg, MD



Ralph Rizk, DO



Josh Rogozinski, MD

Orthopedic Nurse Navigator



Contact Information:

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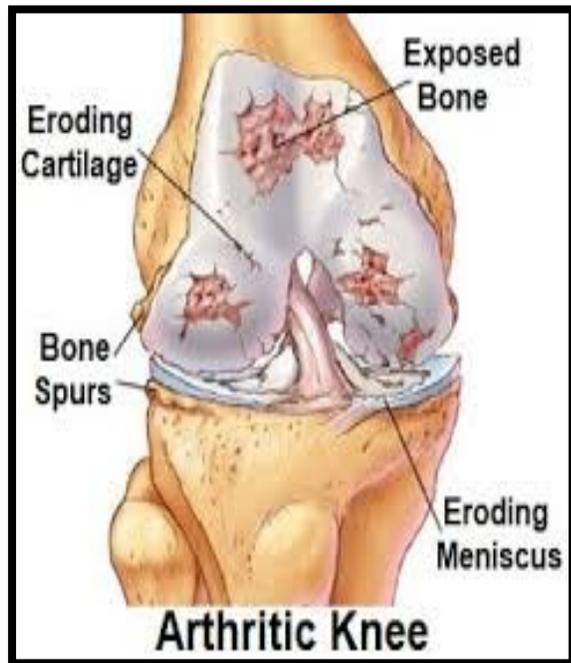
Our Nurse Navigator is here to
Answer your questions and help you
Navigate your way through this journey

Surgery Event Checklist

- Pre-admission testing appointment
- Pre-operative education class
- Final pre-operative orthopedic visit
- Confirm time/date of surgery with surgeon's office
- Day of surgery!



Disease Progression: Indications for surgery



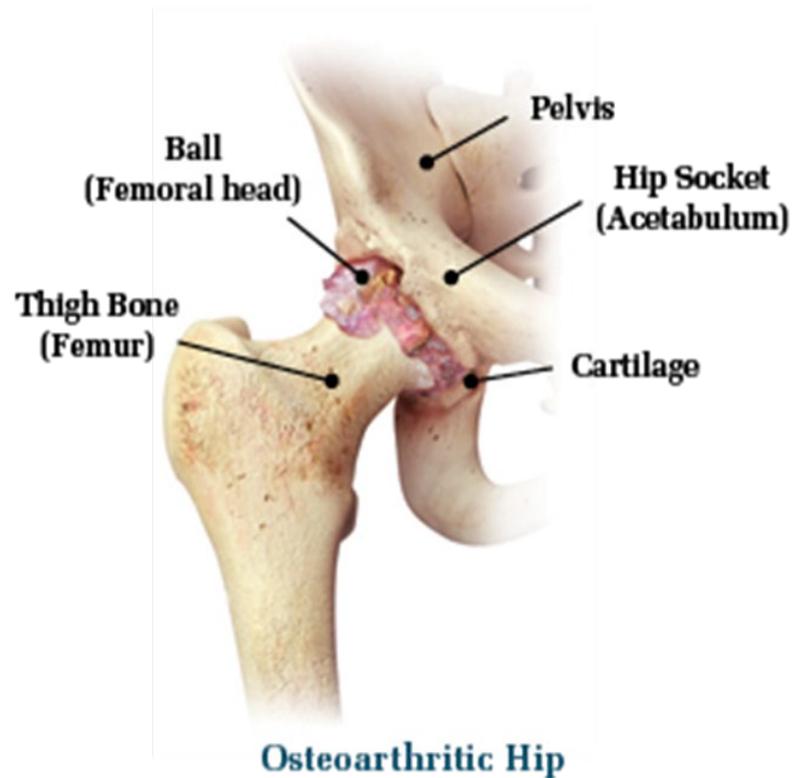
This is a picture of an osteoarthritic knee where the cartilage has been worn down and the joint becomes “bone on bone.”

Disease Progression: Indications for Surgery

- This is an example of an implant. What your surgeon will do is shape or contour the femur, or thigh bone, to fit the upper piece. On the tibia, or shin bone, a plate will lie on top and a small stem is inserted to keep the implant in place.
- As you can see from the picture on the right, the two pieces of metal are separated by a medical grade polyethylene liner that will function as the new cartilage. The backside of the patella, or knee cap, will also be resurfaced. The nice, smooth, gliding surface will be reestablished and you will have the ability to walk further and without the same discomfort you are experiencing now.



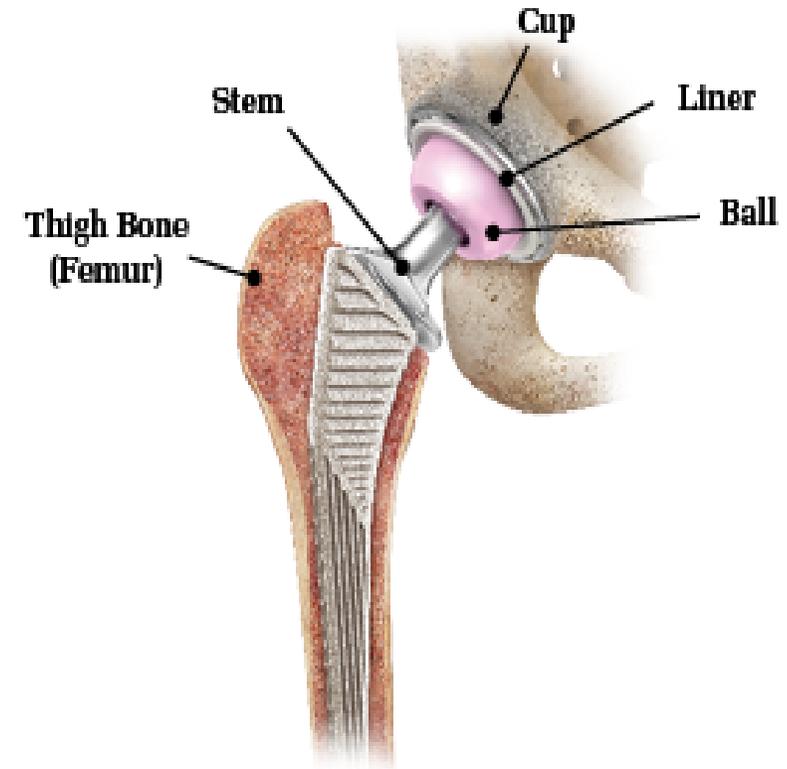
Disease Progression: Indications for Surgery



For those of you receiving a total hip replacement, the picture on the left shows the osteoarthritic changes at the hip joint and wearing down of cartilage.

Disease Progression: Indications for Surgery

- For those of you receiving a total hip replacement, the picture on the left again shows the osteoarthritic changes at the hip joint and wearing down of cartilage. The picture on the right is an example of an implant in the joint. A small stem is inserted into the femur, or thigh bone, to secure the implant. Your surgeon will also resurface the socket in the pelvis. And again, a nice smooth, gliding surface will be reestablished.



Hip replacement component

Preparing for Surgery: Pre-Op Physical Therapy

- Therapy is highly encouraged prior to surgery
- Perform pre-operative exercises regularly to increase muscle strength



Preparing for Surgery: Nutrition

Focus on a well-balanced, nutritious diet including:

- Fresh fruit
- Green, leafy vegetables
- Whole grains
- Low fat dairy
- Lean meats
- Protein – eggs, beans, lentils
- Avoid Alcohol to decrease inflammation



Preparing Your Home

- Remove throw rugs
- Widen pathways so that you may get your walker through
- Identify what medical equipment you have.
- Remove or tape down any cords or wires
- Move items you might need to areas where you can reach them

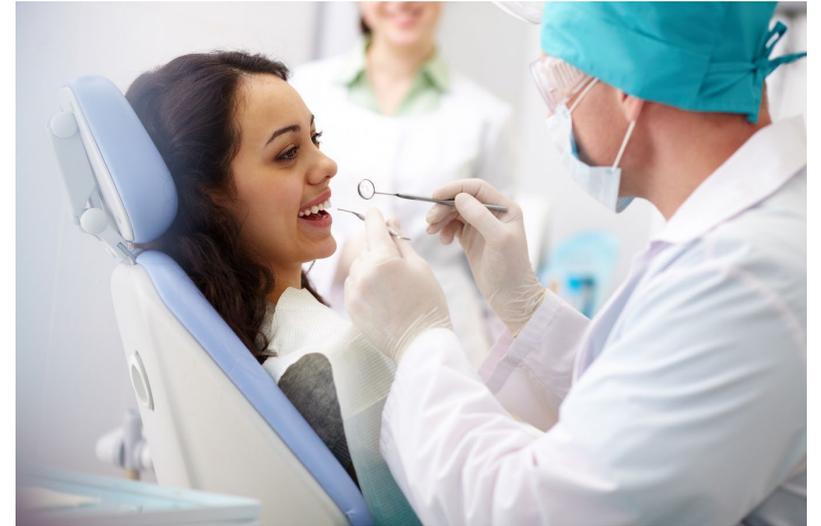


Dental Work After Surgery

- You will be required to take antibiotics for ANY dental procedures



- To decrease the risk of infection, No elective dental procedures done within 3-6 months post-op



Imaging After Surgery

- Inform healthcare providers (MRI tech, x-ray tech) or anyone providing imaging services to you, that you have an implant



Transportation Security Administration (TSA)

- Inform agents that you have had a total joint replacement prior to security check-in



Preparing for Surgery

No Smoking/Vaping/Nicotine Gum

- Stopping for a least 48 hours prior to surgery will help prevent post operative respiratory complications and improves wound healing



Preparing for Surgery

No Recreational Drug use for at least 1 week prior to surgery.

- Stopping will help prevent complications due to adverse interactions with anesthesia and other medications

What to Bring With you

- Loose, comfortable clothes enough for 1-2 days.
- Flat shoes with non-slip soles
- Eyeglasses or extra contact lenses
- Bring your Cpap/Bipap for more comfortable rest.
- Ear plugs help if you're a light sleeper



Preparing For Surgery

As part of our Enhanced Surgical Recovery program you will receive these drinks at your pre admission testing visit.

If you are diabetic you will replace this drink with 12 oz of water.

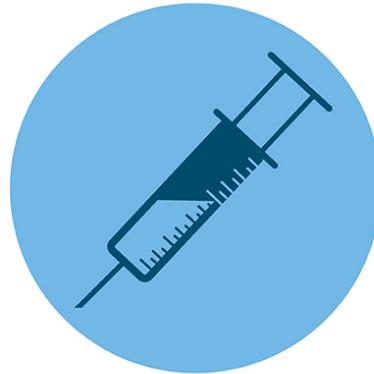
- Drink 1 Ensure Pre-Surgery clear nutrition drink the Night before and the day of surgery
- Do not eat anything after midnight
- You are allowed to drink ONLY clear liquids up to 2 hours before surgery



Benefits of Preoperative Oral Carbohydrate Loading



Reduce preoperative hunger,
thirst and anxiousness^{1,2}



Reduce post-operative
insulin resistance³



Reduce post-operative
nausea and vomiting^{4,5}

Skin Preparation

You will receive a skin prep kit and instructions for use during your preadmission testing visit.

Step 1: Night Before Surgery

- Use 1 bottle of surgical wash
 - Create a lather using entire bottle
 - Apply to ALL areas of body
 - Let foam lather sit for 2 min then rinse
-
- Do not shave any part of your body
 - Do not use lotion, make-up, or moisturizers

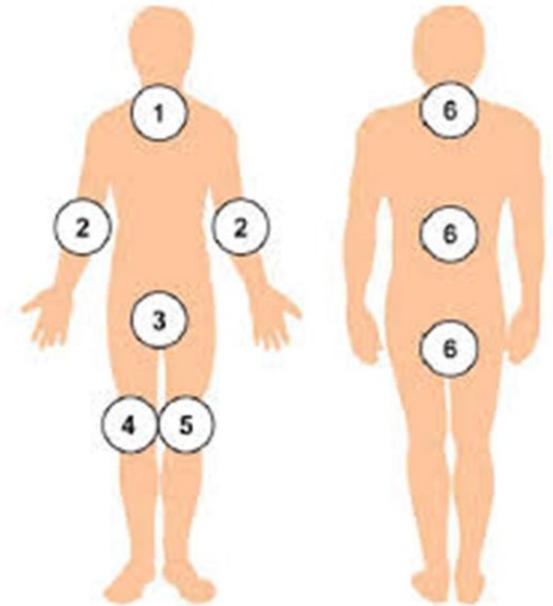


Skin Preparation



Step 2: Night before surgery

- ONE HOUR AFTER surgical wash, begin wipe prep following diagram instructions provided to you



Skin Preparation

Step 3: Morning of surgery

- Use 1 bottle of surgical wash
 - Create a lather using entire bottle
 - Apply to ALL areas of body
 - Let foam lather sit for 2 min then rinse
-
- Do not shave any part of your body
 - Do not use lotion, make-up, or moisturizers



Skin Preparation Overview

Step 1 Night Before



Step 2 Night Before



Step 3 Surgery Day



Day of Surgery

- Take morning medications as instructed
- Complimentary valet parking available from 5am-5pm located at the main entrance
- Enter through the main entrance
- Check-in at patient registration desk to the right if entrance



Pre-Holding Area

- Meet your surgical team
- Review medical/surgical history
- Surgeon will mark operative site and review consent form
- Anesthesiologist will speak with you about anesthesia options
- Preventative antibiotic will be administered



Anesthesia

- Anesthesia team will use a multi-modal approach to manage pain. This will include:
 - Spinal anesthetic or general
 - Local injection at joint
 - Anti-nausea medications
 - Pain medications
- Anesthesia team will review and discuss these options with you to determine the most effective plan for you



Spinal Anesthesia

Spinal anesthesia is preferred as it is associated with:

- Early ambulation, leading to shorter length of stay
- Improved pain management
- Decreased risks of postoperative complications

Operating Room

- Anesthesia administered
- Surgery will be approximately 1-1 ½ hours
- Operating room nurse will notify your family/friends when surgery has ended
- Family/friends expected to wait at least 4-6 hours



Recovering from Surgery

Post Anesthesia Care Unit (PACU)

- Careful monitoring while you recover from surgery
- When you awake, you may have:
 - oxygen in your nose
 - blood pressure cuff on your arm
 - pulse oxygen meter on your finger
 - IV fluids
 - vital signs monitored frequently
- The recovery room nurse will notify your family when you are transferred to your room



Recovering From Surgery

Orthopedic Unit: 4 West

On 4 West our highly trained orthopedic team will care for you during your stay with us.

You will be in a private room with a private restroom

A walker will be provided for your use during your stay



Same Day Discharge Unit



Planning to go home the same day as surgery?

Our team will assure that you are clinically cleared and safe to discharge.

Recovering From Surgery

Nursing Care will include:

- Monitoring your vital signs
- Sequential compression devices will help prevent complications by inflating and deflating sequentially
- Incentive spirometer will help you inflate the bases of your lungs. Take 10 deep breaths every hour
- devices will help prevent pneumonia



Recovering from Surgery

Incision Care:

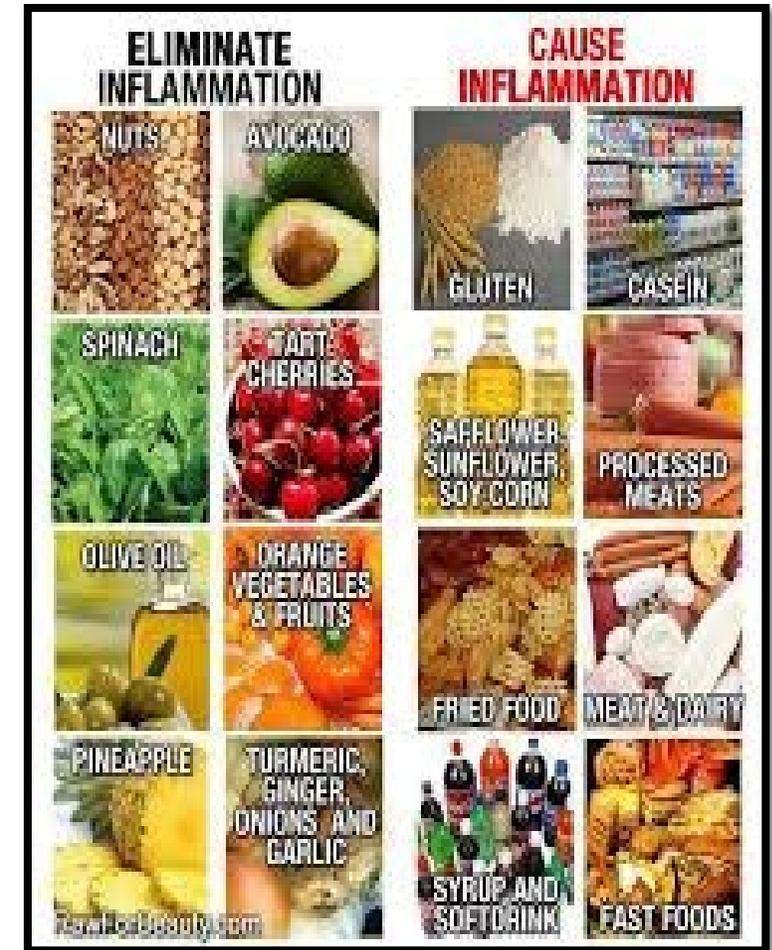
- If you have a total knee replacement you will have an ace wrap on your leg. It will be removed according to your surgeon's orders.
- Your incision will be covered in a sterile environment in the operating room.
- Most dressings are water resistant so that you can shower 1-2 days after surgery.
- Your care team will provide you with instructions for dressing care prior to your discharge



Recovering From Surgery

Nutrition After Surgery:

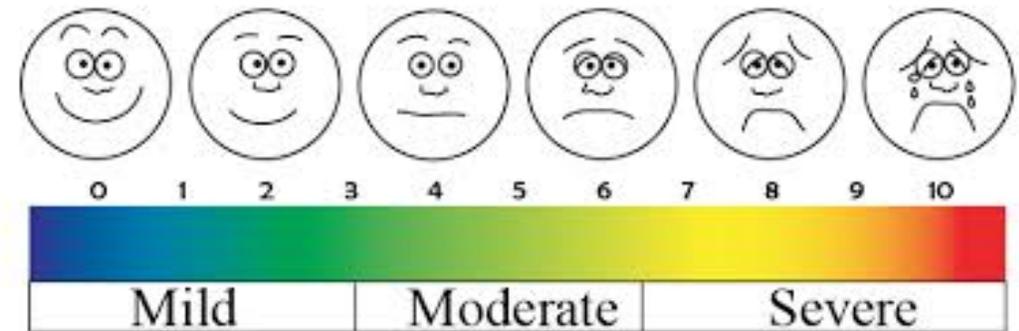
- Anti-inflammatory diet rich in high quality protein
 - Protein: poultry, fish, lamb, egg tofu, beans, nuts
 - Vitamins & Minerals: iron, zinc, calcium, Vitamin D, C
 - Beans: red beans, kidney beans, pinto beans
 - Fruits: oranges, limes, lemon, grapefruit, cherries
 - Fiber: maintain bowel function
 - Minimum 8 glasses of fluid per day (64 fl oz)
- Avoid foods and ingredients that increase inflammation and impair wound healing
 - Jams, jellies, sodas, syrups, caffeine, processed foods, alcohol, salt



Recovering From Surgery

Pain Management

- You will be asked to rate your pain on a scale of: 0 (no pain) to 10 (most severe pain).
- This will help your doctors and nurses evaluate your pain and if success of pain relief measures were effective
- If you have been taking prescription pain medication at home, please let your doctor and nurse know what works best for you



Expectations After Surgery

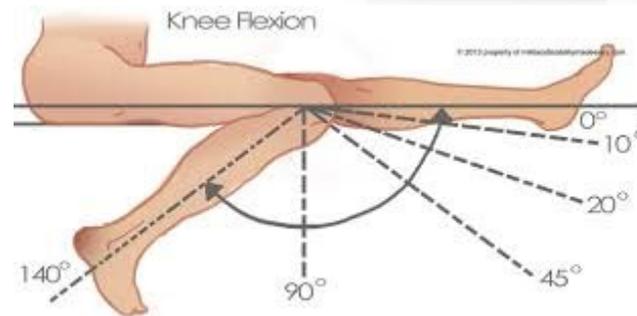
- Day of Surgery:
 - ✓ Out of bed 1-2 hours after getting to the unit with physical therapy or nursing staff
- Day after Surgery:
 - ✓ Participate in Joint Camp (bring your coach!)
 - ✓ Pain Control
 - ✓ Out of bed with all meals
 - ✓ ELEVATION
- Why you ask?
 - Reduces length of stay
 - Reduces post- operative complications



Physical Therapy

Session(s) include:

- Bed mobility
- Transfers
- Walking with a walker
- Stairs
- Car transfers
- Strengthening exercises
- Range of motion



Occupational Therapy

Session includes:

- Activities of daily living
- Self care activities
- Dressing
- Adaptive equipment to assist with daily care



Preventing Complications

To prevent nausea:

- Diet will be progressed as tolerated
- Ask for crackers or small snack
- Medication as needed

To prevent swelling:

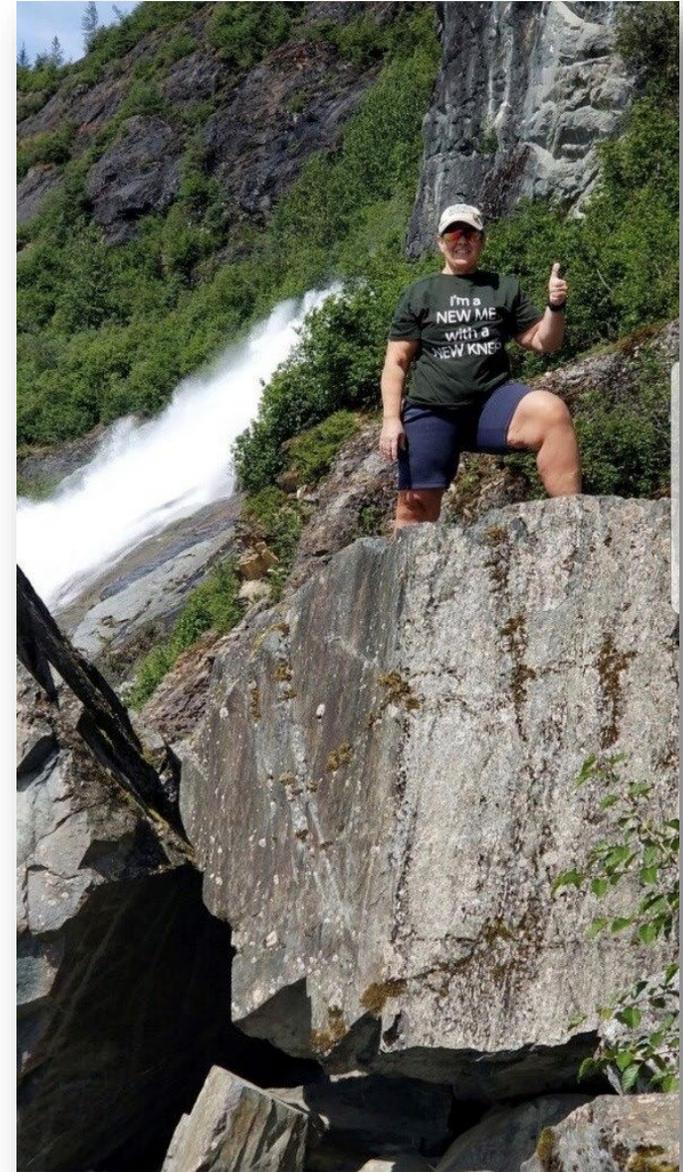
- Elevation
- Mobility
- If surgeon orders cold therapy, apply 20 min per hour



Functional Health Assessments

In order to provide the best results from your Total Joint Replacement, we collect information about your pre-operative and post-operative pain, health, and functioning.

This allows you and our team to evaluate how your surgery has improved your Quality of Life!



Discharge Planning

Outpatient Physical Therapy is preferred

- Knee patients 3 times a week for 2 weeks, then 2 times per week
- Hip patients 2 times per week

No driving for 2-3 weeks

- Your surgeon will give you guidance in your post-operative appointments

Equipment

- The team will coordinate appropriate durable medical equipment and arrange that for you

Discharge Medications

(*bring ID and form of payment) we will deliver your discharge medications to the bedside prior to discharge.



Patient Financial Service – Contact Information

Financial Counselors :
Monday- Friday 8am-4pm

If you have any questions regarding insurance or financial responsibilities, contact the below financial counselors. If you are looking to set up payment arrangements, contact our Customer Service line at 904-688-2000, option #2.

Mairilinda Steward:

- Phone Number: 904-702-1434
- Email address: Mairilinda.Steward@HCAHealthcare.com

William Powell:

- Phone Number: 904-702-1888
- Email address: William.Powell2@Parallon.com

After hours & Weekends, please contact our ER Admitter.

- Phone Number: 904-702-6121

Thank You

- Thank you for allowing us to care for you during your Total Joint Replacement surgical journey.
- We hope this information was informative and helpful while you prepare for your procedure.
- Please contact our Nurse Navigator at (904) 702-4671 if you have further questions.

*thank
you*