



TOTAL JOINT PREP PROGRAM

PREParing You For Surgery

What to bring to the hospital.

- 1. Home medications**—Bring actual bottle of medication for the nurse to verify. The medication bottles will be returned to you, but the hospital will supply and administer your medications. DO NOT take medications out of your supply unless specifically authorized.
- 2. Clothing**—You will be up and walking in the hallways after surgery. You will need slippers or shoes that have a rubber sole and enclosed back, tennis shoes are even better. You will also want to bring a robe or housecoat. Some patients are more comfortable in loose fitting shorts and t-shirts instead of a hospital gown and robe.
- 3. Personal items**—You may want to bring your personal toiletry items with you to the hospital. If not, the hospital will supply them for you.
- 4. Equipment**—If you currently use a walker or cane, you may bring that with you. Please make sure it is clearly labeled with your name.

What NOT to bring to the hospital.

Valuables—Do not bring any valuables or cash to the hospital. The hospital is not responsible for missing items. If you feel it is absolutely necessary to bring something of value, please take advantage of the safe provided by Security. They will secure your valuables while you are at LGMC, call 289-7777 to use this service.

What family members/loved ones can expect during surgery.

During your surgery your family will be asked to wait in the surgery family waiting room. Someone needs to remain available for the doctor to speak with after the surgery is completed.

What to expect during your hospital stay.

Immediately following surgery you will be very closely monitored in the recovery area for a few hours. Then you will be transferred to a nursing floor for continued observation and care.

Based on your physician's preference, you will begin therapy one to two days following your surgery. You will be brought to the therapy gym by wheelchair or stretcher. The therapists will work with you so that you can tolerate being upright again, help you with exercises, and give instructions in resuming daily activities and walking. For individuals with knee surgery, your physician may order a CPM (Continuous Passive Motion) machine to be used for two to four hours a day during times when you are not in therapy. Note that every physician has a unique mode of treatment, and will individualize their postoperative program on the needs of each patient. The therapy outlined above should only be considered a general guide of what to expect.

Depending on your home living situation and your progress, you may be moved to a different hospital unit to focus intensively on therapy two to three days following your surgery.

What to expect when you go home.

Once discharged from the hospital, your physician will order continued home health or outpatient therapy to ensure you are getting full movement and strength back. Your case manager will assist you in setting up these appointments and in ordering your medical equipment prior to your discharge from the hospital.

