Patient’s Guide to Outpatient Total Joint Replacement Surgery

5505 Peachtree Dunwoody Road, Suite 200
Atlanta, GA 30342
Phone 404-355-0743 | Fax 855-286-3226
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PEACHTREE ORTHOPAEDIC SURGERY CENTER
AT PERIMETER, LLC
5505 Peachtree Dunwoody Rd, Suite 200
Atlanta, GA 30342
Phone 404-350-2450
Fax 404-352-7420

Peachtree Orthopaedic Surgery Center at Perimeter, LLC is owned by the following physicians of Peachtree Orthopaedic Clinic:

- Michael Bernot, M.D.
- James Beskin, M.D.
- Ezequiel Cassinelli, M.D.
- Wing Chang, M.D.
- Xavier Duraide, M.D.
- Letha Griffin, M.D.
- Anuj Gupta, M.D.
- John Henry, Jr., M.D.
- Lee Kelley, M.D.
- James Kercher, M.D.
- William Kimmerly, M.D.
- Donald Langenbeck, M.D.
- Stephen McCollam, M.D.
- Allen McDonald, II, M.D.
- Douglas Murray, M.D.
- Scott Pennington, M.D.
- Shevin Pollydore, M.D.
- Ashok Reddy, M.D.
- R. Marvin Royster, M.D.
- David Schiff, M.D.
- D. Hal Silcox, M.D.
- Stephen Smith, M.D.
- Obinwanne Ugwonali, M.D.
- Michael J. York, M.D.

Peachtree Orthopaedic Surgery Center at Perimeter, LLC is licensed by the State of Georgia and Medicare certified. Through commitment to high quality of care and substantial compliance with standards of ambulatory healthcare organizations, POSC-P was awarded and maintains accreditation by the Accreditation Association for Ambulatory for Health Care, Inc. (AAAHC).

Membership to the Medical Staff of POSC-P is granted only to those health care professionals that have undergone a thorough credentialing process, and who meet and continue to meet requirements set forth by the Governing Body.

The Surgery Center is staffed with licensed Registered Nurses and skilled Surgical Technicians. Anesthesia care is provided by Northside Anesthesiology Consultants, LLC.

We are pleased you are considering Peachtree Orthopaedic Surgery Center at Perimeter for your upcoming surgical procedure. It is your right as a patient to make an informed decision as to where your surgery will be performed. Your alternate facility choices include Northside Hospital and Piedmont Hospital. If you have questions that are not answered within this brochure please contact Peachtree Orthopaedic Surgery Center at Perimeter and we will be happy to assist you.

www.peachtreeorthopedics.com
Thank you for choosing Peachtree Orthopaedic Surgery Center at Perimeter (POSC-P) for your upcoming surgery. In order for your experience at POSC-P to be as pleasant as possible, we have provided this guide to help you prepare for your surgery. This packet contains directions to the Surgery Center as well as other valuable information. Please read carefully, as this information is crucial to ensure you have a positive surgical experience.

Your pre-operative visit is a very important part of your surgical experience and our first step toward assuring your comfort and safety. This appointment will be scheduled at your convenience, but we ask that your appointment is complete at least three business days prior to your surgery. Your physician's office may instruct you to telephone the surgery center at 404-350-2450 to schedule your appointment. At the time of your appointment, a nurse will review your medical history, your pre- and post-operative care and your transportation needs. If it is necessary to send you for lab work, additional time will be required. If you have had any lab tests performed within the month, please be ready to provide us with the office name and phone number where the results can be obtained, so that we might avoid duplicating lab tests.

On the day of your surgery, it is very important that you arrive at your scheduled time. Late arrival may cause a delay or cancellation of your surgery. Please be aware that we sometimes experience unavoidable delays. We will keep you informed of any changes in your scheduled surgery time. Once you are ready for surgery, two family members will be allowed to stay with you until you are taken back to the operating room. If there are more than two family members waiting, they may take turns visiting you.

Our goal is to provide premium care in an environment that is most relaxing for the patient, and no one is better qualified to measure our success than a former patient. You will be given a questionnaire before you leave our facility to evaluate your stay with us. We appreciate your comments.

Again, thank you for choosing Peachtree Orthopaedic Surgery at Perimeter for your surgical needs. If our staff can be of further assistance in preparing you for surgery, please do not hesitate to contact us.

Thank you!
Patient’s Bill of Rights (Page 1 of 3)

The Patient has the right to:

• Be informed of rights (both verbally and in writing) as a patient (or patient representative) prior to, or when discontinuing the provision of care. A list of these rights shall be posted within POSC-P to be read by all patients.

• Exercise these rights without regard to age, race, disability, sex or culture, economic, education, or religious background or the sources of payment for care given.

• Formulate advance directives regarding patient’s healthcare, and have POSC-P staff and practitioners who provide care in POSC-P comply with these directives (to the extent provided by state laws and regulations).

• Be treated with dignity and receive considerate and respectful care provided in a safe environment free from all forms of abuse, neglect or harassment.

• Remain free from seclusion or restraints of any form that are not medically necessary.

• Expect reasonable safety while in POSC-P.

• The name of the physician and staff who will be providing care and the name of the professional relationships of the other physicians and non-physicians who will participate in care.

• Receive appropriate information regarding provider credentialing. Receive as much information about any proposed treatment or procedure as needed in order to give informed consent or refuse this course of treatment. Except in emergencies, this information shall include a description of the procedure or treatment, the medically significant risks involved in this treatment, alternate course of treatment or non-treatment and the risks involved in each terms the patient can understand.

• Participate actively in decisions regarding medical care. To the extent permitted by law, this includes the right to request and/or refuse treatment.
Patient’s Bill of Rights (Page 2 of 3)

• Express a complaint regarding care or any violation of your rights without being subject to discrimination or reprisal.

• Be advised of POSC-P’s grievance process should the patient wish to communicate a concern regarding the quality of care the patient receives. Notification of the grievance process includes: whom to contact to file a grievance, and that patient will be provided with a written notice of the grievance determination that contains the name of the POSC-P contact person, the steps taken on patient’s behalf to investigate the grievance, the results of the grievance and the grievance completion date.

• Provided with a written notice of the grievance determination that contains the name of the POSC-P contact person, the steps taken on the patient’s behalf to investigate the grievance, the results of the grievance and the grievance completion date.

• Change providers if desired, either within POSC-P or to another provider of the patient’s choice.

• Full disclosure of the privacy policy and full consideration of privacy concerning the medical care program. Confidential treatment of case discussion, consultation, examination and treatment and all communications and records pertaining to patient’s care at POSC-P.

• The patient has the right to be advised as to the reason for the presence of any individual involved in the patient’s healthcare. The patient’s written permission shall be obtained before medical records can be made available to anyone not directly concerned with the patient’s care.

• Assess information contained in patient’s medical records within a reasonable time frame in accordance with state/federal laws and regulations.

• Reasonable responses to any reasonable requests made for service.

• Leave POSC-P even against the advice of the attending physician.

• Reasonable continuity of care.

• Be informed by the attending physician or designee of the continuing health care requirements following discharge.
Patient’s Bill of Rights (Page 3 of 3)

• Obtain information before scheduled surgery about payment requirements of the bill, regardless of the source of payment. Examine and receive an explanation of the bill, regardless of the source of payment.

• If eligible for Medicare, to know upon request and in advance of treatment whether a healthcare provider or facility accepts the Medicare assignment rate.

• Be advised if physician/ POSC-P proposes to engage in or perform human experimentation affecting the care or treatment. The patient has the right to refuse to participate in such research projects or clinical trials.

• Receive appropriate knowledge regarding absence of malpractice insurance.

• All Peachtree Orthopedic Surgery Center at Perimeter personnel, medical staff members and contracted agency personnel performing patient care activities shall observe these patients’ rights.

For Grievance, Contact:

Peachtree Orthopedic Surgery Center at Perimeter
Clinical Director: Renee Wolk, R.N. (404-350-2450, ext. 1782)

Department of Community Health: 404-657-5728
Healthcare Facility Regulation Division:
800-878-6442
Fax: 404-657-5731
Two Peachtree St. NW, 31st Floor
Atlanta, Ga. 30303-3142
www.ors.dhr.georgia.gov

Office of Medicare Beneficiary Ombudsman
www.cms.hhs.gov/center/ombudsman.asp
1-800-Medicare (800-633-4227)
The care a patient receives depends partially on the patient himself. Therefore, in addition to these rights, a patient has certain responsibilities as well. These responsibilities should be presented to the patient in the spirit of mutual trust and respect. The patient should:

- Provide accurate and complete information about present complaint, past illnesses, hospitalizations, any medications (including over-the-counter products and dietary supplements), any allergies or sensitivities, and other matters related to your health status.

- Make it known whether course of treatment and what is expected of the patient is clearly understood.

- Follow the treatment plan established by the physician, including the instructions of nurses and other health professionals as they carry out the physician’s orders.

- Provide a responsible adult to transport the patient home from the Surgery Center and remain with the patient for 24 hours if required by the physician.

- Keep appointments and notify POSC-P or the physician when unable to keep an appointment.

- Accept responsibility for any actions resulting from the refusal to follow treatment or physician’s orders.

- Inform the physician about any living will, medical power of attorney, or other directive that could affect the patient’s care.

- Accept and ensure that the financial obligations of care are fulfilled as promptly as possible.

- Follow POSC-P policies and procedures.

- Be considerate of the rights of other patients and POSC-P personnel.

- Be respectful of personal property and that of other persons at POSC-P.

Peachtree Orthopaedic Surgery Center at Perimeter strives to provide excellent patient care and service. If you have a concern or complaint, please tell us so that we can work to satisfy your needs. Please ask to speak to the Operations Manager or Business Office Manager.

Thank you!
Peachtree Orthopedic Surgery Center at Perimeter
5505 Peachtree Dunwoody Road, Suite 200, Atlanta, Georgia 30342

From 400 North (Alpharetta/Cumming Area)
Take GA 400 South to Exit 3, Glenridge Connector. Take the exit toward Peachtree Dunwoody Rd. Turn left onto Peachtree Dunwoody Rd. Take an immediate right into the Peachtree Dunwoody Medical Center complex.

From 285 West (Smyrna Area)
Take I-285 East to Exit 26, Glenridge Drive. Take a right onto Glenridge Drive, which becomes the Glenridge Connector. Turn left onto Peachtree Dunwoody Road. Take an immediate right into the Peachtree Dunwoody Medical Center complex.

From 285 East (Stone Mountain Area)
Take I-285 West to Exit 28, Peachtree Dunwoody Road. Turn left onto Peachtree Dunwoody Road. The Peachtree Dunwoody Medical Center is approximately 1 mile down on your left.

From 85 North (Norcross/Buford/Suwanee Area)
Take I-85 South to I-285 West. Follow I-285 Exit 28, Peachtree Dunwoody Road. Turn Left onto Peachtree Dunwoody Road. The Peachtree Dunwoody Medical Center is approximately 1 mile down on your left.

From 75 North (Marietta/Kennesaw/Acworth Area)
Take I-75 South to I-285 East to Exit 26, Glenridge Drive. Take a right onto Glenridge Drive, which becomes Glenridge Connector. Turn left onto Peachtree Dunwoody Road. Take an immediate right into the Peachtree Dunwoody Medical Center complex.

From South of Atlanta (College Park/ Newnan/McDonough Area)
Take I-75/I-85 North through downtown Atlanta. Stay left to merge onto I-85 North. Take exit 87, GA 400 North toward Buckhead/Cumming. Take Exit 4A toward I-285 East. Follow signs to Glenridge Connector toward Peachtree Dunwoody Road. Take a right off the ramp onto Glenridge Connector. Take an immediate right into the Peachtree Dunwoody Medical Center Complex.
Total Joint Education

Once your surgery has been scheduled, it is important that you receive as much education about your upcoming surgery as possible. Understanding your surgery can help you manage more effectively at home and help prevent some unforeseen complications.

At POSC-P, we have developed a more personal approach to your education. Our Orthopedic Nurse Case Manager will act as your personal liaison between you and the surgical center. Our Nurse Case Manager will make an outreach call to you before surgery to educate you in great detail about what you can expect pre- and post-operatively, as well as answer any questions you may have. The Nurse Case Manager will also follow-up with you once you are home to ensure that you are managing without any difficulties.

The initial phone call will review:

- How to prepare your home
- What to bring to the Surgery Center
- What equipment you will need
- What to expect during and after surgery
- All necessary prescriptions
- Home health expectations (if any)
- Pre-operative clearance
- New medication uses and side effects
- When to call your physician for reportable signs and symptoms

Please contact our nurse case manager at 404-355-0743, ext. 1740, between the hours of 8 am and 5 pm Monday through Friday if you have not heard from her one week prior to your surgery.
Medical History and Health Status

To ensure that you receive the best care possible, POSC-P offers an easy, online questionnaire for you to complete at your convenience.

When you use One Medical Passport online, you help reduce long phone interviews and handwritten forms.

1. Start at our facility website: www.pocsurgerycenters.com
   Choose “Peachtree Orthopedic Surgery Center at Perimeter”
   Click on the link named “Pre-Registration”

2. Click the green REGISTER button

3. Complete each page and click NEXT to save and continue

4. When complete, click FINISH to securely send your information

If you need assistance, click the HELP link located on every page.

If you are not able to complete your history online, please call the nurse case manager at 404-355-0743, ext. 1740, to assist you with completing your history over the phone.
## Preparing for Surgery: Pre-Surgical Checklist

1. One Medical Passport completed

2. Medication instruction pre-op: (Have you stopped your anti-inflammatory medications? Over-the-counter meds? Aspirin?)

3. Consents signed

4. Medical clearance from primary MD

5. Labs and EKG completed

6. Telephonic education class with CM

7. Pre-surgical office visit/counseling

8. Home health arranged

9. Equipment delivered (walker)

10. Notified of surgical arrival time

11. Prescriptions filled (aspirin, stool softeners, pain meds)

12. Home Preparation

   a. Do you have a coach/family prepared to stay with you for 24 hours?

   b. Are meals prepared?

   c. Is your home modified? (i.e., throw rugs removed, pathways clear)

   d. Pet care arranged?

   e. Pre-surgical physical therapy exercises?
Pre-Surgical Exercises

1. **QUAD SET - TOWEL UNDER KNEE**
   - Place a small towel roll under your knee, tighten your top thigh muscle to press the back of your knee downward while pressing on the towel.
   - Repeat: 10 times
   - Hold: 5 seconds
   - Complete: 2 sets
   - Perform: 6 times/day

2. **GLUT SET - SUPINE**
   - While lying on your back, squeeze your buttocks and hold. Repeat.
   - Repeat: 10 times
   - Hold: 5 seconds
   - Complete: 3 sets
   - Perform: 2 times/day

3. **STRAIGHT LEG RAISE - SLR**
   - While lying or sitting, raise up your leg with a straight knee. Keep the opposite knee bent with the foot planted to the ground.
   - Repeat: 10 times
   - Hold: 2 seconds
   - Complete: 3 sets
   - Perform: 2 times/day
**SUPINE HIP ABDUCTION - ELASTIC BAND CLAMS**

Lie down on your back with your knees bent. Place an elastic band around your knees and then draw your knees apart.

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**HIP ABDUCTION SQUEEZE - SUPINE**

Place a rolled up towel, ball, or pillow between your knees and press your knees together so that you squeeze the object firmly.

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**SHORT ARC QUAD - SAQ**

Place a rolled up towel or object under your knee and slowly straighten your knee as you raise up your foot.

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**HEEL SLIDES - SUPINE**

Lying on your back with knees straight, slide the affected heel towards your buttock as you bend your knee. Hold a gentle stretch in this position and then return to original position.

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**BRIDGING**

While lying on your back, tighten the lower abdominals, squeeze your buttocks and then raise your buttocks off the floor/bed to create a “bridge” with your body.

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**HAMSTRING STRETCH WITH TOWEL**

While lying on your back, hook a towel/strap under your foot and draw up your leg until a stretch is felt under your leg, calf area. (Keep your knee straight.)

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**HIP ABDUCTION - SIDELYING**

While lying on your side, slowly raise up your top leg. Keep your knee straight and your toes pointed forward the entire time. The bottom leg can be bent to stabilize your body.

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**SEATED HEEL SLIDES**

While in a seated position and foot forward and rested on the floor, slowly slide your foot closer towards you. Hold a gentle stretch and then return foot forward to original position.

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PARTIAL ARC QUAD – LOW SEAT
While seated with your knee bent and heel touching the ground, slowly straighten your knee as you raise your foot upwards. Lower your foot back down until your heel touches the ground and then repeat.

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ELASTIC BAND – SEATED CLAMS
Sit in a chair with an elastic band wrapped around your knees. Move both knees to the sides and separate your legs. Keep your feet on the floor the entire time.

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BALL SQUEEZE - SEATED
While sitting, place a ball between your knees. Squeeze the ball with your knees and hold.

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STANDING HAMSTRING CURLS
While standing, bend your knee so that your heel moves towards your buttock.

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HIP FLEXION – STANDING – SLR
While standing, raise your leg forward as shown. Use your arms for support if needed for balance and safety.

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STANDING MARCHING – SINGLE LEG
While standing, draw up your knee, set it down and then repeat on the same side. Use your arms for support if needed for balance and safety.

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HIP ABDUCTION - STANDING
While sitting, place a ball between your knees. Squeeze the ball with your knees and hold.

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STANDING CALF STRETCH - GASTROC
While standing and leaning against a wall, place one foot back behind you and bend the front knee until a gentle stretch is felt on the back of the lower leg. Your back knee should be straight the entire time.

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Surgical Pre-Op Instructions

THE NIGHT BEFORE SURGERY

- Nothing to eat or drink after midnight the night before your surgery. This includes gum, candy, breath mints, water, ice, coffee, soda, juice and food.
- Pack your insurance card, photo ID and some form of payment (credit card, cash, check)
- Pack your walker in the car and bring it to the surgery center
- Wear loose fitting clothes. You will have a dressing on your operative leg and will need clothes that will fit comfortably over the leg.
- Shower using Hibiclens shower scrub

THE MORNING OF SURGERY

- Leave all jewelry and valuables at home
- Shower using Hibiclens shower scrub
- Brush your teeth, but try not to swallow any water
- Take only the medications instructed by your physician or pre-anesthesia nurse with a small sip of water (no diuretics, ace inhibitors or metformin)
- Arrive at scheduled time to the second floor. Make a left off the elevator, and enter the pre-surgical waiting room. Sign in.
- Bring a driver with you: Have them plan to stay with while you are at the Surgery Center. You will not be cleared for surgery if your driver is not present. This will assure that you have a ride home if your surgery is canceled for any reason. Please note: your caregiver/drive will not be allowed to leave the surgery center while you are here.
- You must have a responsible adult (18 years or over) STAY WITH YOU AT HOME AFTER SURGERY UNTIL THE NEXT DAY.
- On the day of your surgery, you will be asked to provide the Surgery Center personnel with the name of the individual that will be providing the above care. If you fail to provide that information, your surgery will be canceled.
PREPARING FOR SURGERY

• If you have asthma, bring your asthma inhaler
• Bring all medications that you take on a daily basis to the Surgery Center in their original bottles.
• If you have sleep apnea, bring your CPAP machine
• **DO NOT** wear contact lenses. Bring your glasses.
• **DO NOT** write on or shave the operative area prior to surgery. We will do that the day of surgery (if needed).
• **DO NOT** wear hairspray.
• **DO NOT** wear make-up or lotion

VISITING HOURS

Visiting hours are from **6 am to 8 pm**.
If you are planning on staying overnight, your caregiver will need to leave by 8 pm and return in the morning. Please have your caregiver arrive at 6 am the next day as **Discharge** will be strictly enforced at **6:30 am**.

PLEASE NOTE: Parking is $6.00 per day
• At the Surgery Center, you will be met by one of our pre-op surgical nurses who will bring you to the pre-op waiting area. There you will don all pre-operative surgical attire including a gown, hat and socks.

• Your pre-op nurse will start an IV and prepare your operative leg by scrubbing and shaving the operative area.

• You will meet with the anesthesiologist who will review your medical history. Be sure to tell them about any post-operative complications you may have had in the past, including nausea and vomiting. Anesthesia will then perform a nerve block to the operative leg and administer other medications through your IV, including antibiotics. (Some surgeons will use the “On-Q” pain pump for post-op pain relief. This will be inserted into the operative leg by the anesthesiologist after your nerve block is placed).

• Your surgeon will meet you and your family in the pre-op area, confirm and mark the operative site and answer any last minute questions.

• You will then be transferred back to the operating room for your surgery. Surgery will last anywhere from 1½ to 2 hours.

• Once your surgery is complete, anesthesia will be reversed and you will transfer to the recovery room where you will meet your nurse. The nurse will monitor your vital signs and keep you comfortable. Medications for pain and nausea will be administered as needed. The nerve block should keep you comfortable and should provide excellent pain relief for up to 24 hours.

• You will be in the recovery room for a minimum of four hours post-op. Your family is welcome to come back and stay with you after you are fully awake. You will then meet with a physical therapist who will show you the proper way to transfer out of bed, walk and perform stairs.

• Once you are considered medically stable, are able to ambulate with your walker and have been able to use the toilet safely, you will be discharged to home. Your surgeon may discharge you home the same day or the following morning depending upon your individual needs. We do not provide TV or meals. Please bring a book, laptop or snacks if you like.
Discharge Instructions Checklist

1. Received surgeon’s discharge instructions
2. Have all prescriptions (if not filled pre-op)
3. Instructions for “On-Q” removal (total knees only)
4. Have all necessary equipment (walker) / personal belongings
5. Post-operative appointment scheduled
6. You have a responsible caregiver to take you home and stay with you for 24 hours

AFTER YOUR SURGERY...

• You will be contacted by the home health agency the day after your surgery to be visited by a physical therapist and begin your home physical therapy program.

• You will need to use your walker and or cane until you feel that you would not fall without them (usually 2 to 4 weeks).

THIS IS EXTREMELY IMPORTANT: using your operative leg is critical in your rehabilitation process. You must work hard to regain your range of motion and strength. You will be given a HOME EXERCISE PROGRAM that you must perform at least TWICE A DAY. You must also change your position regularly and walk hourly to ensure the best outcome and reduce the risk of complications.
**WALKING**

- Proper walking is the best way to help your joint recover. At first you will walk with a walker. You will be able to bear full weight on the leg (unless instructed otherwise by your surgeon).
- Walk as rhythmically and smooth as you can. Don’t hurry. Adjust the length of your step and speed as necessary to walk with an even pattern. As your muscle strength and endurance improve, you may spend more time walking.
- When you can stand and walk for more than 10 minutes and your leg is strong enough so that you are not carrying any weight on your walker (often about 2 to 3 weeks after surgery), you can begin to use a cane. Hold the cane in the hand opposite the side of your surgery.

**STAIRS**

The ability to go up and down stairs requires strength and flexibility. At first, you will need a handrail for support and will be able to go only one step at a time. Always lead up the stairs with your non-operative leg and down the stairs with your operated leg. Remember: “Up with the good and down with the bad.” **Stair climbing is an excellent strengthening and endurance activity. Do not try to climb stairs higher than the standard height (7 inches) and always use a handrail for balance.**

**DISLOCATION HIP PRECAUTIONS**

**Total Hip (posterior approach)**

- Keep a pillow between your leg while in bed
- Do not lie on your surgical side for 3 to 4 weeks.
- Whenever possible, get in and out of bed from the operative side
- To sit, use an armchair that is high, with a firm seat. Place the operative leg ahead. Using both hands and the good leg, ease into the chair. Do not sit in a chair where your knees are higher than your hips.
- Do not cross your legs
- Do not bend the hip beyond a right angle (90 degrees to the body)
- Do not lean forward while sitting on the toilet or chair
- Do not attempt to tie shoes by leaning forward while seated in a sitting position or by putting the foot out to your side.
- Use an elevated toilet seat, preferably with side arms
- Avoid low, soft chairs or sofas
DISLOCATION HIP PRECAUTIONS (continued)

Total Hip (anterior approach)
• Although the chance of having a dislocation is much less with the anterior approach, it is still possible to dislocate the hip.
• We do not recommend extreme bending at the waist or extreme internal or external rotation of the hip for the first six weeks.

KNEE PRECAUTIONS
• Do not kneel on the knee.

MANAGING YOUR PAIN
Your surgeon will have specific instructions regarding pain management and medications. Most patients go home taking a narcotic to manage pain. Some surgeons may incorporate an anti-inflammatory medication like ibuprofen as a supplement. Icing the operative site is another way to manage the pain. Please refer to your surgeon's discharge instructions regarding pain and icing schedule.

PREVENTING INFECTION
The most effective way to prevent infection is proper handwashing. Hand hygiene is the single most important method of controlling the spread of bacteria. Please wash your hands regularly using antibacterial soap and warm water.

REPORTABLE SIGNS AND SYMPTOMS OF INFECTION
IMPORTANT: If you develop any of these symptoms after surgery, please call the office immediately at 404-355-0743.
• Fever greater than 101.5 degrees
• Increased pain to the operative joint
• Increased drainage, redness, foul smell or swelling to the incision site

PREVENTING BLOOD CLOTS
A blood clot in the leg is considered a post-op complication and is an emergency! The best way to prevent a blood clot from forming is to avoid immobility and to walk hourly to promote the blood flow circulation. You may go home with compression stockings and/or a sequential compression device to both legs. Although these do not take the place of walking, they can assist in promoting lower extremity circulation, prevent swelling, and aid in preventing the development of a blood clot.
REPORTABLE SIGNS AND SYMPTOMS OF BLOOD CLOTS

• Severe calf pain or swelling that does not respond to ice or elevation
• Severe calf pain when walking or flexing your foot
• Please call 911 for any chest pain or shortness of breath

Unless otherwise instructed, it is very important to take your anticoagulant (blood thinner) as instructed. Most surgeons will have you take an aspirin tablet twice a day for up to four weeks to prevent blood clots from forming. Other surgeons may have you use an alternate medication that is to be taken as instructed. As with any medication, there can be side effects. Please contact our office if you develop any side effects to the blood thinner such as:

• Bloody or black stool
• Blood noted in urine
• Increased bruising to extremities or trunk
• Excessive nose bleeds
• Vomiting dark fluid or “coffee-ground” material

POST–OP NUTRITION

Eat lightly following the procedure (gelatin, liquids, soups). You may experience some nausea or vomiting. When the nausea subsides, drink plenty of fluids. Resume your normal diet the next day. No alcoholic beverages for 24 hours after surgery or while taking pain medications. In order to heal without any complications and improve your strength and endurance, it is important to eat well and increase your protein intake. Some forms of protein include:

• Chicken/ fish/red meat
• Peanut butter/ almond butter
• Yogurt

• Eggs/ egg whites
• Rice and beans (complete protein)

PREVENTING CONSTIPATION

Pain medications (narcotics) have a side effect of causing constipation. To prevent this, here are a few suggestions:

• Take an over-the-counter stool softener two times a day
• Increase water intake
• Increase fiber in diet i.e. raw fruits, vegetables, whole wheat
• Try warming up 6 to 8 ounces of prune juice in the morning
DRESSING CHANGES

Care of your dressing bandage will be determined by your surgeon’s instructions. Please refer to your discharge instructions regarding care of your dressing. As a general rule, dressings should be kept dry. Please do not shower or submerge your operative leg in a bathtub, pool or Jacuzzi until otherwise instructed by your surgeon.

HOW WILL I KNOW WHEN MY DRESSING NEEDS CHANGING?

The release of blood or fluid from your wound after surgery is completely normal. As the gel absorbs this, the dressing will swell slightly and you will notice staining under the waterproof cover (picture 2). When the gel becomes fully saturated and you notice staining to the edge of the gel area, it is time to have your dressing changed.

**Picture 1:** Dressing immediately after operation with no ooze.  
**Picture 2:** Dressing a few days after operation. Some ooze, but does not need changing.  
**Picture 3:** Ooze from the wound has reached the edge of the dressing. This needs to be changed.
POST-OP DENTAL INSTRUCTIONS

In rare cases, artificial joints can become infected after simple procedures such as dental cleaning. Due to risk of infection, you should not have dental work during the first three months following your joint replacement. If a dental crisis does occur during this time, please call your surgeon’s office for instructions.

Please note that any post-op infection such as a urinary tract infection, upper respiratory infection or sinus infection can potentially infect the new hardware if you do not get treated. If you develop any bacterial infection post-operatively, please contact your primary care physician and explain that you have recently had a new joint placed and need to be treated.

DRIVING

Your surgeon will notify you of when you are able to begin driving. Please do not drive while taking pain medications.

SMOKING

Please stop smoking post-surgery. Smoking can limit blood flow to the joint and therefore slow the healing process. Please speak to your MD regarding a nicotine patch or other smoking cessation product for post-op use if necessary.

FOLLOW-UP

It is extremely important to keep your follow-up appointments with your surgeon to ensure that you have the best possible outcome. Please make sure you have all of your follow-up appointments scheduled.
Congratulations on your new total joint replacement! You have taken the first step in reclaiming your quality of life.

REMEMBER:

• **You are not sick!** You are healthy and have a brand new Joint. USE IT. Get up and walk on it. The more you use it, the less painful it will be and the better range of motion you will have later on.

• **Exercise.** Continue to do your Home Exercise Plan twice a day. Walk hourly.

• **Take care of yourself.** Eat properly, drink your fluids, take your medications as scheduled, wash your hands regularly and watch for early signs and symptoms of infection. You can call the office or the nurse case manager if you have any concerns or questions about your post-operative needs.

• **Be patient.** It may take up to six months before you feel completely “back to normal.” Remember: your recovery is a marathon, not a sprint.

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**IMPORTANT NUMBERS**

**Surgeon:** ________________

**Primary MD:** __________________________

**Home Health:** __________________________

**Pharmacy:** __________________________

**Nurse Case Manager:** 404-355-0743, ext. 1740

**Surgery Center:** 404-350-2450

**In Case of Emergency:** **CALL 911**
AREA RESTAURANTS

Clay's Sports Café
6518 Roswell Road
Atlanta, GA 30328
404-843-1233

CheeseBurger Bobby's
5975 Roswell Road
Atlanta, GA 30328
404-600-2484

Blue Moon Pizza
5610 Glenridge Drive
Sandy Springs, GA 30342
404-236-7200

Uncle Julio's
6115 Peachtree Dunwoody Road
Sandy Springs, GA 30328
678-736-8260

Mimo's Bistro Italian Restaurant
5775 Glendridge Drive
Sandy Springs, GA 30328
404-800-5155

Willy's Mexicana Grill
1100 Hammond Drive NE
Atlanta, GA 30328
770-512-0555

Sushi Nami Too
5610 Glenridge Drive
Sandy Springs, GA 30342
404-844-2891

Newk’s Eatery
1181 Hammond Drive
Dunwoody, GA 30346
770-351-6811

AREA HOTELS

Comfort Suites Perimeter Center
6110 Peachtree Dunwoody Road, Atlanta, GA 30328  |  770-828-0330
www.choicehotels.com

Hyatt Place Atlanta/Buckhead
3242 Peachtree Road NW, Atlanta, GA 30305  |  404-869-6161
www.atlantabuckhead.place.hyatt.com

Residence Inn Atlanta Perimeter Center East
1901 Savoy Drive, Chamblee, GA 30341  |  770-455-4446  |  www.marriott.com

Extended Stay America Atlanta - Perimeter - Peachtree Dunwoody
6330 Peachtree Dunwoody Road, Atlanta, GA 30328  |  770-379-0111
www.extendedstayamerica.com

Microtel Inn & Suites by Wyndham Atlanta/Perimeter Center
6280 Peachtree Dunwoody Road, Atlanta, GA 30328  |  678-781-4000
www.wyndhamhotels.com/microtel