



KNEE REPLACEMENT SURGERY

A Patient Guide to Recovery

Important Phone Numbers

Surgeon's Office _____

Pre-Admission Unit 416-586-4800 ext. 8824

Patient Inquiry 416-586-8300

Hospital Visiting Hours

Visiting hours are until 8 p.m.

Please speak with your nurse for further details.

Maximum two visitors at a time.

Pre-Surgery Knee Class

11th Floor, Room 1163

Date _____

Time _____



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YOUR HEALTH-CARE TEAM

You and your surgeon have decided to proceed with joint replacement surgery. You have now taken the first step toward returning to your daily routine and to the activities you have enjoyed in the past.

Our goal is to help you get back to your home and community as soon as possible after your operation. This booklet has been developed to provide you with general, helpful information regarding what you may experience before and after your surgery.

Before, during and/or after your surgery you will be meeting and working with some or all of the following members of the health-care team.

- Surgeon/Resident/Fellow
- Anesthesiologist
- Nurse
- Pharmacist
- Social worker
- Physiotherapist
- Occupational therapist
- Blood conservation co-ordinator
- The most important member of the team is you!

To achieve the best results from your surgery, it is very important that you actively participate in and guide your recovery.

Please feel free to speak to members of your health-care team regarding any questions or concerns that you may have.

STAPLE BUSINESS CARDS HERE:



MY DISCHARGE PLAN FOLLOWING SURGERY

To be completed with Mount Sinai Hospital's Social Work Department.

The name of the social worker who saw me in the Pre-Admission Unit:

PRINT NAME

The name and number of the social worker I can call with questions before my Hospital stay:

PRINT NAME

PHONE NUMBER

My discharge plan following surgery will be:

My estimated discharge date from Mount Sinai Hospital will be on the morning of: _____

Notes:



YOUR MEDICATION INSTRUCTIONS:

(as advised by the pharmacist during your pre-admission appointment)

MEDICATION TO STOP BEFORE YOUR SURGERY

_____ when _____

_____ when _____

_____ when _____

_____ when _____

_____ when _____

MEDICATION TO TAKE THE MORNING OF YOUR SURGERY (WITH WATER)

MEDICATION TO BRING WITH YOU TO THE HOSPITAL



PREPARING FOR YOUR SURGERY

DATE OF YOUR OPERATION _____

TIME OF YOUR ADMISSION _____
(3 HOURS BEFORE SURGERY OR 6AM IF FIRST SURGERY OF THE DAY)

TIME OF YOUR SURGERY _____

Confirm Your Surgery Time

- Please call the Pre-Admission Unit (Monday to Friday 11 a.m. to 4 p.m.) at **416-586-4800 ext. 8824 ONE BUSINESS DAY BEFORE YOUR SURGERY DATE** to confirm your surgery time.
- If you must cancel your surgery for personal reasons, please inform your surgeon immediately.
- If there is any change in your health status after your assessment in the Pre-Admission Unit and before your surgery please call your surgeon immediately.

What to Pack for the Hospital

- Mount Sinai Hospital card.
- Health Card.
- Any insurance policy information that you may have, as well as a credit card for charges for private or semi-private rooms, or telephone (optional).
- A sturdy pair of closed-toe slippers or comfortable shoes with non-slip soles. A pair that allows room for potential swelling is best.
- A dressing gown/house coat (preferably one that closes in the front) and loose fitting clothing.
- Any personal toiletries you might need while in Hospital (toothpaste, toothbrush, shampoo, skin cream, facial tissue, etc).
- Glasses, hearing aids, dentures and their storage cases.
- Your assistive aids: long-handled reacher, crutches, etc. (as discussed during your pre-surgery class). Please label all of your equipment with your name.

NOTE: We cannot be responsible for valuables; please leave any valuables at home. It is strongly recommended that a friend or family member keep your belongings

with them until you are transferred to your room after your surgery.

Medication Information

- On the day of surgery, please:
- Bring any medications that you were **specifically** told to bring by the pharmacist in the Pre-Admission Unit.
- Bring the phone and fax numbers of your pharmacy.
- Bring insurance and credit card information for filling prescriptions of medications you will need when being discharged from Hospital.
- Be sure to let the nurse or resident know if there have been any changes to your home medications since the Pre-Admission Unit visit.

Equipment to Arrange for in Advance

Assistive devices/aids:

- Raised toilet seat (or commode chair)
— **FOR HOME**
- Bathtub transfer bench or shower chair
— **FOR HOME**
- Mobility Device (walker, crutches, etc.)
— **BRING TO HOSPITAL**

You will be advised how to rent or purchase the equipment if needed. For a list of vendors, please see page 15. It will be your responsibility to obtain the recommended equipment in preparation for your return home.

If you already own crutches/a walker, you can bring these to the Hospital to use (please label with your name). If not, they will be provided to you during your stay at the Hospital and it is up to you to rent/purchase them for home from an equipment vendor.



PREPARING YOUR HOME

In order to make your return home from Hospital as smooth and easy as possible, it may be helpful for you to make the following preparations before coming into the Hospital.

Bedroom

Make sure you have a sturdy bed-side table for important items (phone, water, etc.). Rearrange your closet and/or dresser so that the clothes you will use the most often are within easy reach.

Washroom

Make your washroom safer by placing a non-slip bath mat in your tub to prevent slipping. A hand held shower head/hose can be helpful. Secure bathroom rugs to the floor using double-sided tape. Pull all necessary toiletries out from under the sink so they are accessible.

Kitchen

Store those items you use most often in easy-to-reach locations. Place a high stool in the kitchen to sit on while you are working at the counter.

Prepare meals to keep in the freezer that can then be heated in the microwave. To assist you in carrying meals/food items while using a mobility aid (eg crutches) you can place items in a plastic container with a lid, put it in a bag and carry to the desired location (eg table).

General Living Area

To prevent tripping, remove all scatter rugs and secure other rugs to the floor with double-sided tape. Place higher chairs with armrests in ideal locations for rest breaks or to watch TV.

Family/Friend Support

Arrange with relatives, friends or neighbors to help with laundry, shopping, cooking and cleaning for the first few weeks after you return home.

INSTRUCTIONS FOR THE DAY BEFORE SURGERY

- **DO NOT** eat any solid food after 12 midnight the night before your surgery.
- **DO NOT** eat anything on the day of your surgery.
- You **MAY** drink **CLEAR** fluids (fluids you can see through eg. water, apple juice, black coffee, clear tea) up to 3 hours before the time of your surgery.
- You may be asked to take some medications the morning of your surgery. Take these with clear fluids only.
- Remove all nail polish, lipstick and cosmetics before coming to the Hospital.
- Leave your jewelry and any other valuables at home (as we cannot accept responsibility for these items and there is very limited space to lock these).
- Partial plates, dentures, hearing aids and contact lenses can be worn but must be removed before going to surgery (please bring their storage cases to the Hospital).
- You may want to bring something to read while you are waiting for surgery.
- If you need an interpreter, please arrange to have someone with you the day of your surgery who can speak English.



WHAT TO EXPECT ON THE DAY OF YOUR SURGERY

Where to Go

- The first step is for you to visit the Admitting Department which is located on the main floor of the Hospital. You should make sure to arrive no later than 3 hours before your surgery time (or 6 a.m. at the earliest).
- In admitting, you will present your Mount Sinai Hospital card (if you have one), your Health Card and any insurance policy information, as well as a credit card for charges for private or semi-private rooms, or telephone (optional).
- You will be given a registration sheet and a Mount Sinai Hospital Card (if you don't already have one).
- You will be offered an optional telephone (there is a flat rate fee for the telephone in your room — note only local calls can be made from this phone).
- Please note that cell phones can be used in most areas of the Hospital. However, the use of cellphones is not allowed in some patient care areas and in areas marked "no cellphone zone".
- From the Admitting Department, you will be directed to the Surgical Admission Area. This is where you will be prepared for surgery (1 to 2 family members may accompany you).
- Once you arrive in this area, you will present your documentation to the clerical staff and your nurse will admit you and prepare you for surgery.
- You may be taken to the operating room on a stretcher, by wheelchair or if you are able, you may walk. You may be asked some questions by the operating room nursing staff, your surgeon and anesthesiologist. At this time they may answer any further questions you may have.

Surgical Waiting Room

While you are having surgery, your family members are welcome to wait in the Surgical Waiting Room, located on the main floor of the Hospital, room 351. Your family will sign in with a volunteer and will be contacted by the surgeon or his/her assistant once your surgery is over. You will be in the operating room for approximately 2½ to 3 hours.

Recovery Room

— The Post-Anesthetic Care Unit (PACU)

After your operation, you will be taken to the recovery room (Post-Anesthetic Care Unit — PACU) on the 5th floor. You will remain in the recovery room until you have woken up from the anesthetic. Your care will be tailored to your individual needs and for safety, your blood pressure, heart rate and breathing will be checked frequently. Your pain level will be assessed by members of the Acute Pain Service and you will be given medication to make you comfortable. You will have an intravenous (IV) in your arm, and will be given ice chips to chew. The nurses will ensure that you are in the correct position for recovery. If you are uncomfortable or feel unwell in any way, please inform the staff caring for you. You may be in the PACU for a few hours. You may have a family member or friend visit you in the PACU if you request it. Once your condition is stable you will be taken from the PACU to your Hospital room.

WHAT TO EXPECT DURING YOUR STAY IN THE HOSPITAL

Mobility

Following your surgery, our goal is to encourage you to be as mobile as possible to prevent any complications. Within a couple of hours after your surgery, the physiotherapist or nurse will assist you with sitting at the side of the bed and to walk in your room with the help of a walker. Each day you will walk farther and sit out of bed for longer periods of time. This activity will speed up your recovery and prepare you for a safe discharge home.

Pain Control

Although a total joint replacement is major surgery, our goal is to help make you as comfortable as possible. You will be receiving regular doses of oral pain medications with occasional doses of pain medication in your IV as needed. Be sure to tell your nurse if your pain is not well controlled. The amount of pain medication you will require will decrease on a daily basis and your pain will be well controlled with oral pain medication when you are being discharged from Hospital.



Going to the Washroom

The first time you get out of bed we request that you call your nurse for assistance and that you **DO NOT** attempt to get up on your own. You may have a tube (called a catheter) inserted into your bladder during surgery. This catheter will be removed the morning after surgery and you will be assisted with walking to the bathroom with a walker to pass urine. You will also walk with a walker to the bathroom for a bowel movement after surgery as needed.

Constipation

Constipation often happens after surgery because of pain medication and limited activity. Here are some ways to prevent constipation:

- Drink lots of fluids (aim for at least 8 cups a day) and minimize drinks that contain caffeine.
- Eat fibre rich foods (e.g. whole grains, fruits and vegetables, beans and legumes).
- Continue to be as active as possible.
- Keep a regular meal pattern.
- Do not overuse laxatives. Consider using laxatives like psyllium fibre and/or natural laxatives like prunes and prune juice.

Hygiene

We encourage you to continue with personal hygiene activities as much as possible to increase your strength and independence. Your nurse will give you a basin with soap and water, along with a facecloth and towel to wash at your bedside. The nurse will assist you as needed, especially for harder to reach areas such as your back, lower legs and feet.

ACTIVITY GOALS: DAY OF SURGERY

Mobility

- Perform deep breathing and coughing exercises and pump your ankles 10 times every hour.
- Turn and reposition in bed to avoid pressure areas. You may ask for assistance if needed.
- Move between the bed and the chair with assistance.
- Stand with the help of a nurse or physiotherapist.
- If possible, take a few steps with a walker and assistance.
- Sit up in a chair for 30 minutes.
- Bend your operated knee to 90 degrees.

Self Care

- Your nurse will assist you with personal care as needed.

Diet

- You will be given clear fluids and can eat some solid food if you feel ready later on in the day.

DAY 1 AFTER SURGERY

Mobility

- Perform exercises in bed 3 times per day to improve the range of motion and strength of your knee.
- Get out of bed and move between the bed and chair with assistance, if needed.
- Sit up in a chair for all meals.
- Walk within your room and out into the hallway using a walker. You will be assisted by a nurse or physiotherapist if you need it.

Self Care

- Have a sponge bath with the assistance of a nurse for hard to reach areas.
- Put on your clothes with assistance, if needed.
- Walk to the bathroom with assistance, as needed.

Diet

- Eat solid food and choose your meals from the Hospital menu.



DAY 2 AFTER SURGERY

Mobility

- Perform exercises in bed 3 times per day to improve the range of motion and strength of your knee.
- Get out of bed on your own and sit in a chair.
- Increase your walking distance using a walker or crutches.
- Walk to the bathroom on your own.
- Practice climbing stairs with the physiotherapist.
- Sit up in a chair for meals.

Self Care

- Perform your morning care independently.
- Put on the clothes you brought with you from home.
- Walk to the bathroom on your own.

Diet

- Eat regular meals.

DISCHARGE FROM THE HOSPITAL

The clinical team at Mount Sinai Hospital will work closely with you to make sure that you are fully prepared for discharge from Hospital after your surgery. Our goal is to help you start making the appropriate arrangements, several weeks before you are admitted for surgery. This will help ensure that you have a smooth transition when you leave the Hospital.

Please make arrangements for a ride home from the Hospital for mid-morning of the day of discharge. If you require assistance, please speak to your nurse or social worker.

You may see a clinical social worker at the time of your appointment in the Pre-Admission Unit, or you may speak with one over the phone prior to and/or after your Pre-Admission appointment. The social worker will discuss the options available for your care in the community and will help you plan for your return home.

THINGS TO WATCH FOR AFTER YOUR SURGERY

Visit your nearest Emergency Department should you experience any of the following symptoms:

- Shortness of breath or difficulty in breathing.
- Chest pain, tightness or pressure.
- A significant increase in pain, swelling or redness in your calf/calves.
- A sudden, severe increase in pain in your new joint.

Notify your surgeon/family doctor immediately if you experience any of the following symptoms:

- Increased redness, swelling or a sudden increase in bruising around the incision site.
- Fluid from the incision line for more than 4 days after leaving the Hospital.
- A foul odor or yellow or green fluid from the incision line.
- Excessive bleeding.
- Any other signs or symptoms of infection (e.g. bladder infection, tooth infection, etc.).
- A persistent increase in your temperature (over 38°C).

In the First Two to Three Weeks after Surgery:

DO:

- Perform bed exercises to minimize swelling and pain and to improve movement of your knee and strength of muscles around your knee.
- Lie with a pillow under your calf and ankle.
- Follow weight-bearing status instructions from your physician.

DO NOT:

- Lie with a pillow resting **DIRECTLY UNDER YOUR KNEE**.
- Twist your operated knee with your foot planted.
- Kneel on your new knee.



POST-OPERATIVE MOBILITY AND EXERCISES

Physiotherapy

Role of Your Physiotherapist

The main role of the Hospital physiotherapist will be to assist you to move around safely and to help you regain your strength. The exercise program developed by your physiotherapist will assist you in regaining both bending and straightening of your knee as well as strengthening the muscles around your knee. While in Hospital, you will be working with your physiotherapist and/or the physiotherapist assistant.

Weight- Bearing

The type of surgery you have will determine the amount of weight you are allowed to put through your operated leg. Your doctor and physiotherapist will inform you.

Walking

You will start off walking with a walker until your strength and balance improve. Your physiotherapist will let you know when you are ready to progress to an alternate gait aid (e.g. crutches).

It is always important to stand up tall and look ahead while you walk. When using an aid, the pattern of walking is as follows:

- Move the aid forward first.
- Step forward with your operated leg.
- Follow with your unoperated leg.

Going Up and Down Stairs

Your physiotherapist will teach you the safest way to go up and down stairs (**DO NOT** attempt the stairs on your own).

Here are some tips to remember to help you do this safely:

- If available, always use a hand railing and a crutch or cane.
- Going up the stairs: step up with your **UNOPERATED** leg first, followed by your operated leg and crutch/cane.
- Going down the stairs: put your crutch/cane down first, then step down with your operated leg, followed by your unoperated leg last.



Please note "X" indicates operated leg



Exercises to Prevent Post-Operative Complications

After surgery you will be encouraged to do the following exercises to help prevent blood clots in your legs and lungs. Your physiotherapist assistant will review these with you.

1. DEEP BREATHING AND COUGHING

- This exercise can be performed in any position (e.g. lying in bed or sitting in a chair).
- Take five deep breaths followed by two to three coughs **every 15 minutes**.
- This should be performed every hour of the day that you are awake.

2. ANKLE PUMPING

- Lying on your back or sitting up in bed, move your ankles up and down as far as possible while keeping your legs straight.
- You may also move your ankles in circles.
- This should be performed every hour that you are awake, pumping each ankle 20 times.
- *If you keep your knee straight during this exercise you will feel a stretch in your calf muscles.



Exercises to Strengthen Your Knee

The most important **GOALS** of performing the following exercises are to be able to:

- Straighten your leg fully.
- Bend your knee to at least 90°. This amount of movement is required to be able to perform functional activities as you did prior to your surgery.

Your physiotherapist assistant will instruct you on the proper way to do your bed exercises and will review them as needed.

These exercises will have the most benefit if they are performed 3 times each day so it is important that you begin to do them on your own as soon as possible. They will become your “homework” while you are in the Hospital and after you leave.

As previously mentioned, these exercises are important to reduce stiffness and swelling, strengthen the muscles in your legs, and to encourage movement at your new knee joint.

1. THIGH MUSCLE SETTING

- Lie on your back with your leg straight and toes pointed up to the ceiling.
- Tighten your thigh muscles by pushing the back of your knee down into the bed.
- Hold for five seconds.
- Repeat 10 times.

2. BUTTOCK MUSCLE SETTING

- Lie on your back or sit in a reclined position in bed.
- Squeeze your buttocks together.
- Hold for five seconds.
- Repeat 10 times.





3. LYING KNEE BENDING EXERCISES

- Lie on your back with your legs straight.
- Slowly begin to bend your knee by sliding your heel towards your buttocks. Keep your heel on the bed. Bend your knee as far as possible. It may help to use a towel around your thigh as shown.
- Slowly straighten to the starting position.
- Repeat 10 times.



4. ACTIVE ASSISTED QUADS OVER ROLL EXERCISES

- Place a rolled towel under your knee (you may require assistance for set up).
- Keep your toes pointing towards the ceiling.
- Try to lift your foot off the bed by tightening your thigh muscle and straightening your knee. Hold onto the ends of a sheet and loop it around your foot. You may use this sheet to help lift and lower your foot in order to straighten the knee. Do not lift your knee off the roll.
- Hold for five seconds and **SLOWLY** lower the leg.
- Repeat 10 times.



5. STRAIGHT LEG RAISE

- Tighten the muscles at the front of your thigh and keep the leg straight.
- Lift your entire leg a few inches off the bed.
- Hold for five seconds then slowly lower the leg.
- Repeat 10 times.



6. SITTING KNEE BENDING

- Sit over the edge of the bed or in a chair.
- Place the unaffected leg in front of the operated leg.
- Use the unaffected leg to help further bend the operated knee.
- Hold 10 to 20 seconds.
- Repeat 10 times.



After Your Exercises

You may experience mild knee pain and swelling after exercise and activity. You can help to relieve these symptoms by:

- Elevating your leg on 1 to 2 pillows. (*Remember: do not place a pillow directly under your knee.)
- Applying ice wrapped in a towel for 10 minutes at a time throughout the day, always making sure to wait at least two hours between applications.



DAILY LIVING ACTIVITIES

Dressing (eg. underwear, pants)

*Always dress your operated leg first.

- Sit in a chair or at the edge of the bed with your operated leg straight out.
- Grasp the waistband of your pants with a long handled reacher and lower the piece of clothing down to the floor.
- Slip pant leg on your operated leg first.
- Pull the piece of clothing over the foot and up past your knee on your operated leg (then grasp the waistband with your hand).
- Continue by slipping your non-operated leg into the clothing as usual.
- Stand up with walker/crutches available for support if needed.
- Pull the pants up the rest of the way.
- To remove your pants: unbutton/unzip pants and lower garment down past hips using walker/crutches for support if needed.
- Sit down to remove pant leg from non-operated leg first.
- Remove pant leg from operated leg using a long handled reacher.
- Pick your pants up off the floor using your long handled reacher.

Socks

- Sit down.
- Put the sock over the plastic part of the sock aid.
- Holding on to the straps/handles, drop the sock aid to the floor and put your foot into the sock.
- Pull both straps/handles up towards your body until the sock is fully on your foot.
- You can use a long handled reacher or long handled shoe horn to ensure the sock is on properly.
- To remove your sock, you can use a long handled reacher.





Shoes

- Slip on shoes are ideal (you can use elastic shoe laces, Velcro straps).
- Sit down.
- Use the long handled reacher to hold the shoe at the top (eg. tongue) for support as you slip your foot into the shoe.
- Use the long handled shoe horn to support the back of the shoe as you make sure your foot goes in.

Bathing

- Using a tub transfer bench: bench should be placed facing the shower head and faucets, with two of the legs inside the tub and the other two legs outside the tub.
- Back up onto the outer edge of the bench until you are able to feel the bench touching the back of your legs.
- Slide your operated leg out and slowly sit down.
- Lean back and slide your bottom halfway onto the bench.
- While still leaning back, shift on your bottom and slowly swing legs into tub one at a time until you are facing the shower head and faucets.
- Use long handled sponge/brush to wash your legs/feet.
- A shower chair can be used in a shower stall.

Toileting

- Getting on and off the toilet may be easier if you use a raised toilet seat.





EQUIPMENT CHECKLIST

- Raised toilet seat with arms



- Two-wheeled walker



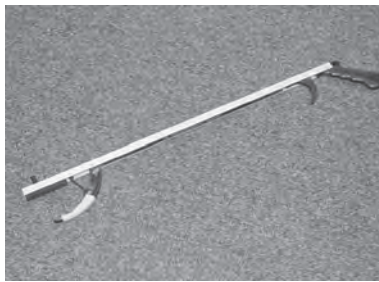
- Shower chair



- Tub transfer bench



- Reacher



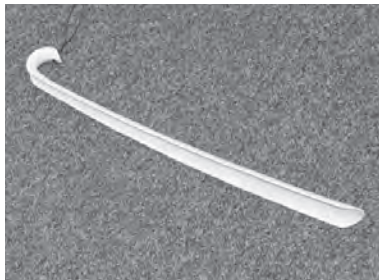
- Crutches



- Sock aid



- Long-handled shoe horn



The physiotherapist and occupational therapist will review your need for walking aids/equipment during your preoperative education class. If you currently own aids such as crutches or a cane you may bring them with you, labeled with your name, to the Hospital. Once you have received equipment recommendations from your therapist, you or a family member will need to arrange for your equipment to be at home when you are discharged from Hospital. You may refer to the provided list of local companies from which equipment can be rented or purchased. Ask the therapist for an additional list of providers in your area.

For more information regarding your knee surgery, please refer to the following websites:

www.mountsinai.ca/care/hip-and-knee

www.myjointreplacement.ca

To donate, call 416-586-8203 or visit supportsinai.ca
EVERY GIFT HELPS US CONTINUE TO DELIVER THE BEST MEDICINE.

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