



Your Pathway to Recovery

Pre-Operative Patient Education Webinar



Welcome

The logo for the Hospital for Special Surgery (HSS), consisting of the letters "HSS" in white on a blue square background.

Meet your patient education team member (presenter).

Webinar will be a presentation followed by a Q&A.

Grab a pen to write down questions or take notes.

Thank you for attending!

Patient Education Team - 212.606.1263

Webinar Outline

Highlight topics to prepare you for surgery, your hospital experience, and recovery.

- Typically, patients are sent home within a few hours after surgery, or stay for a short time in the hospital.

Identify ways to lower possible risks and complications.

- Your safety and avoiding falls
- Preventing infection and blood clots
- Managing pain to keep you moving

Discuss ways to manage your recovery.

- Be a partner in your recovery!
- We **highly encourage** patient and family/friend involvement.

About HSS

HSS



**US #1 in
Orthopedics for
15 years in a row**

Newsweek

**World #1 in
Orthopedics
2023-2024**



**Committed to
Quality**



**Patient-centered
care**



**Magnet
Designation**

MyHSS and Patient Resources on HSS.edu

HSS

MyHSS

online portal and app

HSS website [HSS.edu](https://www.hss.edu)

www.hss.edu/preparing-for-surgery.asp

- Surgical Patient Guides
- Specific Therapy and Procedure Guides
- Procedure Animations
- HSS Neighborhood Directory

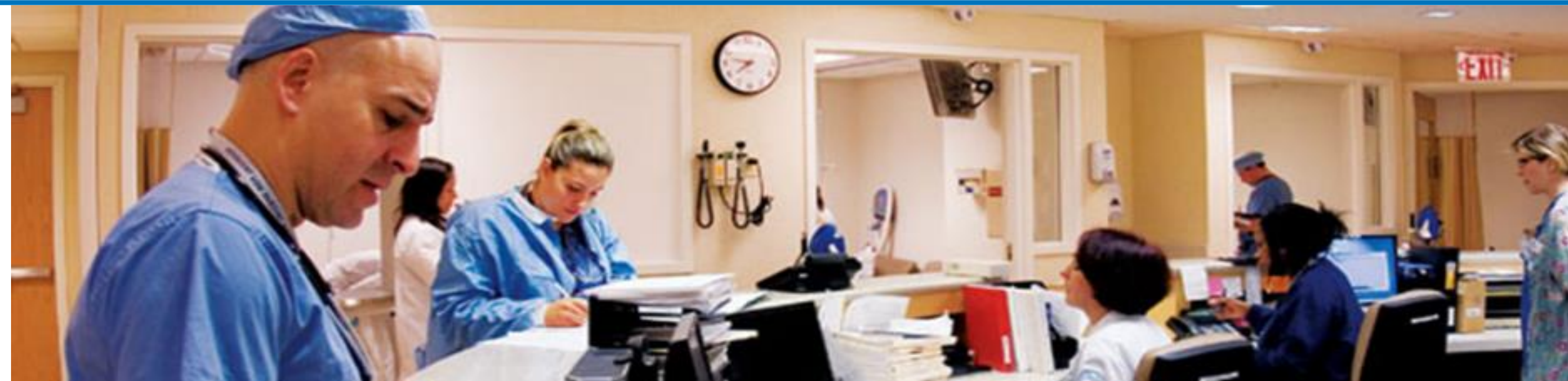
Your personal connection to world-class care.



Meet Your Care Team

HSS

- Surgeon
- Medical Doctor
- Anesthesiologist
- Physician Assistant
- Nurse
- Physical Therapist (PT)
- Case Manager
- Dietician
- Patient Liaisons
- You and your support person!



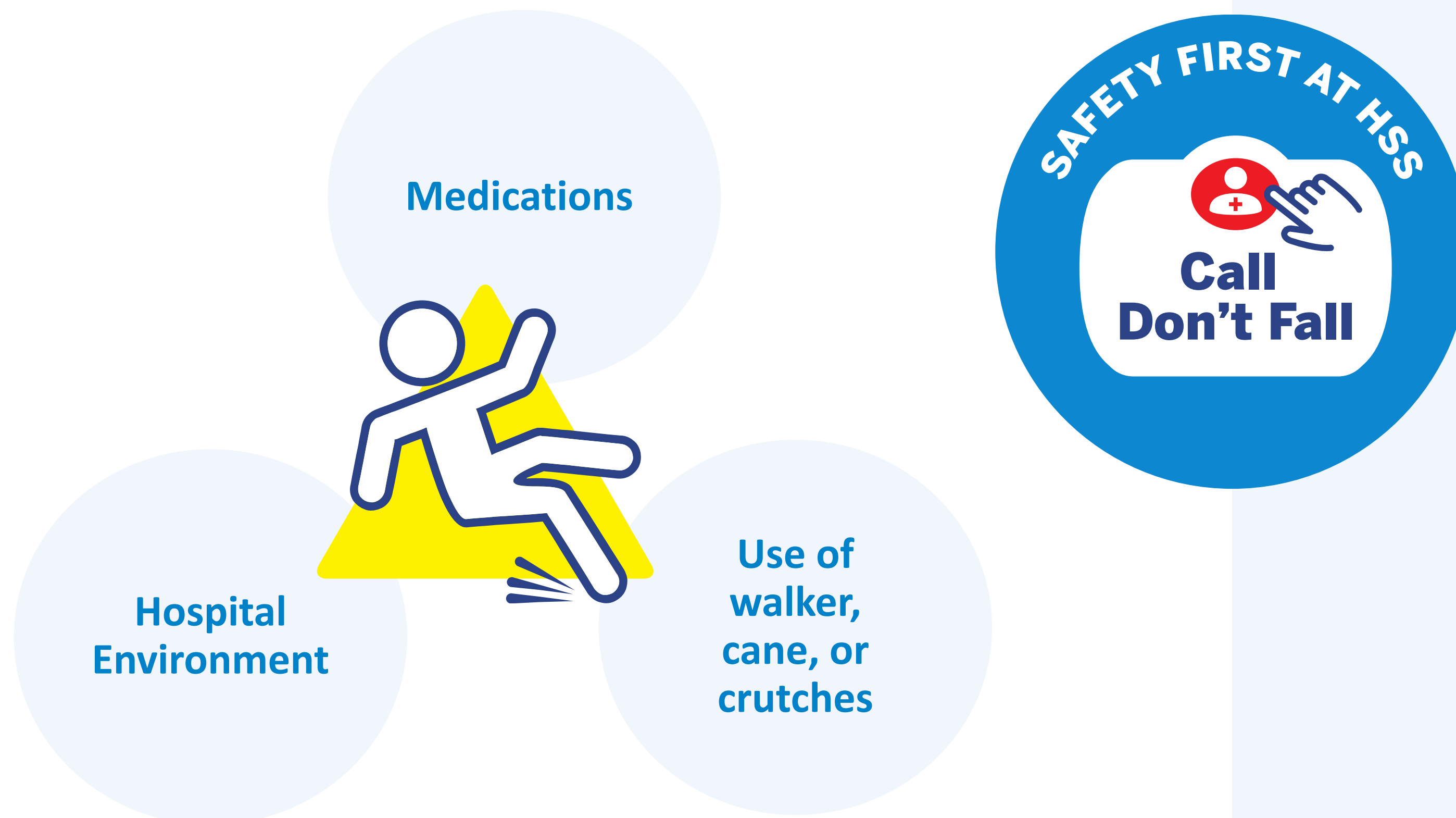
Your Safety:

HSS is committed to ensuring your well-being and safety.

HSS

All Patients

are at risk for falls after surgery in the hospital and at home.



Ways to Avoid Falls

- ALWAYS use your call bell and ask for help before getting up and walking (to the bathroom, to a chair, back to bed)
- **CALL DON'T FALL**
- **GO SLOW** when changing your position
- **USE NONSLIP FOOTWEAR**
- HSS policy requires a staff member **remain in the bathroom with you at all times** to help prevent you from falling.

Your Safety:

HSS is committed to ensuring your well-being and safety.

HSS

Speak Up

- Ask questions
- Good communication with the healthcare team benefits everyone!



Identification Checks

- Your Name
- Date of Birth



Pre-Surgical Screening (PSS)

Pre Admission Testing (PAT) HSS Main Campus 3rd Floor or HSS regional locations

HSS



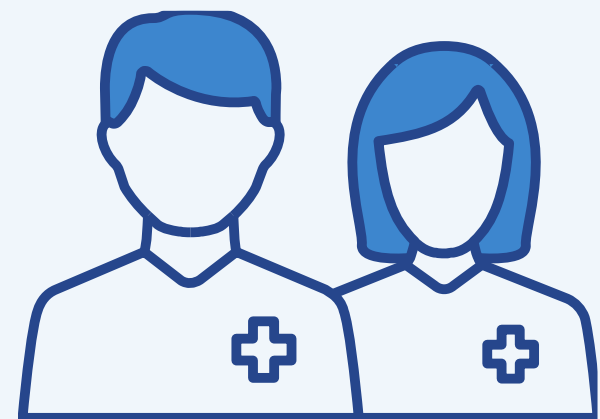
Meet with Medical Doctor

- Reviews your health history & daily medications
- Completes a physical exam



Get Testing

- Bloodwork
- May also include urine sample, EKG, X-ray, CT scan



Meet with Nurse

- Reviews your information
- Completes health screenings
- Reviews Pre-Op Dietary Guidelines
- Gives instructions



Pre-surgery Cleanliness

- Wash your entire body with soap and water the night before surgery; wear clean pajamas and sleep on clean linens
- Wear clean clothes on the day of surgery
- **DO NOT** shave below your waist or around surgical site on the day of surgery and 1 day before

General Surgical Instructions

Call this number any time the day before
your surgery and listen to the recorded message.

212.606.1630



Call Center

A nurse will call you between **1:30pm-7pm** on the 1-2 business day(s) before surgery, informing you of final instructions:

HSS



Arrival on the Day of Surgery

- Learn the time your surgery is scheduled
- Arrival is generally **2.5 hours** before your scheduled surgery time
- 5:30am is the earliest possible arrival time



Medication Review

- Which medications to take the morning/day of surgery before you come to the hospital



Food & Drink Reminder

- Please stop drinking clear fluids 3 hours before your surgery time



Plan for Your Departure

- Who will take you home after surgery? You need an adult to go along with you.

What to Bring/Wear on the Day of Surgery

Please Bring:

- **Wear loose-fitting clothing and walking or athletic shoes.**
- A small bag you can carry (shoulder or duffle bag).
- Photo ID
- Credit card
- Cell phone with charger
- Dentures, eyeglasses, hearing aids
- Change of underwear, deodorant, hairbrush
- Advance Directive Documents, Health Care Proxy Forms, etc.
- Contact info for your pharmacy
- Settings for sleep apnea device, if needed

Please DO NOT Bring:

- **No luggage with wheels.**
- Valuables, cash
- Food
- Jewelry (wedding rings & body piercings)
- Your own medications unless the HSS pharmacy asks you to do so
- Sleep apnea device

Day of Surgery

- When you arrive, please come to the **HSS Main Hospital Entrance at 535 East 70th St.**
- Check in at Patient Access Services next to the Main Lobby
- Family Atriums on 4th and 9th Floor
- Communication Status Board
- Patient and Family Resource Line **212.774.7547**



Our latest Visitor Policy is available at www.HSS.edu/visitor or scan the QR code



Your Patient's Identifier is:

PATIENT STATUS BOARD COLOR CODES

In Atrium	Patient arrived to the Unit
In Pre-procedure	Patient is in the Pre-op area
In the OR	Patient is in the Surgical area
In Recovery	Patient is in the Recovery room
✓	Patient is ready to Transfer

- The color and location on the tracking board represent the patient's physical location.
- The tracking board does not indicate whether a patient's surgery has begun or is complete.

*Patients may be in the OR for some time before and after their surgery.
For any questions, please see the Patient Liaison at the Family Atrium Desk.*

Same-Day Surgery Unit

- Time to prep for surgery
- Change into a hospital gown and make sure your belongings are secured
- Your nurse will check your skin, health status, start your IV, and apply a broad-spectrum antiseptic through a nasal swab
- Your surgical site is cleaned
- Meet your anesthesiologist
- Visit with your surgeon
- Participate in safety checks



FAQs for anesthesia/pain management
for hip/knee patients



The Operating Room (OR)

Infection Prevention

- Surgical team wears special surgical clothing, including hoods, to keep environment sterile
- IV Antibiotic given before surgery

Surgical Time

- Most surgeries take 1 to 1 1/2 hours.
- Actual time in the OR is usually 2 to 2 1/2 hours.

Surgery

- Surgeon makes incision (cut) in skin
- Surgery completed and incision closed
- Method of closure depends on skin condition/health needs
- Instructions for home care will be given before you leave



Resurfacing



Post Anesthesia Care Unit (PACU)

- Wake up from anesthesia
- Expect to feel numb from waist down initially
- Your vital signs are monitored
- Pain medication given
- Start your breathing and leg exercises (ankle pumps)
- Start drinking and eating
- Some patients will have their Physical Therapy evaluation and be able to go home





Extended Stay Unit or Inpatient Unit



Hourly comfort rounds



Vital signs

■ Today's Date:		■ Expected Discharge:	
■ Doctor:		■ Room #:	
■ Nurse:		■ Room Phone #:	
■ PCA:		■ TV Activation #:	
Today's Plan:		Therapy 	
We will check on you <i>hourly</i> and as needed to anticipate your needs.		■ Therapist:	
		■ Activity Level:	
Pain management is our priority. PAIN GOAL <input type="text"/>			
■ Pain Medication:		■ Last Dose:	
■ Side Effects:		■ Available Dose:	
<div><div>0 NO HURT</div><div>2 HURTS LITTLE BIT</div><div>4 HURTS LITTLE MORE</div><div>6 HURTS EVEN MORE</div><div>8 HURTS WHOLE LOT</div><div>10 HURTS WORST</div></div>			
■ Case Manager:			
■ Discharge Plan: 			

Communication Board
(on the wall)



Visiting hours

Pain Management

Our goal is to keep you comfortable.

- We use a numeric rating scale when we ask about your pain level (0 to 10) and the goal is to keep your pain manageable.
- We use many different approaches when treating pain, including various medicines and other therapies.
- Some ways to manage pain
 - IV medications
 - Local anesthetic injections by the surgeon
 - Peripheral nerve blocks

Pain management is our priority.

PAIN GOAL

■ Pain Medication:

■ Last Dose:

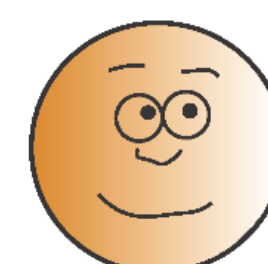
■ Side Effects:

■ Available Dose:



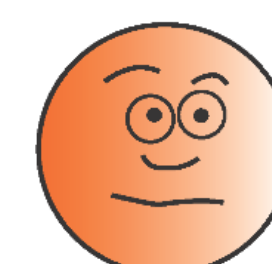
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NO
HURT



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HURTS
LITTLE BIT



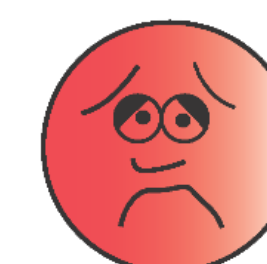
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HURTS
LITTLE MORE



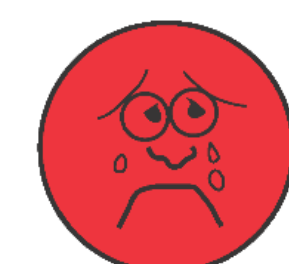
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HURTS
EVEN MORE



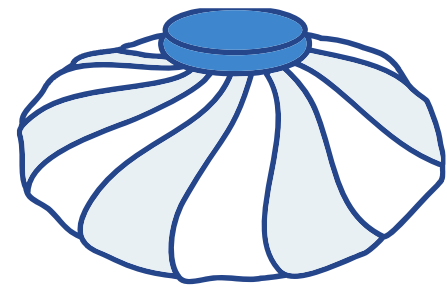
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HURTS
WHOLE LOT



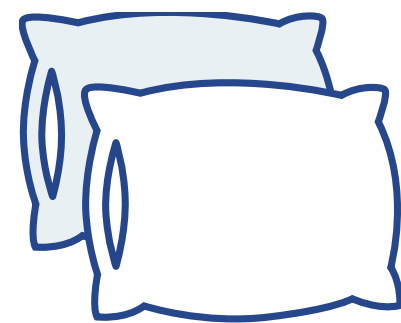
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HURTS
WORST



Cold therapy

- 20 min periods every 3 or 4 hours during the day and after exercise or physical therapy; goal 4 to 6 times a day
- Reduces inflammation



Positioning

- Change positions every 45 minutes to 1 hour to reduce stiffness
- Elevation of leg(s) helps reduce swelling



Pain Pills

- Anti-inflammatory medications
- Opioids



Complementary therapies

- Guided imagery, relaxation techniques, deep breathing, acupressure, etc.

Preventing and Managing Side Effects of Medication

- Request anti-nausea medicine
- Take opioids with food
- Ginger ale or aromatherapy

Nausea and Vomiting

- Go slow when changing positions **Let the staff know**

Dizziness and/or Drowsiness

- Take opioids with food
 - Do not drive while taking opioids

- Most common side effect
- Take stool softener & laxative as needed
- **Drink water. Hydrate!**
- Eat fresh fruits and vegetables, high fiber foods
- Walking

Constipation

Itchiness

- Let your nurse know

Complications after Surgery: Reducing Your Risk

Immobility can lead to increased risk of issues and delay recovery

Skin irritation and
breakdown

Constipation

Blood clots

Muscle weakness

Be aware of early signs of problems.

Know when to contact your healthcare team. **Take action** to prevent potential problems.

Preventing Blood Clots

We take the following steps to reduce your risk of blood clots:

- Shorter surgery times. Less time in one position is better for blood flow in your leg veins.
- Regional anesthesia (commonly used in orthopedic procedures where one area is numbed) improves blood flow.
- Compression on lower legs by using mechanical compression wraps during hospital stay or your surgeon may recommend compression socks/stockings.
- Encourage you to get moving and exercising early to improve circulation.
- Medication (blood thinner). The name, dose, length of time you need to take the medication will be given after surgery.

Signs and Symptoms of Blood Clots

Call your surgeon's office right away if you notice:

- Unexpected swelling and/or pain/tenderness, especially in the calf
- Warmth, redness around painful area

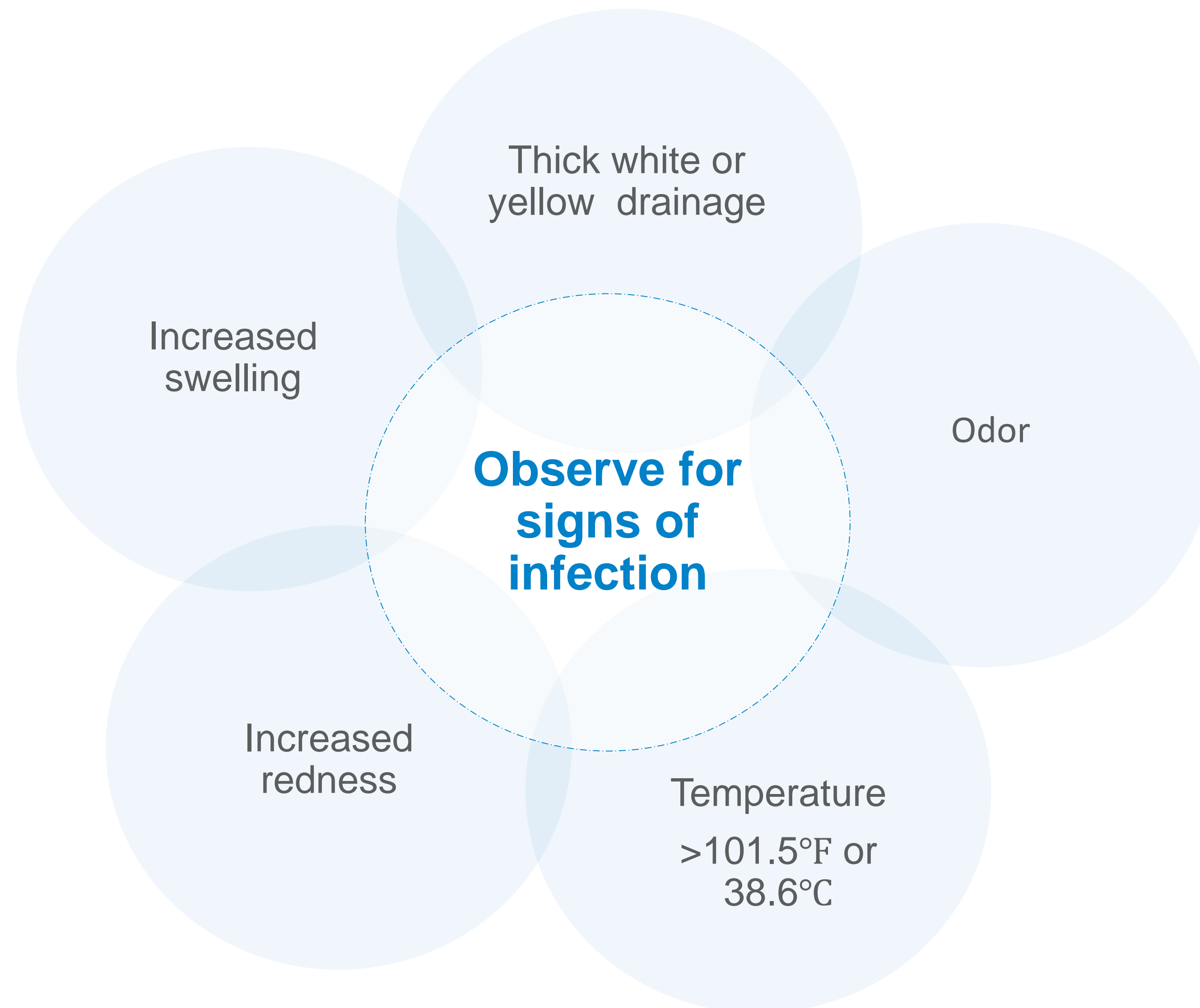
Even if it is a weekend or holiday, don't wait.
Please call and you will be instructed from there.

Call 911 or go to your local emergency department right away if you notice:

- A sudden onset of shortness of breath
- Chest pain that gets worse with breathing
- Sudden rapid heartbeats or light headedness
- A cough with or without bloody mucus

These are possible symptoms of a blood clot that traveled to your lung or another serious condition. **It's important to act fast.**

Preventing Infections: Your Surgical Site



Surgical Site Care

Keep incision area clean and dry

Wash hands!
You and others

Showering instructions
given at discharge

Preventing Infections: Keeping Your Lungs Clear

Incentive spirometer Deep-breathing exercises

- Prevents fever
- Helps expand your lungs
- Increases oxygen to tissues



Preventing Infections Long-Term

Reminder:

- A dose of an antibiotic needs to be taken **1 hour** before certain dental or invasive procedures.
- Your surgeon will let you know how long to continue and give you a prescription at first.
- Tell all your health care providers about your surgery.
- Infections in other areas of the body need to be treated promptly to protect your new implanted joint.

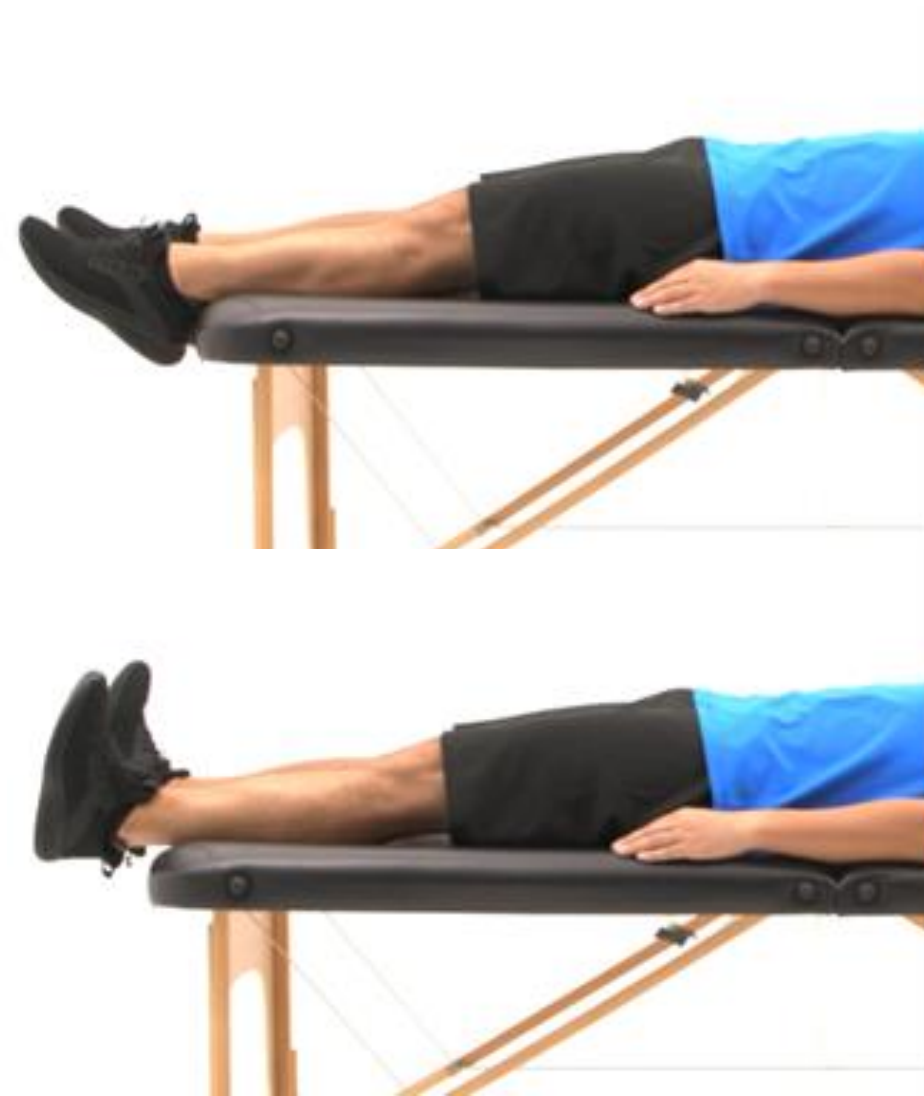
Goals:

- Safe return to everyday activities such as getting in and out of bed, walking, using stairs.
- Regain independence and movement.

Physical Therapist

- Teaches you proper body mechanics and positioning
- Reviews precautions (positions to avoid) if you need them
- Teaches you an independent walking and exercise program
- Assists you with meeting discharge criteria

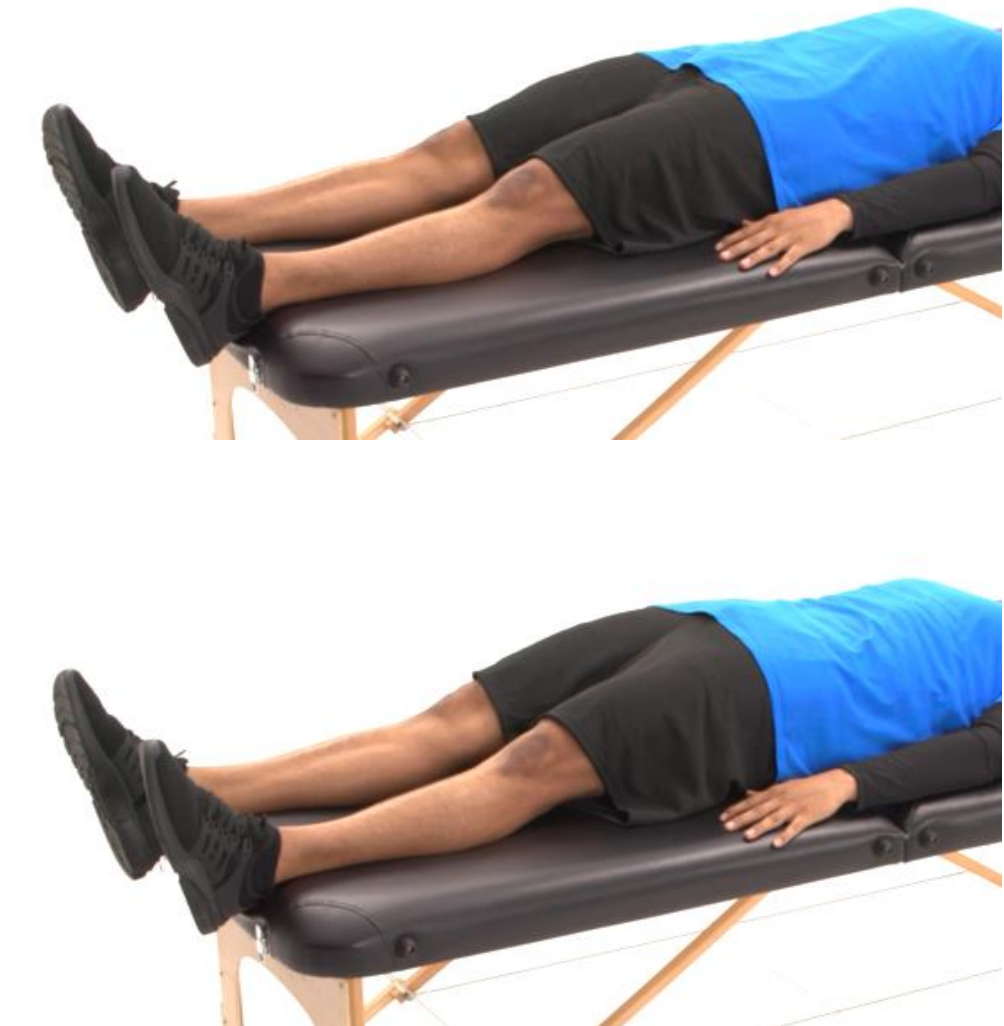
1. Ankle Pumps



2. Isometric Quadriceps Strengthening “Quad Sets”



3. Gluteal Sets “Glute Sets”



- Perform bed leg exercises 10x each, up to every hour **independently**
- Additional exercises may be given depending on surgery
- Beneficial to practice exercises at home before surgery

Physical Therapy

- Walking will begin with an assistive device such as a rolling walker and may progress to crutches or a cane when you are comfortable and safe.
- Your therapist will instruct you how to initiate a walking program and a home exercise program.
- Stairs will be reviewed before you leave the hospital if you will need to use them after you leave.



Assistive Devices for Walking

Appropriate assistive device for walking will be determined *after* your surgery

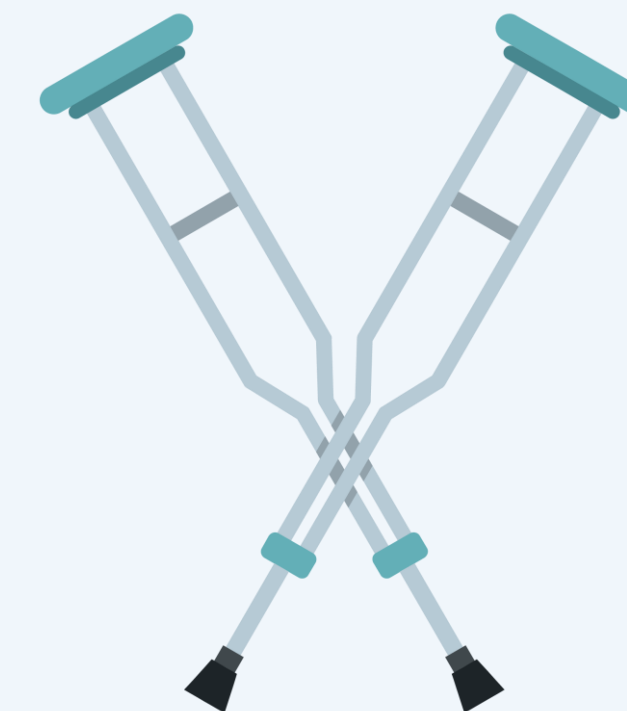
If you have access to equipment prior to surgery:

- Have it in the vehicle that will be transporting you home.
- You can bring it to the hospital if you would like the PT to evaluate for proper fit and function.

Rolling Walker



Crutches



Assistive Devices for Your Recovery at Home



Reacher



Sock-Aid



Shoe-horn



Long-handled sponge



Raised seat cushion



Raised toilet seat



Elastic shoelaces



Shower Chair

Recovery Shop

HSS



Aids To Daily Living Kit

- Reacher
- Dressing stick
- Shoehorn
- Sock assist
- Long-handle sponge



Recovery Items

- Foam roller
- Massage gun
- Scar cream
- Cold therapy devices



Bathroom Safety Items

- Raised toilet seat
- Shower chair
- Transfer tub bench



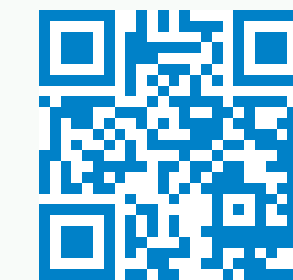
Compression Items

- Leg wraps to improve blood flow
- Compression socks
- Knee sleeve

Customer Service

You can order online at

www.shop-recovery.net



Scan the QR Code

or Call 860. 500.5020.

A customer service team is ready to assist in your recovery.

Products are shipped directly to your front door within 3 business days.

Patients have the right to choose an alternative vendor, go to their local pharmacy or shop online. All products sold by the recovery shop are recommended and not required

Discharge Planning

Discharge planning begins **BEFORE** you get to the hospital.



You and your surgeon will discuss your needs.



Our **Discharge Planning team** will go over the plan with you.

Questions/concerns about your discharge, please call the Discharge Planning team **212.606.1920**

Leaving the Hospital

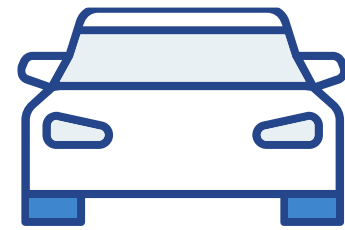
Physical Therapy Clearance:

- You can safely get in and out of bed, walk with a walker, crutches or cane, and use stairs if needed.
- You can show understanding of your home exercise program.

Timing of discharge:

- There is no set discharge time after surgery.
- Once you have met your movement and health milestones **and** you have an adult to escort you home.

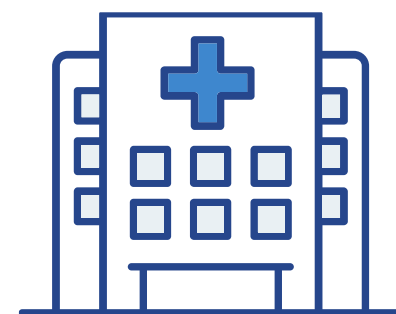
Leaving the Hospital: Discharge Process



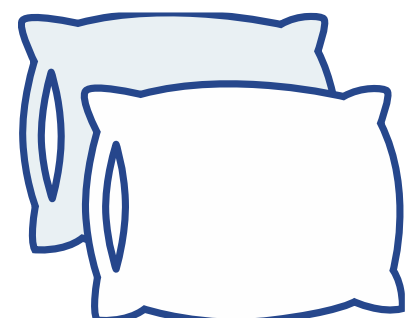
Have a ride available on the day of surgery and early the next day.



Discharge instructions are reviewed.



Your ride can pick you up at the hospital's main entrance.



We suggest having 2 pillows in the car for the ride home to use for positioning and comfort.

Pain management

- Take medicines as needed and directed.
- Use icepack or cold therapy. Goal 4 to 6 times a day.
- Use complementary therapies.
- Follow PT instructions and do not overdo activity.

Leg Swelling

- Normal in leg, knee, ankle & foot
- Take frequent rest periods
- Elevate your leg for 30 minutes, 2-3 times a day
- Avoid sitting longer than 45 minutes
- Perform ankle pump exercises
- May use compression stockings or socks

Staying safe while taking opioid medication

- Do not drive.
- Do not drink alcohol or take sleep medications.
- If you normally take benzodiazepines, such as Xanax or Valium, tell your pharmacist and your care team.
- Never share opioid medications with anyone.
- Securely store opioid medications out of sight and out of reach of children and pets.

Once your pain is manageable

- It is important to stop taking opioids.
- You may be able to stop all at once, or you may need to taper off the medication.
- For more information about tapering off medications safely, visit www.hss.edu/opioidtapering
- **Dispose of unused opioids quickly and safely.**

Prepare your home in advance for safety

- Clear paths in hallways and rooms
- Remove clutter
- Remove area rugs
- Secure loose wires and cords
- Secure or add handrails on stairs
- Secure grab bars in bathroom
- Use non-skid bathmats
- Use nightlights

YOU

+

**A family member or
friend/support person**

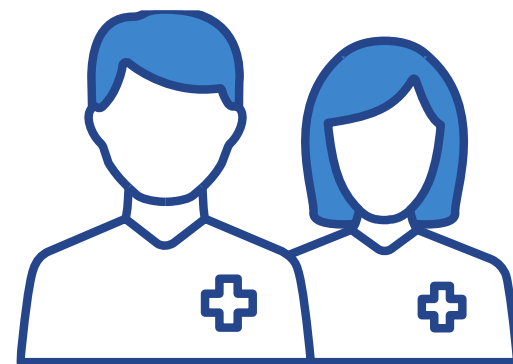


- Meal preparation, remind you to hydrate
- Watch for fall/trip hazards
- Reminding everyone to wash hands
- Help with showering as per discharge instructions
- Encouraging you to walk and do exercises; help with positioning/elevation
- Help with cold therapy
- Ensure you are taking medications correctly

Follow up



Follow up appointment with your surgeon, usually 2-6 weeks after surgery.



Expect a phone call from a HSS RN following your return home.



Keep in touch with your healthcare team.
Contact your surgeon's office with questions or concerns.

Outpatient Physical Therapy

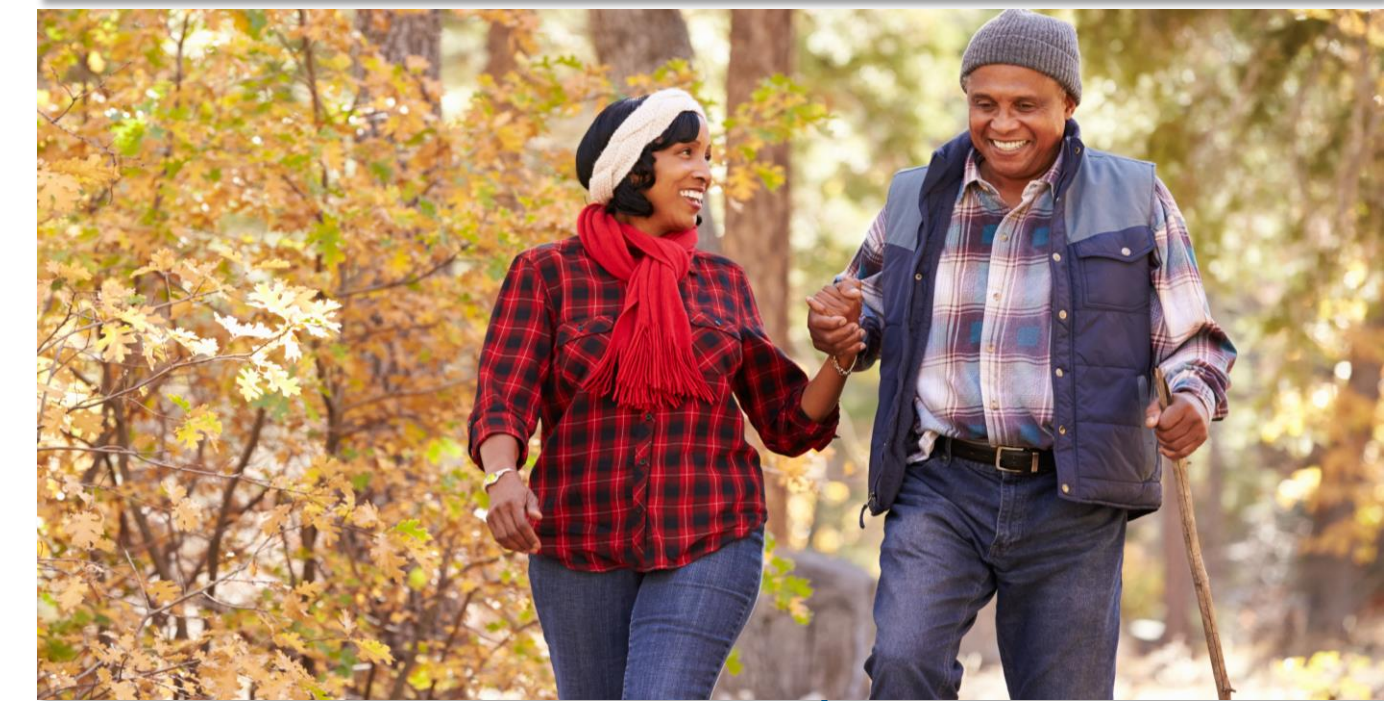
HSS

At some point in your recovery your surgeon may want you to progress from in home therapy to outpatient physical therapy.

You would receive a prescription from your surgeon's office.

The HSS Rehabilitation National Network

- Contact the Network main office 212.606.1317
- <https://www.hss.edu/findtherapy>



Frequently Used Phone Numbers

Main Hospital: 212.606.1000

Pre Access/Admitting: 212.606.1241

Discharge Planning: 212.606.1920

Spiritual Care: 212.606.1757

Private Duty Nursing: 212.774.7187

Recorded Message (day before surgery): 212.606.1630

Patient and Family Resource Line: 212.774.7547

**We wish
you a
speedy
recovery.
Thank
you for
attending!**

Questions?

