

3. Before Your Surgery



Select Your Coach:

It is very important for you to designate a coach to help you for the first week or so after you go home. Your coach does not need to be a medical professional – it can be a family member, your spouse or partner, or a friend – but he or she should be able to attend your pre-

operative appointments and therapy sessions with you and learn how to help you care for yourself after your surgery.

Surgical Clearance:

Your primary care provider (PCP) will assess your general health and determine if you are healthy enough to undergo elective joint replacement surgery. He or she may order lab tests or other studies in preparation for surgery. You may need to see a specialist such as a cardiologist. These team members will discuss your individual healthcare needs with your orthopedic surgeon and provide written documentation of surgical clearance.

Pre-Operative Appointments:

In the weeks before surgery you will have two appointments for final preparations; a pre-operative session and an appointment with your orthopedic surgeon. These will be arranged through your surgeon's office staff. Please write down any questions and take the list with you to your appointment.

- **Orthopedic Surgeon Appointment**

Your surgeon will discuss final plans for surgery and review risks, benefits and possible complications. This is an opportunity to review the procedure and ask final questions before surgery. Please share your medication list with your surgeon. He/she will instruct you on which medications to take and NOT take before your surgery. Some medications such as herbal supplements and anti-inflammatory drugs should be stopped for several days prior to surgery. These medications can thin your blood, and cause unnecessary bleeding, as well as other adverse effects. Talk to your surgeon about ALL medicines you take including herbals, supplements and over-the-counter medicines. Some do not mix well with anesthesia.

- **Your Pre-Operative Session:**

Your pre-operative session will take place at Alta Bates Summit Medical Center South Pavilion located at 3100 Summit Street in Oakland. Your surgeon's office staff will schedule this session for you. It will include nursing intake, medical testing, and an education class.

Please bring your coach and be prepared to spend 3 hours at this appointment.

A map is located at the back of this booklet. Parking is available in the South Pavilion garage.

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Please complete and bring the following to your pre-operative session:

- ☐ **Medication List (in the pocket of this packet) or actual bottles of medications you are currently taking. Write out the names, dose, and how often you take each medication. Please include prescription, over-the-counter, and herbal medicines.**
- ☐ **Anesthesia Questionnaire (in the pocket of this packet).**
- ☐ **Plans for Discharge Questionnaire.**
- ☐ **If you have an Advanced Directive, please bring a copy for your hospital record.**
- ☐ **Sleep Apnea Questionnaire.**

Dental Work

Because of the risk of infection that is involved with a joint replacement, any procedure that may increase this risk should be done prior to surgery. Following simple procedures such as dental cleaning or colonoscopy, bacteria and other germs can travel through the bloodstream to your new joint causing infection there. Gums often bleed during teeth cleanings and invasive dental procedures; any dental work that you need to have done in the near future should be taken care of before surgery. Teeth cleanings can be done up to one week before surgery and invasive dental work up to three weeks prior to surgery.

It is recommended that you wait at least 6 months after your joint replacement to undergo any dental work including teeth cleaning or other invasive procedures such as endoscopy or stenting. Please talk to your surgeon for his or her recommendations. **Please tell all healthcare providers you have an artificial joint and remind them you need antibiotics before any invasive procedures.**

Exercise Before Surgery

One key aspect of planning for your surgery is preparing yourself physically. Strengthening your muscles is important in order to have a speedy recovery. A stronger lower body, for example, will make it easier to stand and walk after surgery. The exercises listed here for the lower body are similar to those that you will be doing after surgery. Your leg will feel very different after surgery. However, it would be beneficial for you to practice the exercises beforehand to familiarize yourself with them.

Strengthening your upper body is also very important. After surgery, your arms are responsible for supporting a great deal of weight that is shifted off the operated joint. A strong upper body will assist with movement in and out of bed, chairs, and when using a walker or crutches.

In addition, overall health plays a clear role in the surgical and recovery process. Therefore, it is recommended that you continue with a walking program. More than strengthening muscle, walking strengthens the heart and circulatory system, making them more able to cope with the stresses that will be put on them from surgery. Before starting a walking program, please consult with your doctor or therapist. Always use any assistive device already prescribed to you and make sure you walk in a safe environment. Gradually increase the time that you walk so that you can walk up to 30 minutes at a time. If you are unable to walk for exercise, consult your physician about other options including water exercise. *See the Joint Replacement Resource section for more information.*

If you have had exercises specifically prescribed to you by a doctor or a therapist, please continue with these exercises. You will be given new exercises specifically prescribed to you by a therapist once you have had your surgery. Please practice and become familiar with the exercises in the back of this educational binder.

Nutrition

Following surgery and while taking pain medication you may experience a decrease in appetite. It is important to eat a nutritious diet to aid in optimal healing. If you find that your appetite has decreased, try to eat smaller meals more often rather than 3 large meals. Make healthy choices including fiber, fruits, vegetables, protein, and calories. Your body requires more calories to heal. Remember to drink plenty of water.

Good nutrition can help give your body strength both before and after surgery. Every change that you make to improve your nutrition before surgery will help your body heal and prepare you for the rehabilitation process. This includes eating foods from all the food groups and taking a multivitamin with minerals daily.

- **Calories**

Food provides calories that the body uses for energy. Surgery increases the body's need for calories. Foods that provide energy include carbohydrates like bread, pasta, rice, cereal, fruit, and milk. Fat is another source of energy. Fat is found in oils, spreads, cheese, nuts and meat.

- **Protein**

Protein is a very important building block for muscle and bone. It is found in meat, fish, eggs, poultry, nuts, dairy products, soy products and cooked dried beans. You should plan to have protein at each meal.



- **Fiber**

Fiber assists in normal bowel functioning. It can be found in fruits, vegetables, cooked dried beans, dried fruit, and whole grain products. To avoid constipation, you also need to drink enough fluid every day (6 to 8 cups minimum).

- **Calcium**

Calcium is an important component of bone. To absorb calcium, your body also needs vitamin D. Calcium can be found in milk products, calcium-fortified foods, some dark green leafy vegetables, and in pill form. It is recommended for men to get 1000 milligrams of calcium a day, and for women to get 1200 milligrams of calcium per day. Your doctor may recommend calcium in pill form for you.

- **Vitamin C**

Vitamin C is important for wound healing and bone formation. It is found in citrus fruits, green and red peppers, collard greens, broccoli, spinach, strawberries, tomatoes and potatoes. If you take a multivitamin, it will contain enough vitamin C.

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Here is a Sample Nutritious Meal Plan:

Breakfast: Whole-wheat toast and peanut butter, raisin bran cereal with low fat milk, orange juice.

Lunch: Turkey sandwich on whole wheat bread with lettuce and tomato, cantaloupe, soy milk.

Dinner: Grilled steak, baked beans, coleslaw, raw carrot sticks, and iced tea.

Snack: Fruit yogurt, dried fruit, nuts, and fresh fruit.



You will have a lot to think about after surgery. Don't forget that your food choices will make a difference in your recovery rate. If your appetite is decreased after surgery, ask to speak with a representative of the food service department to discuss menu options.

Preparing for Your Return Home

- If you live alone, make meals ahead of time and freeze. Or buy prepared foods that are easy to reheat.
- Make plans for helpers to do housework, laundry, meal preparation and pet care.
- Rearrange your storage so that things that you use most often are easily accessible. You will want to avoid having to bend down or reach up too much, so put your pots, pans, and clothes in areas that are easily reachable from a standing position.
- Move items in the refrigerator from lower shelves to mid level shelves.
- Remove and store throw rugs to avoid tripping or catching on a walker or cane.
- Clear clutter from your home that may be in the way when walking with a walker.



- Move all lamp and phone cords out of your walking path.
- Have stable chair(s) with armrests available (rolling office chairs are not suitable).
- If your bedroom is on the upper level of your home, create a sleeping area on the first floor if possible for the first couple of weeks.
- Check your bed for appropriate height and raise the bed as needed.
- Have extra pillows available for appropriate positioning.
- Make sure there is a non-skid surface in your tub or shower (i.e., rubber mat or adhesive strips/decals).
- Prepare to manage pets that could be a tripping hazard.
- Secure handrails on stairs and in shower/tub.
- A commode, shower bench and other assistive devices can improve safety in the home.
- You will not be able to drive for several weeks after surgery. Arrange to have friends or family help you with errands, grocery shopping or doctor appointments. Get clearance from your orthopedic surgeon before you return to driving.
- It is important to stop smoking before surgery. Smoking interferes with the body's ability to absorb oxygen and could slow your healing process.
- Plan ahead for methods to prevent constipation. Plan to drink more water; 8 glasses daily (unless your fluids are restricted for medical reasons). Eat plenty of fiber, fruits and vegetables. You may need a stool softener, laxative or even a Fleets enema. You may want to have these available prior to your surgery.
- **DMV HANDICAPPED PERMIT REGISTRATION** Your orthopedic surgeon's office can provide you with an application for a handicapped permit for your use during your recovery and rehabilitation if it is needed. The permit is "prescribed" by your surgeon, so he/she will be signing the application to authorize it. The permit is generally granted for six months.

Packing Your Bag

Your final preparation for surgery is preparing your bag for your hospital stay. When choosing what to pack and what to leave at home, there are a few important things to keep in mind. You are not sick but you did have surgery. Often you will feel better if you dress, and freshen up (make-up for women and shaving for men). You may not feel up to it the first day but often will by day two.

Bring:

- ☐ This Education Binder.



We encourage you to place all written materials into the back pocket of this binder to help you refer to them easily when needed.

- ☐ Shoes: Bring a pair of closed toed walking shoes. Do not bring slippers.
- ☐ Clothes: You should bring 1 set of clothes so your Occupational Therapist can teach you how to dress yourself with your new joint. Bring casual and easy to take on/off clothes (i.e. sweat pants, loose fitting pants, etc.).
- ☐ Toiletries: Deodorant, etc.
- ☐ Contact Lenses/Glasses: Contact lenses must be removed before surgery. Please bring an appropriate container and solution to store your contacts during surgery or a case to store your glasses.
- ☐ Hearing Aid(s) with labeled container and extra batteries.
- ☐ Dentures: If you wear dentures, you must remove them before your procedure. The nursing staff will place them in a labeled cup.

- ☐ Equipment: If you already have adaptive equipment to help you with dressing (i.e. reacher, sock-aid, etc.) bring them with you. If you have a CPAP or BiPAP machine or already have a walker, bring it. **Make sure you label or mark your equipment with your name.**
- ☐ Advanced Directive for Healthcare.
- ☐ Medication List.
- ☐ Sleep Apnea “Stop Bang” Questionnaire.
- ☐ Plans for Discharge Questionnaire.

Do NOT Bring:

- ☐ Medication: You will still be a little “woozy” until your anesthesia wears off after surgery, so it is important that you are taking your medicine when and how you are supposed to. For this reason, it is important that you **leave your medication(s) at home** as the hospital will provide all of your medications and give them to you as needed.
- ☐ Money, credit cards, valuables, or jewelry.

(Assistive devices are available for purchase at the gift shop)

Last-Minute Illness

If you develop a cold, sore throat, fever, or other illness before your operation, call your surgeon as soon as possible. It may be necessary to postpone your joint replacement temporarily.

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Smoking Cessation

At Alta Bates Summit Medical Center, we encourage you to quit smoking for your health. We have recently gone “tobacco-free” at all of our campuses. This means that smoking is not allowed anywhere on our property, including all indoor areas, balconies, decks, gardens, outdoor areas, and parking garages.

We offer a variety of resources that can help you quit. We’ve also developed the following information to help you get started and to provide you with the tools you need to quit for good. Smoking has been associated with a higher incidence of negative surgical outcomes as well as slower healing.

Why Stop Using Tobacco?

As soon as you quit using tobacco, you will begin to improve your health and lower your risk of getting a tobacco-related illness. Quitting smoking at any age will increase life expectancy. **Here’s how your body heals after you quit:**

Time after Quitting	Physical Effects
20 minutes	Heart rate and blood pressure return to normal
12 hours	Carbon monoxide level in blood normalizes
2 weeks to 3 months	Circulation improves and lung function increases.
1 to 9 months	Coughing and shortness of breath decrease
1 year	Risk of coronary heart disease is half that of a smoker’s
5 years	Stroke risk is reduced to that of a nonsmoker
10 years	Lung cancer death rate is half that of a smoker’s. Risk of cancer of the mouth, throat, esophagus, bladder, cervix, and pancreas decrease.
15 years	The risk of coronary heart disease is that of a nonsmoker’s.

I Want To:

(Check all that apply to you.)

- ☐ Improve my personal appearance by eliminating stained teeth and fingers, bad breath, chronic coughing and clothing odor. I want my skin to look healthy and young.
- ☐ Regain my sense of taste and smell, feel more energized and active, and improve my sleep.
- ☐ Regain control of my behavior, gain a sense of freedom and not be addicted to cigarettes.
- ☐ Reduce health risks, such as heart disease, cancer, impotence, emphysema and chronic bronchitis.
- ☐ Avoid having a heart attack and problems breathing.
- ☐ Reduce risk to unborn children and provide a healthy environment for children and others living with me.
- ☐ Save money.
- ☐ Avoid possible injury or upset to others by making them breathe second-hand smoke or being burned by cigarette ashes.

Other reasons:

Tips for Quitting

Quitting smoking is a very rewarding decision for you, your family and your friends. To help you begin living your life tobacco free, review the following tips for success:

1. Think about your reasons for quitting. Write them down and carry them with you. Read them every day.
2. Choose a good time to quit and set a date. Stick with it. Sign a contract. Announce the date to family and friends who support your decision to become tobacco free.
3. Think about when and why you use tobacco. Do you use tobacco for a pick-me-up? When you're bored? When you're angry, upset or worried? When you're driving? When you're with others who are using tobacco? A couple of weeks before your quit date, wrap your cigarette pack with paper, pencil and rubber band. When you smoke write down the time of day, how you feel and how important that cigarette is to you. This can help you identify your reasons for smoking.
4. Have a plan before you quit. If you use tobacco for a pick-me-up, plan to exercise or take a walk instead. When you're bored, plan to call a friend, listen to music, or play with your pet. Just get busy! When you're upset, angry or worried, call a friend, write it down or talk to someone you trust.
5. Think good thoughts. "I will do this." "I'm worth it." "I'm in control." "I'm proud of myself."
6. What if you smoke after quitting? This does not mean you have to give up. Do something now to get back on track. Don't punish yourself. Think about why you smoked and decide what you will do the next time it comes up. You're still a non-smoker.

Other Information

Talk with your physician, healthcare provider or pharmacist if you have questions or want to discuss alternatives to help you quit smoking, including smoking cessation medication.

Alta Bates Summit has nicotine replacement therapy available for patients. If you are considering the use of nicotine replacement therapy to reduce withdrawal symptoms as you quit smoking, first ask your doctor if it is a safe option for you.

Nicotine replacement therapy (including prescription medication, patches, gum and lozenges), when combined with group therapy, have been shown to increase the likelihood of quitting.

Additional Resources

Sutter Health
sutterhealth.org

American Lung Association
(800) LUNG-USA
lungusa.com

California Smokers Help Line
(800) NO-BUTTS

American Cancer Society
(800) ACS-2345
cancer.org

