Home "Picture"

Tab #1 **Joint Replacement:** Joint replacement surgery is removing a damaged joint and putting in a new one. A joint is where two or more bones come together, like the knee, hip, and shoulder. The surgery is usually done by a doctor called an Orthopaedic Surgeon (Vital, Communications, & Liaison, 2014). The target audience of joint replacement are 55 and older. This site can identify if you are a possible candidate for joint replacement surgery. An advantage of this site is it offers useful information if you are considering the need for joint replacement surgery. However, the makers of this site are not medical providers and strongly encourage all visitors of this site to please consult a Medical Doctor to see if Joint replacement is the right step move for you.

**Tab # 2 What has happened to my Joint:**

Joints can be damaged by arthritis and other diseases.

* Arthritis or simply years of use may cause the joint to wear away.
* Diseases and damage inside a joint can also limit blood flow, causing problems.
* Excess weight can also put added pressure on joints allowing for greater wear and tear.
* Old sports injuries can impact the integrity of joints.

**Tab # 3 About Joint Replacement: "Pictures"**

* A new joint, called a prosthesis can be made of plastic, metal, or both. It may be cemented into place or not cemented, so that your bone will grow into it. Both methods may be combined to keep the new joint in place.
* Cemented prosthesis are typically used in older adults to help fortify possible brittle bones.
* Un-cemented prosthesis are commonly used in younger adults or adults that do not manifest brittle bones.
* Most replaced joints are made of cobalt-chromium alloys. Theses semi metals are hard, tough, corrosion resistant, and strong enough to with stand wear and tear that are necessary for joints.

**Tab #4 Preparing for Joint Surgery**

**Preparing yourself**

You want to face surgery with the strongest and healthiest body possible. To ensure this attention should be made to:

* Nutrition - Eat healthy foods and drink adequate water in the days leading up to surgery. Protein will help your bones and muscles recover from surgery. Avoiding caffeine during this time will also help with fluid balance after surgery. (Leach, Spaulding, Thomas, Conn,and Kutash, 2013)
* Medications - Make a careful list of all medications you take, including prescription drugs as well as over-the-counter items. Your doctor may recommend tapering off and stopping certain medications before your surgery date, as they can impact bleeding during the operation
* Stop Smoking - Smoking impacts your blood vessels and lungs, and can slow your recovery from surgery.
* Exercise – Consult your doctor as to which exercise if any should be done before surgery.
* Rest – get adequate rest leading up to the surgery you will want to go into the surgery well rested.
* Attitude - It’s a good idea to prepare yourself mentally and emotionally for these realities, gathering your inner strength and focusing on the ultimate outcome of better mobility.
* Blood Donations -Talk to your doctor about the option of donating your own blood ahead of surgery to be used if you need a transfusion. (Bonfante, 2016)

**Preparing Home**

* Remove all throw rugs, cords and other obstructions to allow a wide path through the rooms of your home.
* Place objects you will need frequently – clothing, cooking utensils, in locations so you can reach them without bending down or reaching up.
* Assistive devices – after joint surgery you will need certain devices to aid in toileting, bathing, dressing, and picking items up.

**Preparing Loved Ones**

* **When you first leave the hospital you will need assistance in performing household activities. Arrange for family members or friends to be present.**
* **In the cases that you may live alone, you may want to consider going to a specialized rehabilitation facility.**

**Tab #5 Reference**:

Vital, M., Communications, O. of, & Liaison, P. (2014, July ). Joint replacement surgery: Health information basics for you and your family. Retrieved October 21, 2016, from http://www.niams.nih.gov/health\_info/joint\_replacement/

Leach, D., Spaulding, J., Thomas, J., Conn, C., & Kutash, M. (2013). The effect of caffeine on Postoperative urinary retention after joint replacement surgery. *Orthopaedic Nursing*, *32*(5), 282–285. doi:10.1097/nor.0b013e3182a30184

Bonfante, I. (2016). Blood transfusion practices in patients undergoing total joint replacement. *Orthopaedic Nursing*, *35*(3), 183–186. doi:10.1097/nor.0000000000000247