

Updated March 26, 2019

TOTAL JOINT REPLACEMENT

A comprehensive guide to your surgery and recovery



BOZEMAN HEALTH

Welcome to the Total Joint Replacement Program!

We value your commitment to improve your health. Thank you for choosing Bozeman Health to help you reach that goal. This guide will help you understand ways you can prepare for surgery and improve your recovery afterward. You may use the included checklists to help remind you what you need to do as your surgery date gets closer.

Please follow all instructions in this pamphlet. Our staff will help you with questions and concerns. Furthermore, they will support you as you learn everything you need to know about avoiding surgical complications.

The *Enhanced Recovery After Surgery* (ERAS) program is an evidence-based program with a standardized process for each phase of care (before, during and after surgery). ERAS HEALS are some easy things you can do to play an active role in your preparation for surgery and recovery after!

Enhanced Recovery After Surgery	Healthy habits and hand washing
	Education and empowerment
	Activity and appetite
	Lungs
	Skin Care

NOTE: PLEASE DO NOT BRING MEDICATIONS FROM HOME UNLESS YOU ARE SPECIFICALLY INSTRUCTED TO DO SO.

Your physician will prescribe any necessary medication from the hospital pharmacy. If you do bring your medications to the hospital, they will be sent home or stored in the hospital pharmacy for you until your discharge.

We strongly encourage you to bring a complete list of your medications, including the current dose and the times of day you take each medication.

See page 10.



Total Joint Seminar

This free class is designed to help you prepare for your surgery. We will cover most aspects of your procedure and answer any questions you may have. Your attendance is strongly recommended by your physician.

- Learn about anesthesia, medication, and rehabilitation
- Get answers to your questions

Second and fourth Monday of each month*

Please plan to attend 2-4 weeks before surgery.

12:30 to 2 p.m.

**Bozeman Health Deaconess Hospital
Conference Center**

Call 406-414-4280 today for more information or to sign up.

*Typically. Call to sign up and confirm date.



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Your surgery is scheduled for

To Do Checklist

- I will be attending the Total Joint Seminar on

- I've contacted my insurance company about surgery and rehabilitation coverage.
- Picture ID for registration.
- A complete list of your medications (see page 10), including the current dose and the times of day you take each medication. Do not bring your medications to the hospital.
- Pack glasses, dentures, hearing aid, CPAP, etc.
- Ride to and from hospital. We also encourage you to have someone to stay with you your first night home.

Important Phone Numbers

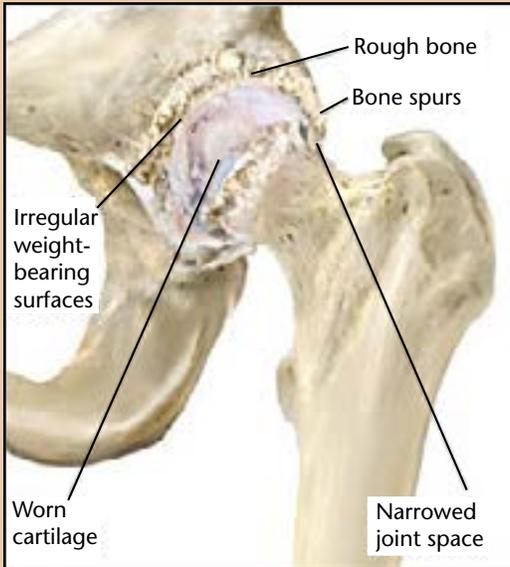


Watch the online videos at [BozemanHealth.org/new-joint](https://www.bozemanhealth.org/new-joint)

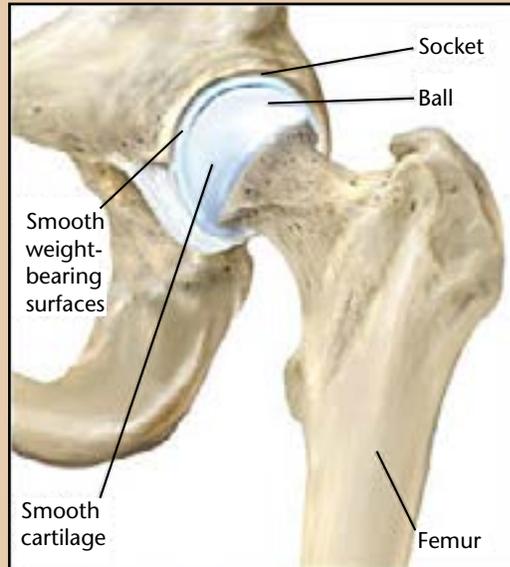
Joint Replacement Anatomy and Hardware

Hip Joint

Unhealthy hip

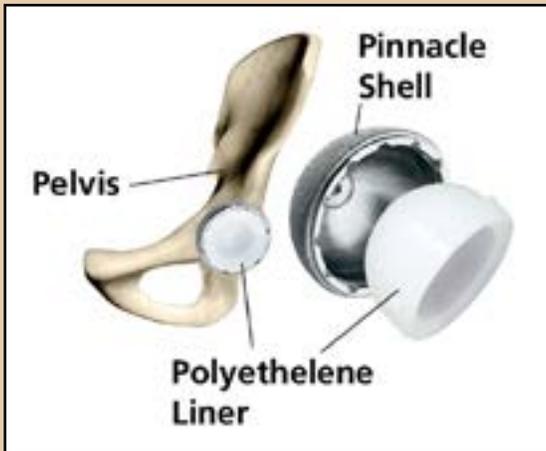


Healthy hip after surgery



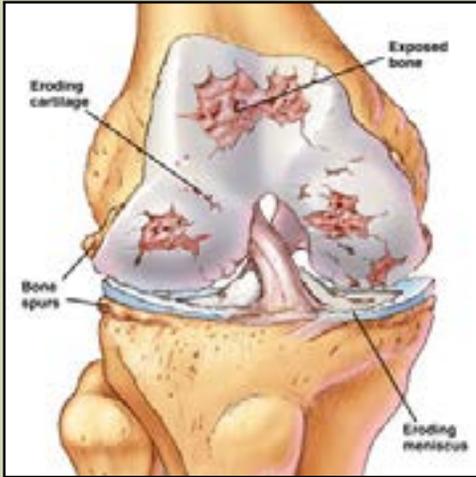
Provided by Depuy Orthopaedics: a Johnson & Johnson Company

Total hip hardware

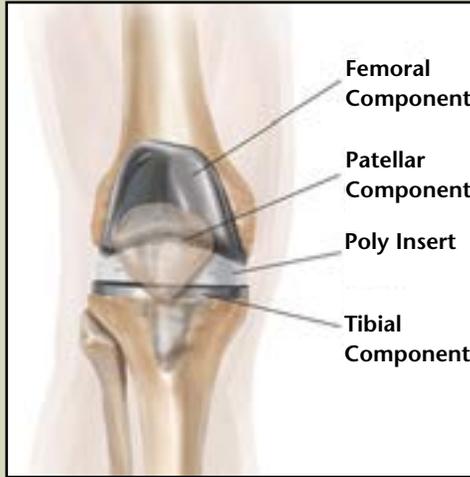


Knee Joint

Unhealthy knee



Healthy knee after surgery



X Ray of total knee hardware

Provided by Depuy Orthopaedics: a Johnson & Johnson Company

Shoulder Joint

Healthy shoulder after surgery



Provided by Wright Medical Group N.V.

Preparing for Surgery at Home

Injury Prevention

- Clear living areas and walkways of clutter
- Put away throw rugs
- Consider cleaning and making/freezing meals prior to surgery
- Provide adequate lighting
- Arrange kitchen and bathrooms so that frequently used items are as close to counter top level as possible
- Arrange for a ride to and from the hospital, and for help at home after surgery

Deep Breathing

Begin these important deep breathing exercises at home one month before surgery. Do them 10 times when you wake up in the morning, and 10 times before you go to sleep at night.

- Sit in a chair or on the edge of your bed with your back straight
- Inhale slowly and as deeply as you can
- Hold the air in for 3-5 seconds
- Slowly let the air out
- Repeat approximately 10 times*
*You do not have to do 10 in a row. If you begin to feel light headed or dizzy, take a break and continue in a few minutes or when you feel better.

Activity Before Surgery

It is important to be active before surgery. If you are able to, walk for at least 30 minutes, three days a week, in the days and weeks leading up to your surgery. Walk more if you are able to or participate in other moderate intensity activities.

Infection Prevention

Mouth Care

Routine brushing prevents harmful bacteria from rapidly multiplying in your mouth. These bacteria may travel into your lungs and cause pneumonia—a serious and potentially life-threatening infection. To help prevent this from happening, your surgeon may ask you to have any necessary dental work done before joint replacement surgery. You may also need to take antibiotics for dental visits after surgery.

The American Dental Association suggests brushing your teeth twice a day with a soft-bristled brush and rinsing with mouthwash. Flossing daily can help reduce the bacteria between teeth where your brush can't reach¹.

Be sure to brush your teeth, floss, and rinse with mouthwash everyday - even the morning of surgery.



Diet and Nutrition – BEFORE Surgery

In the days or weeks before surgery, eat a balanced diet full of foods high in protein, vitamins, and minerals. This will help to reduce the risk of infection and promote healing of your surgical incisions.

- You may continue to drink clear liquids to stay hydrated (water, clear juice, black coffee or tea) even once you have stopped eating solid food.



Watch the online videos at [BozemanHealth.org/new-joint](https://www.bozemanhealth.org/new-joint)

Infection Prevention

Preparing Your Skin²

Our skin is the largest organ of our body. One of its many functions is to prevent dirt, bacteria, and viruses from getting inside our body. All of us have millions of microorganisms on our skin, and if our skin is cut, microorganisms are able to get in and cause an infection.

Because incisions will be made through your skin for surgery, you are at a higher risk for infection. There are many things you can do to help prevent the chance of infection:

- Do not shave 48 hours before surgery, except for your face
- Use the chlorhexidine gluconate (CHG)* soap provided to you (pictured)
- Wash your hands or use hand sanitizer
- Do not touch your incisions after surgery



Preparing your skin before surgery can help reduce the risk of a surgical site infection by removing the bacteria that is normally on our skin or found in the environment. You have been provided CHG which is a special soap used before surgery. Please follow the instructions on this page to use it – you may have received CHG or DYNA-HEX – these are both CHG soap.

How do I bathe or shower with CHG soap?

Plan to shower using CHG the night before and the day of your surgery, no more than an hour before you plan to leave your house.

1. If you have any open skin areas at the time of using CHG, ask your surgeon before using it to shower or bathe.
2. Use regular shampoo to wash your hair and wash your face with your normal face products. **Do NOT use CHG on your face.**
3. Rinse hair, face, and body thoroughly to remove any shampoo or soap residue.
4. Apply CHG directly on your skin or on a freshly laundered, wet washcloth and wash gently. If showering, move away from the water when applying CHG to avoid rinsing too soon. Rinse thoroughly with warm water once applied.
5. Do not use regular soap after applying and rinsing CHG.
6. Dry your skin with a clean towel.
7. Do not apply lotions, creams, perfumes, makeup, or other products to your skin.
8. Put on clean pajamas or clothes after bathing. If you have pets, please do not allow them to sleep in bed with you the night before surgery.

*Use only as directed. See CHG label for full product information and precautions.

Preparing for Surgery at Home

Quit Smoking⁴

If you smoke or chew tobacco, plan to quit as soon as you know you may need to have surgery. The sooner you quit smoking, the more benefits there are.

Smoking can increase your risk of surgical complications, including:

- Increased risk of lung problems such as pneumonia
- Increased risk of heart problems such as high blood pressure, heart rate, and risk of irregular heart beat (arrhythmias)
- Decreased oxygen in your blood
- Increased risk of blood clots
- Increased risk of wound complications such as slow healing, infections, cell and tissue death, and hernias at the wound site

When should I quit?

- Before surgery is the best time - the quit rate is much higher for those who quit before surgery.
- Quitting eight weeks before surgery can help improve your airway function.
- Quitting four weeks before surgery can help decrease your surgical complication rate by 20-30 percent.
- Quitting one day before surgery can help improve your blood pressure and heart rate.

Resources



- teen.smokefree.gov
- espanol.smokefree.gov
- women.smokefree.gov

American Lung Association

- lungusa.org

Center of Disease Control

- cdc.gov/tobacco/quit_smoking/

National Cancer Institute
Tobacco Line

- 1-877-448-7848 (also in Spanish)

American Society of
Anesthesiologists

- asahq.org/stopsmoking/provider



Watch the online videos at BozemanHealth.org/new-joint

Preparing for Surgery Timeline

	Quit Smoking	Mouth Care	Activity	Diet & Nutrition	Deep Breathing	Skin Care
One month before surgery	Quit smoking as soon as possible Day you quit: _____	Brush your teeth at least twice a day	30 minutes of moderate activity 3x/week	Healthy diet	Do exercises 2x/day	Regular shower
2 weeks before surgery		Brush your teeth at least twice a day	30 minutes of moderate activity 3x/week	Healthy diet	Do exercises 2x/day	Regular shower
1 week before surgery		Brush your teeth at least twice a day	30 minutes of moderate activity 3x/week	Healthy diet	Do exercises 2x/day	Regular shower
2 days before surgery		Brush your teeth at least twice a day	30 minutes of moderate activity 3x/week	Healthy diet	Do exercises 2x/day	Stop shaving Regular shower
1 day before surgery		Brush your teeth at least twice a day	30 minutes of moderate activity 3x/week	Healthy diet Only water after midnight	Do exercises 2x/day	No shaving CHG prep Clean PJs Clean sheets
Day of surgery		Brush your teeth at home before coming to hospital		Stop clear liquids 2 hours before surgery	Do exercises before coming to hospital	CHG prep Clean clothes

Surgery Day

1. (One day before) Phone call from perioperative services to confirm your arrival time.
2. Do not eat or drink anything including water, candy, cough drops, gum, and chewing tobacco/smoking.
3. Take your usual morning medications with a small sip of water, unless told to do otherwise. Bring a complete list of your current medicines, including prescriptions and over-the-counter, dosages, and times taken. Be sure to list any medications you are allergic to. See page 10 for space to list this information.
4. Please leave all valuables at home as the hospital cannot be responsible for these items.
5. It is recommended that you have someone bring a bag with personal items including toiletries.
6. Bring this booklet with you.
7. **Enter Highland Park Building 4, Entrance 8.** Go to perioperative services on the second floor. If you have any questions or concerns regarding your scheduled time, please call 406-414-1600.

Pre-Surgery

In the perioperative services registration area you will be greeted, have your arm bracelet checked, and will change into a hospital gown. Your allergies and medications will again be reviewed and an allergy wristband applied if necessary.

Your anesthesiologist will review your chart, visit with you, discuss your anesthesia, and answer any questions.

During Surgery

The operating room (OR) staff consists of the surgeon and his/her assistant, the anesthesiologist, the operating room nurse, and a scrub technician.

The OR is often cold and bright, but you will be provided with a blanket to keep you warm throughout the procedure. When you are settled on the operating bed, anesthesia will make you comfortable for the procedure. The OR nurse will clean the skin again around your operative area, a catheter may be placed in your bladder.

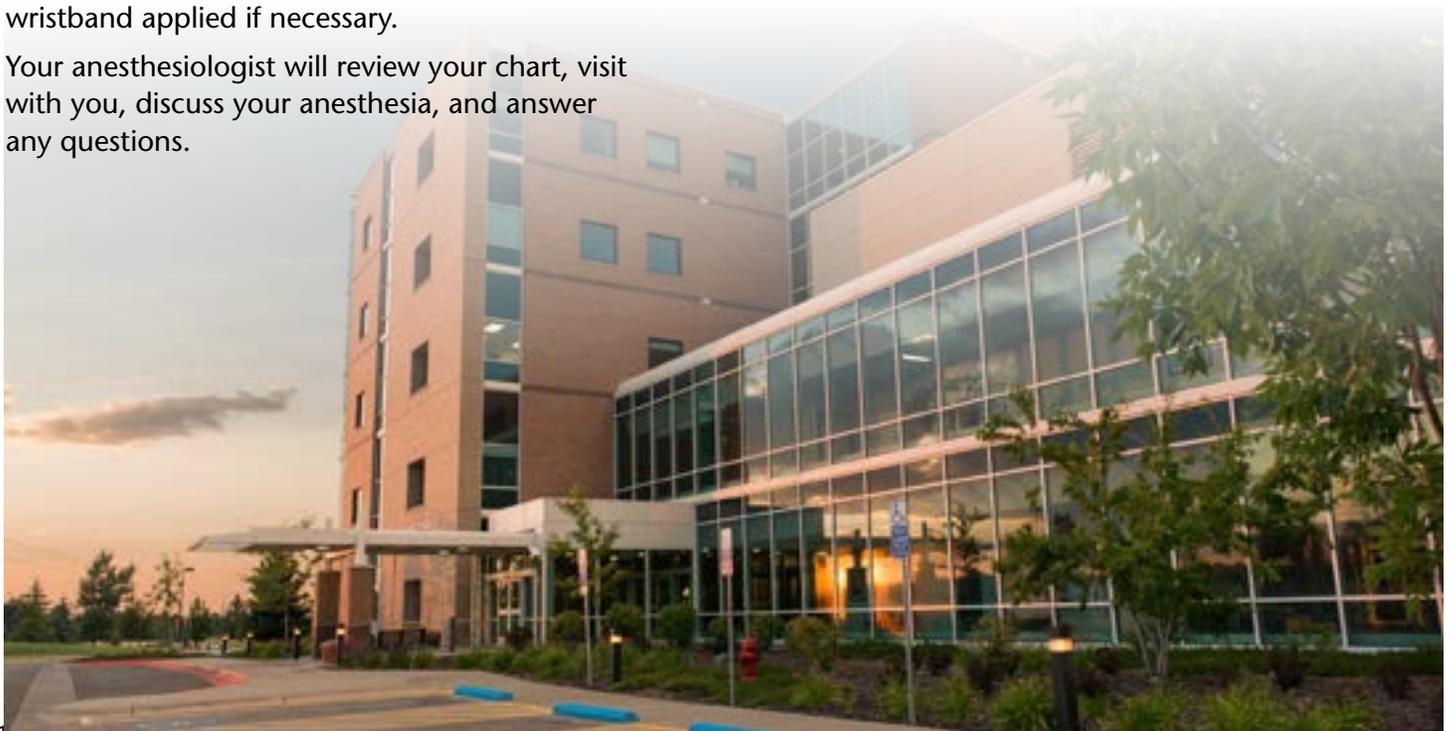
Procedure

Surgery involves removal of all of the damaged bone and cartilage, and shaping the bone so the artificial joint will fit properly.

In general, you should expect one to two hours in surgery and one to two hours in the recovery room. Whenever possible, the surgeon will meet with family members immediately after your surgery.



Watch What to Expect on the Surgical Floor



Nerve Blocks

A nerve block is a temporary numbing (blocking) of a nerve bundle. The block is performed before surgery by using a needle to place medication near the nerve bundle effecting the joint replacement limb.

You may receive this one time injection or a longer term block with medication given through a tube to the area. The most commonly used medications are Bupivacaine (Marcaine) and Ropivacaine (Naropin).

Nerve blocks usually last eight to 24 hours. If it is delivered through tubing, it will last the length of time the tube is putting numbing medication onto your nerve bundle. The nerve block will start to wear off about 6-8 hours after the tube is taken out. Once the nerve block starts wearing off you will start to get feeling back and you may start to have a slight increase in pain.

It will be important that you have oral pain medication before the nerve block wears off.

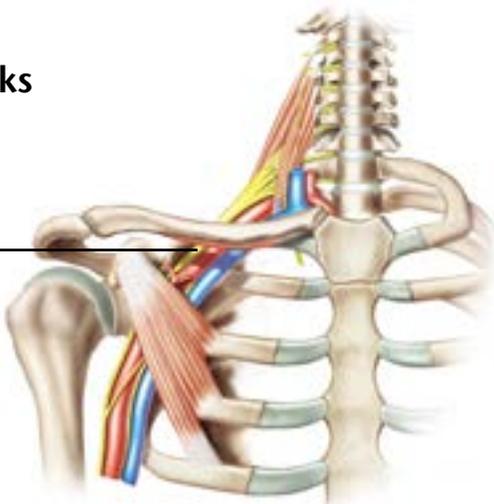
Nerve blocks are very safe. There are rare risks involved such as infection, bleeding, and nerve injury. The side effects may include blurred vision; numbness; muscle weakness; bleeding; nerve injury.

Spinal Anesthesia

Spinal anesthesia is given at the lower back (lumbar). Local anesthetic is used to numb the skin and other tissues in this area before the spinal block is given. A spinal block makes the lower body completely numb, including the hip and knee.

Nerve Blocks Shoulder

Brachial plexus



General Anesthesia

General anesthetic provides anesthesia for the entire body by changing the way the brain perceives pain. It is most commonly used in total shoulder surgery.

IV Sedation

This allows you to relax during an operation. It helps you feel as pleasant as possible and is used in combination with the spinal block.

How Long Does it Take Anesthesia to Wear Off?

The time varies with individuals. You will stay in the PACU (recovery room) for about an hour or two.

Possible Side Effects

Possible side effects include: confusion, nausea, vomiting, drowsiness, itching, and constipation; however, there are medications that can manage some of these side effects. You will be prescribed a bowel stimulant to help with constipation. Tell your nurse if you are experiencing any unwanted side effects.

Nerve Blocks Knee



Managing Your Pain

It is important to control your pain following surgery. When you are in a lot of pain, you will be less likely to do the things you need for recovery such as eating, drinking, walking, and taking deep breaths.

Your pain will be managed using the “multimodal pain control” approach. This means two or more medications may be used. Each has a different pain control effect to help manage pain while using less narcotic medication. Narcotics can cause nausea and vomiting and can slow down your bowel function.

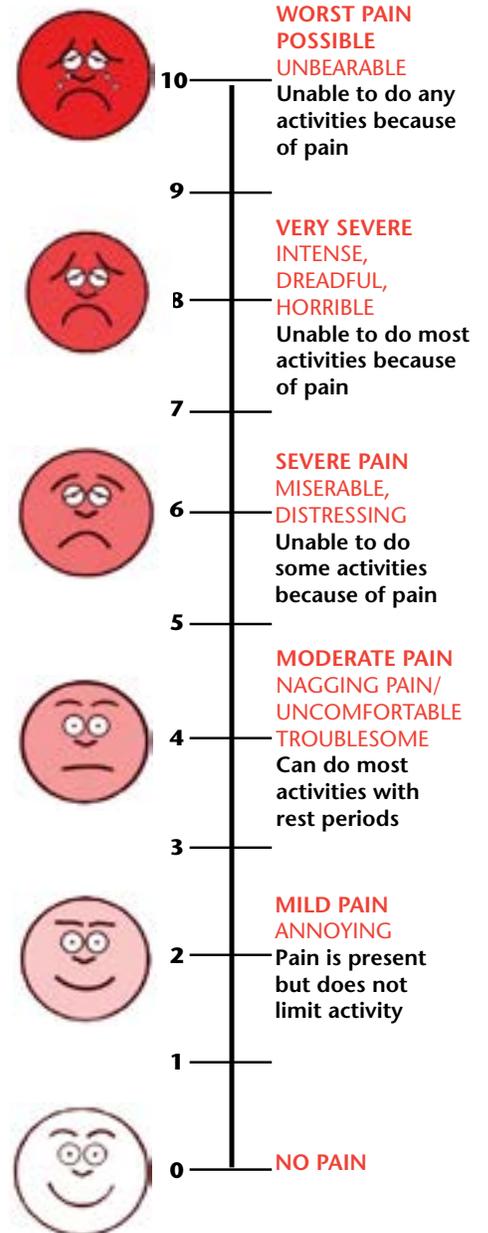
You can help us by letting your health care team know your pain rating. **It is important not to wait until your pain is severe before asking for pain medication. Controlling pain will help ensure you continue to play an active role in your recovery.**

Side Effects

- Constipation—drink plenty of water and eat high-fiber foods (fruits and whole grains). If you do not have a bowel movement within two days, there are other medications that can assist with this; please ask.
- Nausea or vomiting—there are medications to help control or prevent this.
- Drowsiness—this usually goes away in a few days after you get accustomed to the medication. Report severe drowsiness or confusion.
- Itching—may occur with certain medications; notify your nurse or doctor if this occurs.

Pain Assessment Scale

Please use this scale to indicate the level of pain at any given time.



Watch the online videos at [BozemanHealth.org/new-joint](https://www.bozemanhealth.org/new-joint)

Hospital Recovery

Post Operation

What to Expect from Your Nurses

They will:

- Help you determine the need for pain medication
- Administer your regular medications as well as medication to prevent blood clots
- Monitor any side effects to medicines; don't forget to tell the nurse if you experience any nausea or itching
- Discuss what to expect when dressings are removed
- Remove drains: catheter from your bladder, incision drain and IV (the IV port will remain for any further need until you are discharged)
- Assist you to the bathroom or commode
- Assist you to the chair or back to bed

Remember, please use the call light to request help from the staff to get back from the bathroom or in/out of bed, and the chair.

How is your discomfort? Any swelling?

Let your nurses know if you are having difficulty with pain. Your physician has ordered medication to help control the discomfort. Don't wait too long for the medication. Your pain should not get out of control. And remember, therapy is coming. Ice packs can be placed on the surgery area throughout the day by nurses and therapists. Please let them know if you need a "cold one."

Diet and Nutrition – AFTER Surgery

After surgery you may begin a regular diet. While in the recovery room, you may be given a light snack, such as juice and crackers, before you leave the hospital. Your discharge instructions will let you know if there are any diet restrictions you must make after surgery.

If you require an inpatient stay after surgery, your surgeon may wait until you have a bowel function (when you begin to pass gas) before changing your diet from clear liquids, toward a low-fiber, or regular diet.

Activity After Surgery

After your surgery, it is important to get out of bed and be active. Being active will help:

- Prevent blood clots from forming
- Prevent lung infections such as pneumonia
- Assist in the return of normal bowel function after surgery
- Help you get back to your regular daily activities sooner

General activity time frames for you to expect after surgery are below. Your safety is our number one priority. If you ever feel dizzy or light-headed, please do not get out of bed without assistance.

Remember: Call – Don't Fall! Use your call bell to ask for assistance to the bathroom or out of bed when not feeling well – even if you have previously been up and walking on your own.

Minimum Activity Guidelines After Surgery

When in bed:

- Elevate head of the bed 30 degrees or more
- Flex your feet and move your arms and legs while awake
- The compression stockings should be worn as instructed by your surgeon

Six to eight hours after surgery:

- Ask for help to get out of bed and sit in a chair
- Walk at least once
- Flex your feet and move your arms and legs while awake

First day after surgery:

- Walk in the hallway a minimum of two times – more if tolerated
- Eat all meals out of bed, sitting in a chair

Second day after surgery

- Walk freely as much as you can (at least three times a day)
- Eat all meals out of bed, sitting in a chair
- Sit in a chair when not walking

Going Home after Surgery

There are certain goals you must reach so that you can be safely discharged, and your medical team will work with you to help you reach these goals and plan for this transition.

If you live outside the Bozeman area, the discharge planner will assist you in setting up home care vs. outpatient care services when you go home.

General Discharge Criteria

- Tolerate the diet your physician prescribed to you
- Drink all of the liquid your body needs without feeling sick
- Pass gas
- Manage your pain with oral pain medicine only
- Get out of bed and walk without help

Everybody meets discharge criteria at slightly different times. Different surgeries, and different surgical approaches may need more or less time in the hospital. For some surgeries you are able to go home the same day. General guidelines are on the next page, but please talk with your surgeon about expectations for your surgery.

A Note about Discharge

It is common after knee surgery to be discharged from the hospital the same day with appropriate outpatient care services. Your surgeon's team will coordinate outpatient services and prescriptions needed after your surgery.

If you have hip or shoulder surgery, expect to stay at least one night in the hospital before discharge.

 Using a Wheeled Walker

 Healthy Breathing

Blood Clots

Deep vein thrombosis (DVT), or a blood clot in your leg, is a possible complication of joint replacement surgery. A blood clot that travels from your leg to your lungs is called a pulmonary embolus.

It is very important that you follow instructions to prevent blood clots:

- Take your anticoagulant medication as directed.
- Wear your TED stockings (compression socks) as directed after your surgery.
- Minimize time in bed after surgery, take walks several times a day.
- When resting, perform ankle pumps, quad sets, and heel slides.

Please see the table below to review possible signs of a blood clot or pulmonary embolus and what you should do if you are experiencing them:

Signs of a blood clot in your leg (DVT):

- Swelling of foot, ankle, calf, or thigh that does not resolve with elevation
- Pain, heat, and/or tenderness in leg or calf

If you develop any of the above signs, please notify your surgeon's office.

Signs of a pulmonary embolus:

- Sudden chest pain
- Rapid or difficult breathing
- Shortness of breath
- Sweating
- Feeling lightheaded or passing out

If you develop any of the above signs, this is an emergency and you must call 911 as soon as possible.

 Watch the online videos at [BozemanHealth.org/new-joint](https://www.bozemanhealth.org/new-joint)

What Happens When I Leave the Hospital?

Option One

Home with outpatient services

- Staples removed at orthopedic physician's office between ten and fourteen days
- Physical therapy at clinic of your choice, if ordered by your health care provider
- Handicap parking permits available

Best option if you have:

- Good mobility
- Help with transport
- Help at home

Option Two

Home with home care services

- Discharge planning will help make arrangements before you are discharged from the hospital. Please ask your discharge planner to provide you with the names of home care service providers.
- Nurse comes to your home to remove staples, check incision, and assist with medication.
- Physical therapy, if your health care provider orders it, at your home to instruct in post-operative exercises and walking with crutches or walker.
- Home care treatment is commonly covered by insurance. Call your insurance to check your benefits.

Best option if:

- You have help at home, but still have limited mobility
- Limited help with transportation

Option Three

Skilled nursing facility/rehab

- Nursing, physical therapy, and occupational therapy provided on site. Your goal is to build up strength and independence before going home.
- 24-hour nursing care
- 24-hour nurse aide assistance for mobility and routine activities.
- Medicare pays 100 percent for first 20 days if you have had a three day hospital stay and are in need of skilled therapy.

Best option if:

- If you have medical needs in addition to a joint replacement that requires a longer hospital stay, you might qualify for a skilled nursing facility stay.

If it is determined by your physician that you have medical needs that require you to stay in the hospital as an inpatient, you may qualify for a skilled nursing facility.



Watch the online videos at [BozemanHealth.org/new-joint](https://www.bozemanhealth.org/new-joint)

Recovering at Home

Follow your discharge instructions and the instructions below to continue your healing at home:

Physical activity

- After surgery you should not operate heavy machinery, drive a motor vehicle, or consume alcohol until cleared by your surgeon or primary care physician.
- Do not spend the whole day in bed. Be sure to get up and walk every hour during the daytime to prevent blood clots from forming. During your follow up visit, check with your provider about when to return to specific athletic activities.
- Use the incentive spirometer 1-2 times an hour while awake. This is exercise for your lungs.
- Stay well hydrated by drinking water.
- Eat a healthy diet. Be sure to follow any dietary restrictions your doctor may have given you.

Wound Care Instructions

- Always clean your hands with soap and water or an alcohol-based hand rub before and after caring for your surgical incision(s).
- Do not allow pets too close to your surgical incision(s).
- Do not apply any ointments or lotions unless specifically instructed to do so by a provider.
- No pools, baths, or soaking of the surgical incision(s) until healed, unless specifically instructed to do so by a provider.
- Family/friends who are visiting should clean their hands with soap and water or an alcohol-based hand rub before and after visiting.

What is a Surgical Site Infection (SSI)

After surgery, an infection can develop in the part of the body where surgery took place – this is called a surgical site infection (SSI). Most patients who have surgery do not develop an infection. Although rare, SSIs can be serious. We want all patients to be aware of the possibility of an SSI and help prevent them.

Some common SSI symptoms include:

- Cloudy fluid draining from your surgical wound
- Fever
- Pain, redness, and warmth around the surgical area

As your body heals, it is usual to see some redness and swelling at your incision. Do not be alarmed.

If you are concerned about redness and swelling associated with pain, fever or cloudy fluid draining from your incision, please call your doctor for further instructions.



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Occupational Therapy

Occupational therapists help you to increase independence in everyday activities (dressing, bathing, and using the toilet). This may include changes to your surroundings or equipment to enhance function.

What will I do with the occupational therapist in the hospital?

- Practice using adaptive equipment for dressing. This will include instruction in compensatory techniques. Bring loose fitting clothing to wear home.
- Do grooming/hygiene tasks in a sitting position, working up to a standing position at the sink.
- Work on bathing ability using a shower chair and removable shower head.
- Progress from using the bedside toilet to the hospital's bathroom.
- Discuss home layout as it relates to safety issues and equipment needs.



When can I resume my normal activities?

Participating in as much of your personal care as possible will increase your confidence and independence as well as supplement your exercise program. The following are a few tips that will help you know when and how to get going:

- There are several factors to be taken into account when resuming to drive. They include managing medications, which side of your body was operated on, and if your vehicle is a manual or automatic. Discuss this with your physician.
- Do not try to put on or take off TED hose by yourself.
- Listen to your body and rest when you need to. Do not allow yourself to become fatigued.

Important Reminders

Avoid wet and slippery areas, and be very cautious around children and pets as they can be unpredictable.

Being overaggressive with your exercises and therapy may lead to increased pain and swelling. Work on your range of motion exercises gradually, but multiple times per day, for the best results.

Durable Medical Equipment Vendors

Bozeman	Hours	Buy	Rent	Loan	Notes
Bozeman Senior Center 406-586-2421	Monday - Friday 8:30 a.m. - 4:30 p.m.			X	Must be at least fifty years old. You do not have to live in Bozeman for loan equipment.
Bridger Orthopedic 406-587-0122	Monday - Friday 8 a.m. – 6 p.m.	X			
Price Rite Pharmacy and Medical Equipment 406-587-0608	Monday - Friday 9 a.m. – 6 a.m. Saturday 9 a.m. – 5 p.m.	X	X		Weekday delivery to hospital or home.
Blue Bird Medical Supply Company 406-585-2860	Monday - Friday 9 a.m. - 5 p.m.	X	X		Delivery available in SW Montana. Call for details.
Pacific Medical, Inc. 406-698-2296	Monday - Friday 9 a.m. - 5 p.m.	X			Delivery to Bozeman, Belgrade, Livingston.
Community Home Oxygen/ RoTech Healthcare, Inc. 406-586-1262	Monday - Friday 9 a.m. to noon and 1 - 4 p.m.	X	X		Call for details.
Surrounding Areas		Buy	Rent	Loan	Notes
Belgrade Senior Center 406-388-4711				X	Limited items.
Big Timber Pioneer Medical Center 406-932-4603				X	Ask for hospice.
Butte - Harrington Surgical Supply 800-345-9517		X	X		HSS rep in Bozeman area on Wednesdays. Call for details.
Harlowton Senior Center 406-632-4360				X	Limited items.
Livingston Senior Center 406-333-2276				X	Limited items.
Livingston Western Drug 406-222-7332		X	X		\$1 delivery in Livingston.
Madison Valley Medical Center 406-682-6605				X	Limited items.
Red Lodge Senior Center 406-446-1826				X	Limited items.
Three Forks Senior Center 406-285-3235				X	Limited items.
White Sulphur Springs Senior Center 406-547-3651				X	Limited items.

Durable Medical Equipment*



Front Wheeled Walker

Standard walker with two front wheels and two back slider legs.



Sock Aid

Slip on socks without completely bending over. Continuous loop is great for one-handed users.



Reacher

This lightweight aluminum reacher makes it possible to grasp things more than an arm's length away without undue straining. Trigger action jaws close tightly to grab and hold things and a special pulling lug and magnet combination brings small objects toward you.



Shoehorn

18 inches or 16.5 inches with curved handle to provide secure grip.



Elastic Shoelaces

Heavy-duty elastic shoelaces don't need special lacing or tying.



Standard Raised Toilet Seat

Raised seat makes it easier to sit and rise from toilet. Installs easily onto round toilet bowls.



Locking Raised Toilet Seat with Armrests

Comfort and stability with armrests for safety and support.



Safety Frame

Heavy-duty frame provides extra support for those whose knees, hip or back make it hard to sit or rise.

*Equipment shown for representational purposes only. Merchandise is subject to stock on hand at the vendor of your choice.



Bedside Commode

This can be used as a standard bedside toilet, an elevated toilet seat, or safety rails over the toilet.



Bathtub Transfer Bench

The bathtub transfer bench makes it safer to step in and out of the bathtub and lets you bathe with confidence.



Heavy-Duty Bath and Shower Seat

Adjustable, durable seat with drainage holes.



Grab Bars

Prevent falls in the bathroom and around the home. Sizes vary. Recommend installation by a qualified professional.

Notes



Key Point to Remember

Keep your surgical arm and shoulder muscles completely relaxed throughout exercise. Do not allow your surgical shoulder to actively move or “help” each direction. Let gravity do the work.

Pendulum: Side to Side

Bend forward 90° at waist, leaning on table for support. Allow arm and shoulder to relax down for 8-10 seconds. Then rock body from side to side and let arm swing freely.

Repeat 20 times. Complete every 2-3 hours as tolerated. (Approximately 5-6 sessions per day.)



Pendulum: Front to Back

Bend forward 90° at waist, leaning on table for support. Allow arm and shoulder to relax down for 8-10 seconds. Then rock body forward to back, letting arm swing freely.

Repeat 20 times. Complete every 2-3 hours as tolerated (approximately 5-6 sessions per day).



Pendulum: Circular

Bend forward at waist, using a table for support. Allow arm and shoulder to relax down for 8-10 seconds. Then rock body in circular pattern to move arm clockwise. Repeat counterclockwise.

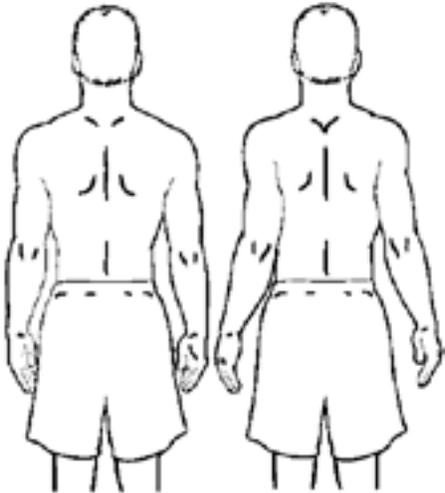
Circle 20 times each direction per set. Complete every 2-3 hours as tolerated (approximately 5-6 sessions per day).



Shoulder: Scapular Retraction (Standing)

With arms at sides, pinch shoulder blades together.
IMPORTANT: Do not let your elbows go behind you.

Repeat 10 times per set.
Do 2 sets per session.
Do 5-6 sessions per day.



Elbow: Bicep Curl

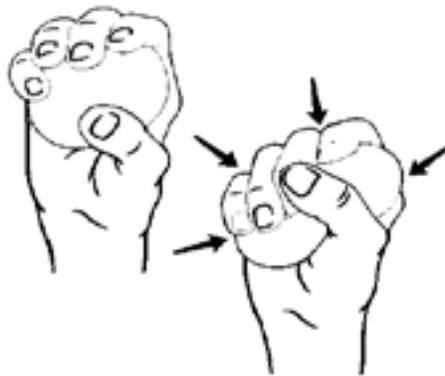
Begin with elbow straight and palm facing forward.
Bend elbow.

15 reps per set and 5-6 sets per day.



Wrist: Circles

With fingers curled, move slowly at wrist in clock-wise circles 10 times.
Repeat counter clockwise.
Do not move elbow or shoulder.
Do 5-6 sessions per day.



Strength Building

Slowly squeeze putty or a soft rubber ball. Repeat with other hand.
Repeat 20 times. Do 5-6 sessions per day.



Finger - Open/close fist

Straighten all fingers, then make a fist, bending all joints.
Repeat 20 times. Do 5-6 sessions per day.



Ankle Pump



Bend ankles to move feet up and down, alternating feet. Repeat 10 times. Do 1-3 sessions per day.

Quad and Glute Set



Pull toes toward face, tense muscles on front of thigh and simultaneously squeeze buttocks. Keep leg and buttock flat on floor. Hold 10 seconds. Repeat 10 times. Do 1-3 sessions per day.

Heel Slide



Bend knee and pull heel toward buttocks. Hold for 10 seconds. Return. Repeat 10 times. Do 1-3 sessions per day.

Short Arc Quad



Place a large can or rolled towel under leg. Straighten knee and leg. Hold for 10 seconds. Repeat 10 times. Do 1-3 sessions per day.

Hamstring Set



With one leg bent slightly, push heel into bed without bending knee further. Hold 10 seconds. Repeat 10 times. Do 1-3 sessions per day.

Abduction



Slide one leg out to the side. Keep kneecap pointing toward ceiling. Gently bring leg back to pillow. Repeat 10 times. Do 1-3 sessions per day.



Ankle Pump



Bend ankles to move feet up and down, alternating feet. Repeat 10 times. Do 1-3 sessions per day.

Quad Set



Slowly tighten muscles on thigh of straight leg while counting out loud to 10. Repeat with other leg to complete set.

Repeat 10 times. Do 1-3 sessions per day.

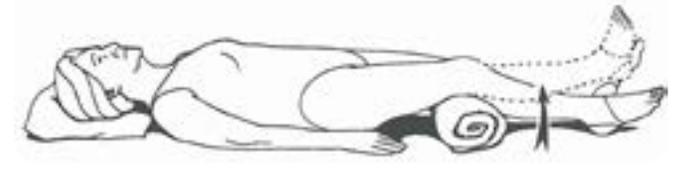
Heel Slide



Bend knee and pull heel toward buttocks. Hold for 10 seconds. Return.

Repeat 10 times. Do 1-3 sessions per day.

Short Arc Quad



Place a large can or rolled towel under leg. Straighten knee and leg. Hold for 10 seconds.

Repeat 10 times. Do 1-3 sessions per day.

Hamstring Set



With one leg bent slightly, push heel into bed without bending knee further. Hold 10 seconds.

Repeat 10 times. Do 1-3 sessions per day.

Hip Abduction/Adduction: with Extended Knee



Bring leg out to side and return. Keep knee straight and pointing towards ceiling.

Repeat 10 times. Do 1-3 sessions per day.

Straight Leg Raise



Bend one leg. Raise other leg 6-8 inches with knee locked. Exhale and tighten thigh muscles while raising leg.

Repeat 10 times. Do 1-3 sessions per day.

Knee Extension Mobilization: Towel Prop



With rolled towel under ankle, keep knee straight for up to 10 minutes.

Do 3 sessions per day.

Chair Knee Flexion



Keeping feet on floor, slide foot of operated leg back, bending knee. Hold 10 seconds.

Repeat 10 times. Do 1-3 sessions per day.

Long Arc Quad



Straighten operated leg and try to hold it 10 seconds.

Repeat 10 times. Do 1-3 sessions a day.

Toe/Heel Raises



Gently rise up on toes, then roll back on heels to complete set.

Repeat 10 times. Do 1-3 sessions per day.

Functional Quadriceps: Chair Squat



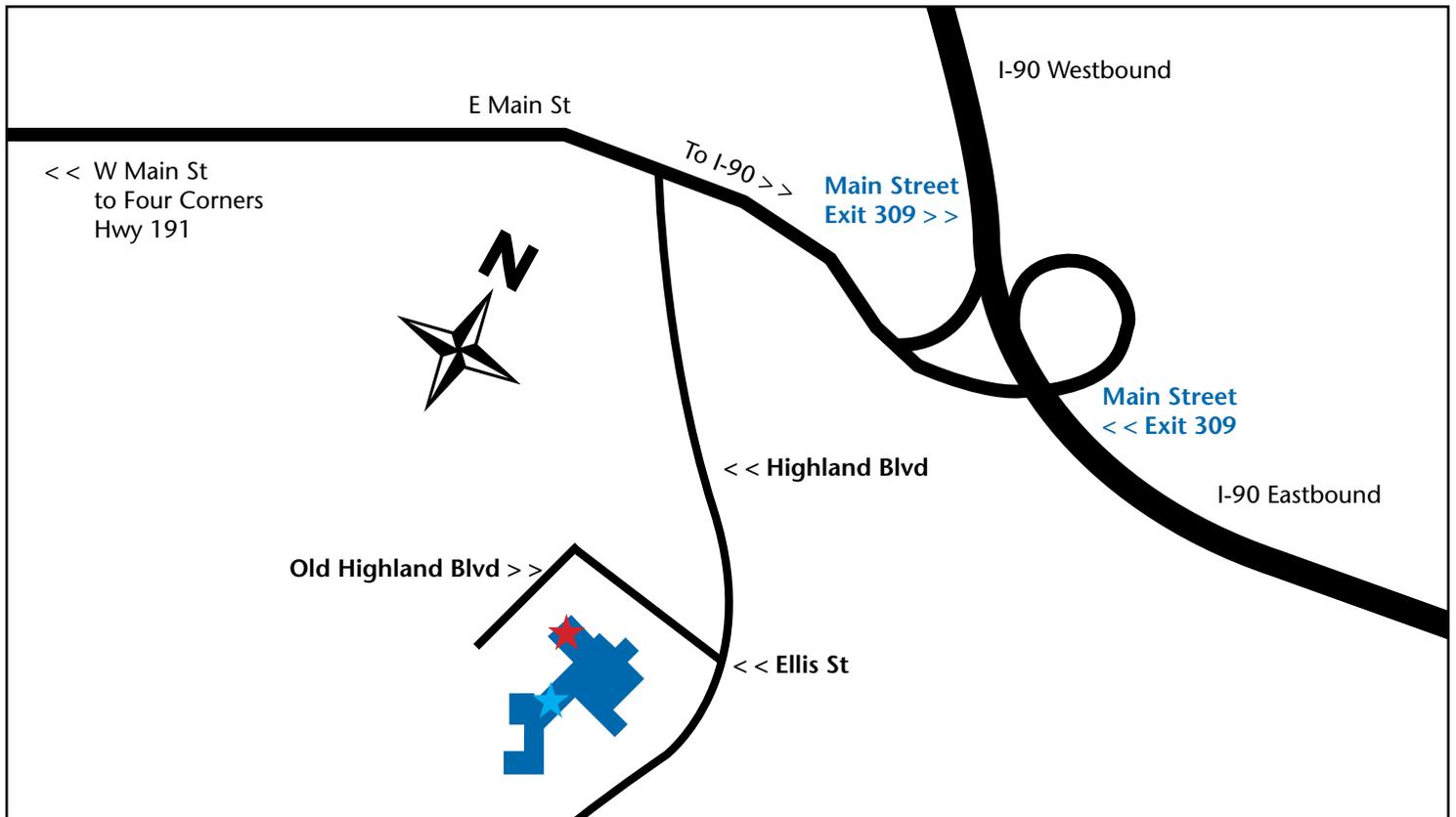
Keeping feet flat on floor, shoulder width apart, squat as low as is comfortable. Use support as necessary.

Repeat 10 times. Do 1-3 sessions per day.

Driving and Parking Information

Bozeman Health Deaconess Hospital

915 Highland Blvd, Bozeman, MT 59715



★ Surgical Services - Building 4, Entrance 8, Floor 2
On the day of your surgery plan to park in Lot F or G.

★ Perioperative Surgical Home office - Building 2, Entrance 4

Sources

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