

# Joint Replacement Patient Guide

Inova Joint Replacement Center at Inova Mount Vernon Hospital



## Interpreter Services are available at no cost to you.

Please let our staff know of your needs for effective communication.

<b>Spanish</b>	Atención: Si usted habla español, tiene a su disposición servicios gratuitos de asistencia con el idioma. Por favor infórmele a nuestro personal sobre sus necesidades para lograr una comunicación efectiva.
<b>Korean</b>	알리드립니다. 귀하가 한국어를 구사한다면 무료 언어 도움 서비스가 가능합니다. 효과적인 의사결정을 위해 필요한 것이 있다면 저희 실무자에게 알려주시기 바랍니다.
<b>Vietnamese</b>	Chú ý: Nếu quý vị nói tiếng Việt, dịch vụ hỗ trợ ngôn ngữ có sẵn miễn phí cho quý vị sử dụng. Xin vui lòng thông báo cho nhân viên biết nhu cầu của quý vị để giao tiếp hiệu quả hơn.
<b>Chinese</b>	注意: 如果你說中文, 可以向你提供免費語言協助服務。請讓我們的員工了解你的需求以進行有效溝通。
<b>Arabic</b>	انتباه: إذا كنت تتحدث العربية، تتوفر الخدمات المجانية للمساعدة في اللغة. يرجى إعلام فريق العمل باحتياجاتك من أجل الحصول على عملية تواصل فعالة.
<b>Tagalog</b>	Atensyon: Kung nagsasalita ka ng Tagalog, mayroong magagamit na mga libreng serbisyon tulong sa wika para sa iyo. Mangyaring ipaalam sa aming mga kawani ang iyong mga pangangailangan para sa epektibong komunikasyon.
<b>Farsi</b>	توجه: اگر به زبان فارسی صحبت می کنید، تسهیلات زبانی به صورت رایگان برای شما فراهم خواهد بود. به منظور برقراری ارتباط موثر، کارکنان ما را از نیازهای خود مطلع کنید.
<b>Amharic</b>	ጥቅም: ከደንበኞች አንዳንድ የሚናገሩ ከሆነ ለአርባያ ለጽንፍ ለግልግልቶቹ ከከፍተኛ በጻይ ይደርብልዎታል። ወገኑን ለማግኘት የሚያስችል ከሆነ ስራዎችን እንዲያውቁ ያደርጉ።
<b>Urdu</b>	توجه: اگر آپ اردو بولتے ہیں تو، زبان امداد خدمات، مفت میں، آپ کو دستیاب ہیں۔ موثر مواصلت کے لیے برائے مہربانی ہمارے عملہ کو اپنی ضروریات کے بارے میں بتلائیں۔
<b>French</b>	Attention: Si vous parlez Français, des services d'aide linguistique vous sont proposés gratuitement. Veuillez informer notre personnel de vos besoins pour assurer une communication efficace.
<b>Russian</b>	Внимание: Если вы говорите на русском языке, для вас доступны бесплатные услуги помощи с языком. Для эффективной коммуникации, пожалуйста, дайте персоналу знать о ваших потребностях.
<b>Hindi</b>	कृपया ध्यान दें : यदि आप हिन्दी बोलते हैं, तो आपके लिए नि:शुल्क भाषा सहायता सेवा उपलब्ध है। कृपया प्रभावी संचार-संपर्क हेतु अपनी आवश्यकताओं के बारे में हमारे कर्मचारियों को बताएं।
<b>German</b>	Achtung: Wenn Sie Deutsch sprechen, stehen kostenlose Service-Sprachdienstleistungen zu Ihrer Verfügung. Teilen Sie unserem Team bitte Ihre Wünsche für eine effektive Kommunikation mit.
<b>Bengali</b>	দৃষ্টি আকর্ষণ করুন : আপনি যদি বাংলা বলতে পারেন, তাহলে আপনার জন্য বিনামূল্যে ভাষা সহায়তা সেবা পাওয়া যাবে। অনুগ্রহ করে কার্যকরী যোগাযোগের জন্য আপনার প্রয়োজনীয়তার বিষয়ে আমাদের কর্মীদের জানান।
<b>Kru (Bassa)</b>	Tò Diiá N'ómò Dyiin Cáo. Ǿ jǎ kè m̩ d̩yí Gáǎǎ-wáǎǎ (Báǎǎ-wáǎǎ) pò ní, ní, à bédé gbo-kpá-kpá. bó wáǎǎ-dú kò-kò pò-nyò bédé bíi nǎ à gbo bó píáyi. M̩ d̩yí d̩é q̩ò m̩ nǎ à gbo ní, m̩ m̩ nyue bédé à kúá-nyú bédé k̩éé d̩yí d̩yúò, k̩é à k̩é m̩ k̩é m̩: j̩é c̩éin n̩ómò d̩yíin.
<b>Ibo</b>	Nruba: Ọ bụrụ na ị na asụ Igbo, ọrụ enyemaka asusu, n'efu, dijiri gi. Biko mee ka ndị ọrụ anyị mara mkpa gi maka nkwekọrita ga-aga nke ọma.
<b>Yoruba</b>	Akiyesi: Bi o ba nsọ Yoruba, awon ise iranlowo ede wa l'ofe fun o. Jowo je ki ara ibise wa mo nipa awon aini re fun ibaraenisori ti o munadoko.

## Welcome

Thank you for choosing the **Inova Joint Replacement Center at Inova Mount Vernon Hospital** for your joint replacement. Our goal is to restore you to a higher quality of living with your new prosthetic hip or knee.

Primary candidates for joint replacement surgery are individuals with chronic joint pain from arthritis that interferes with daily activities, walking, exercise, leisure, recreation and work. The goal of hip and knee replacement is to relieve pain, restore your independence, and return you to work and other daily activities.

Total hip and knee replacement patients typically recover quickly. Most patients are able to walk the day of surgery. Generally, patients are able to return to the activities they enjoy within six to 12 weeks.

The Inova Joint Replacement Center offers a comprehensive course of treatment just for you. We believe that you and your coach play a key role in promoting a successful recovery. Our goal is that you will be a full partner with your health care team through every step of your joint replacement. This guidebook will give you information, answer your questions, and will promote a more successful surgical outcome.

Your team includes physicians, physician assistants, nurse practitioners, registered nurses, patient care technicians and therapists specializing in total joint care. Every detail, from preoperative teaching to postoperative therapy, is considered and reviewed with you. The joint replacement care team will help plan your individual treatment program and guide you through it.

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## Purpose of this Guidebook

Preparation, education, continuity of care and a preplanned discharge are essential for optimum results in joint replacement surgery. Communication is essential to this process. This guidebook is designed to educate you, your family and friends to know:

- What to expect every step of the way
- What you need to do
- How to care for your new joint

Remember, this is just a guide. Your physician, physician assistant, nurses or therapist may add to or change any of the recommendations. Always use their recommendations first and ask questions if you are unsure of any information. Keep your guidebook as a handy reference for the first year following surgery.

## Using the Guidebook: Instructions for Patients

- Read the General Information section
- Read the checklists in the Preparing for Your Surgery section. Check off the items as you complete them.
- Read the Hospital Care and Postoperative Care sections for surgical and post-op information
- **Carry your guidebook with you to the hospital, outpatient therapy and all physician visits**

**Surgery Date and Time:**

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**Surgeon:**

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**Your Coach:**

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## Other Important Information

### In Case of Cancellation

If you develop a cold, fever, persistent cough, infection or become ill within 48 hours of your surgery or need to cancel for any reason, call your surgeon.

### Registration

A member of the financial coordination team will:

- Contact you by phone to complete the registration process and confirm your contact and insurance information
- Contact your insurance carrier to verify benefits
- Discuss and make arrangements with you for any financial responsibilities not covered by your insurance

Payment arrangements are expected to be made prior to your scheduled surgery. Payment may be made by credit card for co-pays, deductibles, and/or co-insurance with a Financial Quality Coordinator over the phone, or at the time of service.

If you do not have insurance coverage, or need to make financial arrangements, please contact the financial coordinator prior to surgery at **703.664.8459**.

### Important Phone Numbers

**Main Number .....** 703.664.7493  
**Inova Blood Donor Services.....** 571.434.3600  
**Financial Counseling .....** 703.664.8459  
**Anesthesia Department.....** 703.664.7048  
**Joint Replacement Pre-Op Clinic.....** 703.664.7545  
**Joint Replacement Pre-Op Clinic FAX...**  703.664.6901  
**Physical Therapy .....** 703.664.7602

## Role of the Joint Replacement Care Team

The joint replacement care team will be responsible for your care needs from pre-op through discharge.

The joint replacement care team will:

- Complete a health assessment
- Assess your needs at home including caregiver availability
- Coordinate your discharge plan
- Assist you in getting answers to insurance questions
- Act as your liaison from preoperative clinic through postoperative discharge
- Answer questions and coordinate your hospital care.

You may call the joint replacement pre-op clinic manager at **703.664.7545** at any time to ask questions or raise concerns about your pending surgery.

For questions about your **surgery time**, please call your surgeon's office.

## Preparing for Your Surgery

- Watch the DVD "Before Your Surgery" that was mailed to your home, or sent to you by email by the scheduler.
- Select a primary caregiver (Coach) to help support you before and after surgery
- Watch the online video with your coach and take the QUIZ after viewing the video. The video can be found at [www.inova.org/joint-center](http://www.inova.org/joint-center). Scroll down and click on the link for Patient Orientation.

## Your Checklist: Pre-Op Clinic Visit

**703.664.7545**

During your Pre-Op Clinic Visit you will spend approximately three to four hours with us. You will meet your team who is focused on creating your individualized care plan. While you may not be seen in the order in which you arrive, rest assured our staff will guide you through the process to ensure your wait time between appointments is kept to a minimum.

- Pharmacy
- EKG/Lab - no need to fast for these labs
- Physical Therapy
- Case Manager
- Internal Medicine
- Video
- Check-out with the volunteer

Make sure to eat breakfast the morning of your pre-op clinic visit. You may also bring a light snack with you. Coffee, tea and water are available for your convenience.

- Medications to stop (and when to stop taking them), as instructed by my physician:

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## Your Checklist: Before Your Surgery

- Verify your ride home from the hospital and that your ride will be available at the time of discharge. If you plan to take a taxi home you must have a responsible adult ride with you (not the driver).
- Have your home ready for your return after surgery. Clean, do the laundry and put it away. Prepare meals and freeze them in single-serving containers. Take care of your yard and garden and finish any yard work.
- Remove any throw rugs and tack down any loose carpeting or electrical cords. Install nightlights in the bathroom, hallways and bedrooms. Remember, you will need a clear and unobstructed path while using your walker, cane or crutches. Taking these steps now will minimize your risk of fall later. Your SAFETY is important to us.
- Perform any pre-op exercises, if instructed by your surgeon.

## Your Checklist: Three Days Before Surgery

- To reduce the presence of bacteria (MRSA/MSSA) on your skin, we ask that you use chlorhexidine soap (Hibiclens) in the shower prior to surgery. Three evenings prior to and on the morning of your surgery, shower normally and shampoo your hair. Immediately following, using your hands only, apply the surgical scrub Hibiclens. Wash all parts of your body from the neck down, using two to four ounces of the solution. Avoid mucus membranes and the perineal area. Focus special attention on the surgical area – scrub for five minutes. Rinse and pat dry with a clean towel. If itching or redness persists, switch to an antibacterial soap like Dial. Follow the same instructions.
- Dress in freshly washed clothes/pajamas. Do not use lotions, powders or deodorant after your surgical shower. These products may reduce the effectiveness of the Hibiclens.
- It is also important to change the linens on your bed and to make sure no pets are in bed with you. These steps are necessary to help reduce the presence of bacteria on your skin and help decrease your risk of infection.
- Verify your transportation to the hospital.
- Pack your bag with personal items for your hospital stay (see "What to Bring – Immediately After Surgery").
- Pack a container for your eyeglasses, dentures and hearing aids.
- Make a copy of your Advance Directives, Living Will or Durable Power of Attorney, if you have one, to bring to the hospital when you are admitted.

## Your Checklist: Day Before Surgery

- Do not eat any solid food after midnight. You may take medication as instructed.**
- In the evening, repeat the surgical shower procedure as above using the Hibiclens solution. Use a clean towel to dry.
- Dress in freshly washed clothes/pajamas. Do not use lotions, powders, creams, hair products, makeup or deodorant after your surgical shower.
- Put clean linens on your bed.
- Follow the instructions given to you by your pre-surgical nurse about how long you will be able to drink clear liquids prior to surgery.
- Do not smoke or chew tobacco after midnight.

## Your Checklist: Day of Surgery

- Do not eat any solid food after midnight. You may take medication as instructed. Follow the instructions given to you by your pre-surgical nurse about how long you will be able to drink clear liquids prior to surgery.**
- Take your morning medications with a sip of water if you have been instructed to do so. Remember, no gum or mints allowed.
- You may brush your teeth. Rinse but do not swallow the water.
- Repeat the surgical shower procedure in the morning. Use a clean towel to dry.
- Put on clean, comfortable, loose fitting clothes.
- Do not use any perfume, hair-care products, body lotions, false eyelashes, wigs or makeup.
- Remove all jewelry (including body piercings)
- Arrive at the hospital at the appointed time, usually two hours before your surgery. Use the Yellow Entrance and go to the Registration Desk to check in. All parking at Inova Mount Vernon Hospital is free.
- While you are in surgery, your coach/family can wait in the surgical services waiting area in the Blue Lobby. They will be asked to provide a cell phone number so your surgeon can contact them when your operation is over. Monitor boards are posted in the lobby to update your coach/family of your progress.

## What to Bring

### To Registration

- Driver's license or other photo ID
- Insurance card
- Insurance co-pay (cash, check, credit card or money order)
- A copy of your Advance Directive, Living Will or Durable Power of Attorney
- A list of your medications, including dosages. Please also include over-the-counter medications.

### To the Pre-Op Holding Area

If your surgeon's office issued you a brace to be worn right after surgery, make sure to bring it to the hospital the morning of your surgery. Give this brace to your pre-op nurse so it can be applied immediately after surgery.

### To the Hospital Room

Leave these items in the car on the morning of your surgery. Ask your coach to bring these items up to your room IMMEDIATELY AFTER your surgery.

- Personal hygiene items (i.e. toothpaste, tooth brush, deodorant, glasses, hearing aid, dentures, etc).
- Storage case for hearing aids, dentures and glasses, labeled with your name.
- Laptop computer, tablet, and/or cell phone. Free Wi-Fi is available at Inova Mount Vernon Hospital. Please remember to bring your charger.
- Your packed bag with loose-fitting tops and comfortable wide-leg pants, elastic waistband shorts or gym attire with pockets.
- A pair of supportive shoes with backs. Slip-on shoes are not recommended.
- Your walker or crutches if you have them.
- Please put your name on any items you bring.

## Choosing Your Coach

Your coach is someone you choose before your surgery to be your primary caregiver. Your coach can be your spouse, daughter, son, best friend, neighbor – anyone who is willing to make a commitment to help you through your joint replacement experience before, during and after your hospital stay.

No one should go home alone. Everyone needs a caregiver – a coach. Your coach should be able to be your second set of ears, to remember what was said. Your coach should be with you every step of the way. Your coach should understand how to help you with your exercises when you go home, should know about your medications, should prompt you to correctly use your walker or crutches, and care for your incision and change your dressing. Your coach may also be the one to take you to your physical therapy or doctor's appointments after your discharge from the hospital. It is highly encouraged that when you go home, your coach will be with you 24 hours a day for 2-7 days, depending on your ability.

It is important to bring your coach to the pre-op holding area before surgery, so they can learn from the beginning their role in your recovery. Your coach should also be present during your therapy sessions while you are in the hospital, to learn how to care for you at home.

Please review the Coach's Checklist on the next page. These are important things that you and your coach should know before you are ready for discharge from the hospital.

### A Coach Makes a Difference

There are so many benefits to having a close family member or friend supporting you through your joint replacement surgery.

At minimum, it is recommended that your coach be with you during:

- Review of the online video
- Physician's office pre-op visit
- Day of Surgery
- All of your physical therapy sessions, especially your last session before discharge
- Discharge instructions
- Planning Your Return Home
- Helping with Exercises
- Shopping
- Meals
- Transportation

## What Research Says About Family/Friend Support

- Social support influences patient health and functioning
- Surgery further magnifies the need for social support
- Strong social support increases confidence to go home and reduces stress
- A small pool of individuals is better than a broad network
- Inclusion of family members in the pre-operative education also helps the supporter to be well informed and prepared for pre, peri, and post-surgery.
- Limited social connectedness impacts negatively on the quality and rate of recovery after major operations, regardless of postoperative complications (*American College of Surgery*).
- A person with limited support also will likely require more pain medications and nursing attention during the postoperative recovery period (*American College of Surgery*).
- Best functional outcomes are a function of certain variables, including strong social support.
- Patients with better social support experience higher postoperative quality of life.
- Strong social support contributes to lower lengths of stay, increased likelihood of discharging home and increased likelihood of attaining ambulation and transfer-out-of-the-bed goals.

### Coach's Checklist

Are you ready for discharge day?

Do you know:

- Which medication is used to prevent blood clots and how to give it?
- When the patient can take a shower?
- How to prompt the correct use of the walker, cane or crutches?
- How to prompt the correct way to go up and down stairs?
- What the home exercise program is? How to assist the patient with the exercises?
- What are the Total Joint Precautions that patients need to follow?
- Have you secured all necessary equipment?
- Have you planned to transport the patient home the morning of discharge?
- Have you planned to pick up medications from the pharmacy on the day of discharge?

## Day of Surgery: What to Expect

On the day of surgery, report to the Registration Desk at the YELLOW lobby of the hospital. You will then be directed to the Surgical Services waiting room and taken to the pre-op holding area where you will prepare for surgery. You will put on a hospital gown, surgical cap and non-slip socks. The surgical team will also start IVs.

You will see your surgeon who will mark your surgical site and meet the anesthesiologist who will answer any questions you have and help you choose the best kind of anesthesia for you. You will also meet your operating room nurse. You will be escorted to the operating room on a stretcher and the operation will be performed.

At the conclusion of your surgery, you will be moved from the operating room and taken to the recovery area. During this time, you will be given medication to control your pain, your vital signs will be monitored frequently and an X-ray may be taken of your new joint.

Most of the discomfort occurs the first 12-24 hours after surgery and gradually lessens with each day. Pain can be managed in different ways:

- Local injection placed in the joint during surgery
- Medicine through an IV
- Oral medication or pills may be started
- Administering medicine through a catheter in your spine
- Applying ice to the surgical site
- Changing your position

You will be helped out of bed to walk by the nursing staff or you may begin physical therapy which could include instruction on walking with a walker and start of daily exercises. It is very important that you begin ankle pumps, knee tighteners and buttock tighteners at least 10 times each hour while awake to prevent blood clots from forming in your legs.

You should also begin using your incentive spirometer 10 times each hour. It is recommended that only your coach and/or one very close family member visit you on your day of surgery.

During your stay you will be seen by your surgeon, fellow or physician assistant each day. Immediately following surgery, you will be able to resume your regular meals as tolerated. It is important to drink plenty of fluids to stay hydrated following surgery.

## Rehabilitation

We tailor your rehab program to match your specific needs. Your therapy team may consist of physical therapists, physical therapy assistants, occupational therapists and rehab technicians. Your first therapy session will either be the afternoon of surgery or the next morning. Please share your lifestyle goals with us so we can do our best to help you achieve them.

The physical therapist (PT) will meet with you to help you learn how to get dressed and safely transfer (get out of bed, toilet or a chair), and walk with the aid of a walker or crutches while maintaining any postoperative precautions. Stair training and car transfers will also be addressed to ensure you have a smooth transition to your home. The PT will instruct you and your coach in a program designed to help you regain the strength and range of motion of the operated leg. Before your discharge, the PT may recommend adaptive devices to help you and will provide resources to help you purchase the right equipment. We strongly advise that your coach be present for all therapy sessions.

Though the nurses and technicians will also help you, the therapy team will work with you and your coach to help you become independent and safe when performing these activities after discharge.

## Case Management

A Case Manager will meet with you to review your plans for discharge. Case managers are here to provide support. They will arrange for services that you will need, based on the recommendations of your doctor and physical therapist. They work with your insurance company to assure coverage for these services.

## Pain Management

After your joint replacement surgery, you will experience surgical pain. In the hospital, pain is evaluated on a scale using the descriptions and ratings below. Begin to use this pain scale (see next column) before surgery by assigning a number to your pain or discomfort as you move through your daily activities. This will allow you to become familiar with using the pain scale.

0 = No pain

2 = Discomfort or mild pain

5 = Pain that interrupts your ability to relax and rest.

7 = Pain that is more severe and may wake you from sleep

10 = Excruciating pain

*0 - 3 = is generally considered the reasonable range for postoperative pain*

It is important for you and the joint replacement care team to work together to manage your pain. Controlling your pain prior to physical therapy will help you perform the exercises provided, which in turn helps you recover faster. Talk with your care team about the pain you experience following surgery. You know your body – please stay ahead of the pain by asking for pain medication.



## Pain Management Tools

There are a number of ways to control your pain in the hospital:

- Intra-operative injection
- Oral medications – there are a wide selection of oral pain medicines that are given. It is important to take this medication on a regular basis, every three to four hours and before physical therapy. There are also long-acting oral medications that help bridge the more frequent doses.
- Ice – applied for 20 minutes at a time – is helpful to reduce pain and swelling. It is always good to apply ice after doing your exercises.
- Repositioning – changing position is sometimes all that is needed to help relieve pain – like sitting up in a chair with your legs elevated. Please do not attempt to get out of bed on your own. Always call for help.

## Preparing for Discharge from the Hospital

The case management team helps patients and their families prepare for discharge. It is important to start discharge planning before admission to the hospital. This provides an opportunity for patients and families to make decisions early, to allow for a smooth transition from the hospital to the next level of care.

Any hospitalization can be a stressful event. We recommend that, before your admission, you begin taking care of business that may add to your stress after discharge. Select a coach who can stay with you and help you for a few days. Identify other resources, family, friends, neighbors and people from your church, synagogue or other group.

Make a list of things you will need. When people ask what they can do to help, have them fill their name in on the list. Your list may include grocery shopping, laundry, housekeeping, pet care, or transportation to doctor or physical therapy appointments.

Ninety percent of our patients go directly home. Your discharge course will depend on your insurance, your support at home, your physical therapy recommendations and your physician's recommendations. Your case manager will assist in choosing the right course for you.

## Day of Discharge

Our therapies begin as early at 7 a.m. and you may begin discharging at 10 a.m. if you have met all medical criteria. We will update you with the exact therapy times the night before. Please plan to have your coach present at all therapy sessions and on the morning of your discharge day.

## Postoperative Care

### Medications to Prevent Blood Clots

Your surgeon will select the appropriate medications needed to prevent blood clots after total joint replacement surgery. These medications will be started in the hospital soon after surgery and continued upon discharge.

## Caring for Yourself at Home

As a reminder, this Patient Guide is just a guide. Please follow the recommendations given to you while you were at the hospital. Review your After Visit Summary that your nurse provided you on the day of your discharge. This summary provides vital information when you get home.

When you go home there are several things you need to know for your safety, recovery and comfort.

### Control Your Pain

Take your pain medication at least 30 minutes prior to physical therapy. Controlling your pain prior to physical therapy will help you do the exercises provided, which in turn helps you recover faster.

Gradually wean yourself off prescription pain medication as directed by your doctor.

Change your position every hour throughout the day.

Use ice for pain control, especially after your therapy routine. Applying ice to your affected joint for 20 minutes every hour will decrease discomfort. Several options are available to purchase or make reusable freezer bags.

### Body Changes

It is not unusual for your appetite to be poor initially following surgery. It will gradually come back. In the meantime, drink plenty of fluids to keep from getting dehydrated.

It is not uncommon for your energy to be low for the first month following surgery. Low energy is the result of the surgery itself. Pace your activities and allow yourself extra rest.

Sometimes you may experience difficulty sleeping at night. Try not to sleep or nap too much during the day. Keep yourself occupied with activities such as reading, playing computer games, knitting and other activities you enjoy during "down time".

Pain medications which contain narcotics may cause constipation. Use stool softeners such as Colace or laxatives such as Milk of Magnesia, if necessary, to establish your bowel routine. Avoid use of fiber laxatives (Metamucil, Fibercon) as they may make the problem worse.

## Recognizing and Preventing Potential Complications

### Infection

Signs of Infection:

- Increased swelling and redness at incision site
- Change in color, increased amount and odor of drainage
- Increased pain at site of the operation
- Fever greater than 101 degrees F

Notify your surgeon if you have any of the above signs of infection.

### Prevention of Infection

Take proper care of your incision as instructed. Follow instructions provided at discharge.

### Blood Clots in Legs

Signs of blood clots in leg:

- Swelling in ankle, calf and/or thigh
- Pain, warm to touch and tenderness in the affected leg when walking or standing
- Redness or discoloration of the skin on the leg.

Note: blood clots can form in either or both legs.

### Prevention of Blood Clots

- Foot and ankle pumps
- Walking and changing position frequently
- Use of compression stockings if recommended by your surgeon
- Blood thinners as prescribed by your surgeon

## Pulmonary Embolism

A blood clot can break away from the vein and travel to the lung, causing blockage in a lung artery. This is an emergency and you should call 911 if you suspect that has happened.

Signs of a pulmonary embolus:

- Sudden chest pain
- Difficult and rapid breathing
- Shortness of breath
- Coughing up blood
- Anxiety
- Confusion

### Prevention

- Prevent blood clots in your legs
- Recognize presence of blood clot in your leg and calling your physician promptly

A nutritious diet, a dedicated exercise regimen, and a positive attitude are essential for optimal outcomes.

## Recommended Home Equipment

If any box below is checked, your therapist has recommended this equipment to insure your safe return home. Highlighted items are covered by your insurance company. These items are available from:

### Equipment Closet

- Rolling walker\*
- Bariatric walker\*\*
- Crutches\*
- Three-in-one bedside commode

### Retailers

- Cane\*
- Tub bench or shower seat with back
- Raised toilet seat (RTS)

If an item is both checked and highlighted, our rehab technician will arrange delivery of items prior to discharge.

\*Note: your insurance company will only cover one assistive device for walking.

^Patient must be >300 lb in order for Bariatric Walker to be covered by insurance.

**COPAY:** If your insurance company requires a copay, you will be instructed to complete all financial obligations with our vendor.

Your insurance company may have contractual arrangements that prohibit equipment from being provided through our equipment closet. You will need to purchase these items prior to discharge home. Please contact your insurance company for the processing of these claims.

### Walgreens

7629 Richmond Hwy  
Alexandria, VA 22306  
703.768.5901

RW, Crutches, Canes, RTS, Tub bench

### Walmart

7910 Richmond Hwy  
Alexandria, VA 22036  
703.799.8815

RW, Crutches, Canes, RTS, Tub bench

Your surgeon's office may provide some equipment. Please call your surgeon's office to inquire about this service.

## Discharge Planning Survey

Your home environment and support needs affect your recovery. Please contact a Joint Replacement Care Team member at 703.664.7493 with any questions. Our commitment is to return messages within 48 hours.

As you answer the following questions, think about your care and where you plan to stay after discharge. You will receive assistance with arranging home therapy and home equipment.

### Equipment

Equipment	I have in good condition	I use	I will borrow - from whom?
Cane			
Walker			
Crutches			
Wheelchair			
Toilet Seat Riser			
Bedside Commode			
Bathroom Bars			
Splints/Braces			
Tub Seat			
Other			

### Who Will Help You at Home - Family, Friends, Extended Family

Name	Physically and Mentally Capable of Helping	Available Day and Night	Available During Day Only	Available at Night Only

#### How far can you walk?

- Not walking  
 Walking in the house only  
 Walking in the community

#### Is there easy access to:

- Kitchen  
 Bathroom  
 Shower stall

#### At home or where you will stay?

- Steps/Stairs into home. How many? \_\_\_\_ Is there a rail? \_\_\_\_  
 Steps/Stairs inside the home. How many? \_\_\_\_ Is there a rail? \_\_\_\_  
 Elevator       How high is your bed?

#### Is there a bathroom on the level that you will stay on?

- Same room     Within 15 feet     No  
 How high is your toilet? \_\_\_\_ inches  
 If you are using a tub, how high is the side of the tub? \_\_\_\_ inches

#### Do you have appropriate transportation home?

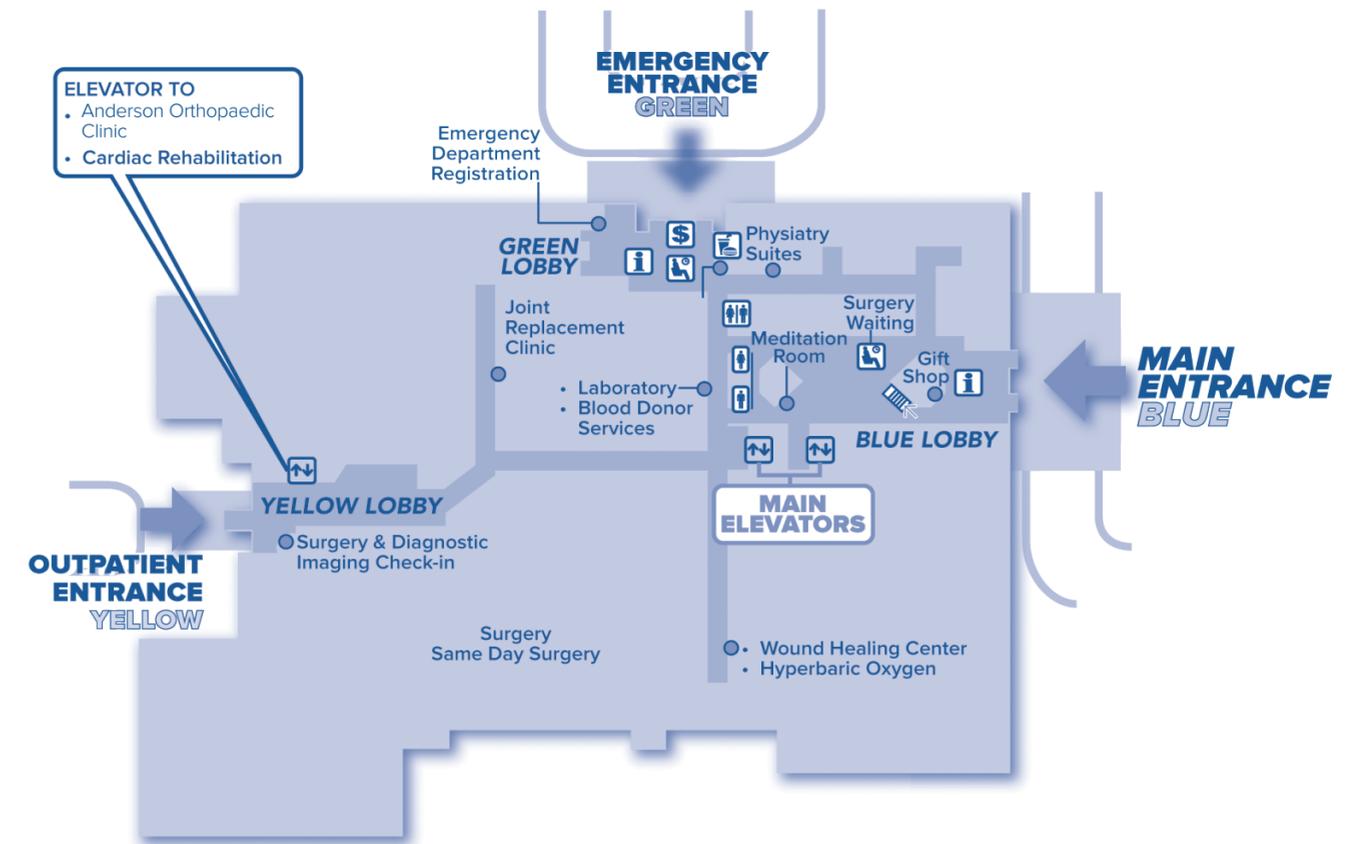
- Yes       No

**Lifestyle Goal:** After recovery, what leisure or sport activity do you want to return to? \_\_\_\_\_

**Comfort Function Goal:** On a scale of 0-10, what is your maximum level of pain you can tolerate yet still complete your daily activities? \_\_\_\_\_

If you have questions about your financial situation regarding this hospitalization, please contact an Inova Mount Vernon Hospital Financial Counselor at 703.664.8489 or 703.664.8459.

**Inova Joint Replacement Center**  
**at Inova Mount Vernon Hospital**  
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