



# Total Joint Replacement Program

## *Patient Handbook*



**Stormont Vail Health**

ORTHOPEDICS & SPORTS MEDICINE

**Dear Total Joint Patient,**

Thank you for choosing us for your joint replacement surgery. We are honored to be part of your journey to better mobility and quality of life.

Our program is designed with you in mind. From preparing for surgery to recovery afterward, our orthopedic team is here to give you the care and support you need every step of the way.

In this handbook, you will find helpful information about your knee, hip, or shoulder replacement. It covers what to expect before, during, and after surgery. We created this guide to help you feel informed, confident, and ready.

We understand that surgery can feel overwhelming. Please know you're not alone. Our team is here to answer your questions, address your concerns, and support your recovery.

Thank you again for trusting us with your care. We are committed to helping you heal and get back to a more active, pain-free life.

**Orthopedic Surgeon:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Primary Care Provider:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Stormont Vail Health Orthopedics & Sports Medicine**

2660 S.W. 3rd St. • Topeka, KS 66606  
785-270-8880

**Stormont Vail Hospital**

1500 S.W. 10th Ave. • Topeka, KS 66604  
785-354-6000



Read the Total Joint Replacement Patient Handbook Online:  
Scan the QR code or visit  
[stormontvail.org/jointbook](http://stormontvail.org/jointbook)

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# Understanding Your Care

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The *Total Joint Replacement Program Patient Handbook* is a collaboration between our physicians, nurses, and therapists to provide you with the most accurate information and expectations for a successful total joint replacement.

This handbook is a reference tool to help you get the best results from your total joint replacement surgery.

## You Are the Most Important Member of Your Care Team

Like any team, communication and collaboration are the keys to success. Keep these tips in mind to make sure you get the best care:

- Take an active role in your care and decisions to help prevent errors.
- Speak up if you have questions or concerns. You have the right to ask about your care.
- Choose a support person (such as a family member, friend, or designated advocate) to help with transportation and care coordination.
- Learn about your condition and treatment. Talk with your care team and use trusted websites like [www.stormontvail.org](http://www.stormontvail.org) or [www.mayoclinic.org](http://www.mayoclinic.org).
- Ask your provider to review test or procedure results with you.
- Before surgery, make sure you, your primary care provider, and your surgeon all understand and agree on the details of your procedure.
- The day of surgery, your surgeon will review the procedure with you and mark the correct area. Speak up if you have questions or concerns.
- Before any medication, treatment, or procedure, staff will confirm your name and date of birth. If they forget, remind them. Doing so is an important part of keeping you safe.
- When you are discharged, your nurse will review your discharge instructions and give you contact information if you have questions.

## Exercising Your Rights

### Advanced Directives & Healthcare Decisions

Kansas law provides two legal documents to ensure your choices are followed:

- **Living wills**, which explain your wishes for care
- **Healthcare power of attorney**, which allows someone you trust to make decisions for you

### Privacy Notice

#### Health Insurance Portability & Accountability Act (HIPAA)

We offer some classes in group settings. These sessions help you learn and share with others having similar procedures. During this class, you may share private information regarding your procedure at your own will.

# Important Contact Information

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## Stormont Vail Health Orthopedics & Sports Medicine

Stormont Vail Health Kanza Park Clinic  
2660 S.W. 3rd St. • Topeka, KS 66606  
Monday–Friday • 8 a.m.–4:30 p.m.  
**Office & Scheduling:** 785-270-8880

## Health Connections

785-354-5225

Available 24/7. Services include:

- After-hours nurse consults and assessments
- Provider referrals
- Trusted health information
- Class and event registration

## Stormont Vail Health Physical, Occupational, & Speech Therapy

Stormont Vail Health Kanza Park Clinic  
2660 S.W. 3rd St. • Topeka, KS 66606  
Monday–Friday • 7 a.m.–5 p.m.  
**Scheduling:** 785-354-6425  
**Office:** 785-354-6116

Other locations:

- Stormont Vail Health North Fielding Clinic: 785-270-0080
- Stormont Vail Health Carbondale Clinic: 785-836-7111
- Kansas Rehabilitation Hospital: 785-235-6600

## Stormont Vail Health Retail Pharmacy

830 S.W. Lane St., Suite B • Topeka, KS 66606  
785-235-8796

Services include:

- Drive-thru
- Phone and online refills
- Free delivery within Topeka city limits

## Total Joint Center Visiting Hours

Monday–Friday • 9 a.m.–9 p.m. (subject to change)

During the day, you will attend physical and occupational therapy. We encourage your support person to join so they can learn how to help you at home.

## Stormont Vail Health Main Phone Number

785-354-6000

## Language Interpreter Services

Interpreter services are available. If you need an interpreter, ask your nurse.

# What to Expect During Knee Replacement Surgery

If arthritis or an injury has badly damaged your knee, everyday activities like walking, sitting, or even resting can be painful. When other treatments no longer help, your provider may suggest knee replacement surgery.

## 1. Preparing the Knee

You will receive anesthesia. You may be awake with your legs numb (spinal anesthesia) or asleep (general anesthesia).

The surgeon makes a small cut on the front of your knee. This allows them to see the joint clearly.

## 2. Removing Damaged Parts

Arthritis can wear away the smooth cartilage that helps your knee move easily.

During the surgery, the surgeon removes:

- Damaged cartilage
- A small amount of bone from the end of the thigh bone (femur)
- A small amount of bone from the top of the shin bone (tibia)

This creates smooth surfaces for the new joint.

## 3. Placing the New Knee Parts

The new knee joint is made of metal and strong plastic. It has three main parts:

- A metal cap placed on the bottom of the bone
- A metal base placed on the top of the shin bone
- A plastic spacer between them to help the knee move smoothly

The surgeon attaches these parts to your bone, usually with:

- Surgical cement OR
- A press-fit design that allows bone to grow into it over time

## 4. Checking Movement

The surgeon gently bends and straightens your knee to make sure:

- The joint moves smoothly
- The knee is stable
- The parts are aligned in the correct position

The surgeon may make small changes to ensure the best fit.

## 5. Closing the Incision

The surgeon closes the incision and wraps your knee with a bandage.



# What to Expect During Hip Replacement Surgery

Damage to the hip from arthritis, fractures, or other conditions can make daily activities like walking or sitting painful and hard.

If medicines, lifestyle changes, or walking aids no longer help, your provider may suggest hip replacement surgery. This procedure aims to relieve pain, improve mobility, and help you return to daily activities.

## 1. Preparing the Hip

You will receive anesthesia. You may be awake with your lower body numb (spinal anesthesia) or asleep (general anesthesia).

The surgeon makes a cut near your hip to reach the joint. They will gently move muscles aside to see the ball and socket joint clearly.

## 2. Removing the Damaged Parts

Arthritis or wear-and-tear can affect the smooth surfaces of your hip joint.

During surgery, the surgeon removes:

- The damaged ball at the top of the thigh bone (femur)
- The worn cartilage inside the hip socket (acetabulum)

This creates a clean, healthy surface for the new joint.

## 3. Placing the New Socket

A new cup-shaped socket is placed into your hip bone (pelvis) and secured in one of two ways:

- With special surgical cement, OR
- With a press-fit design that allows your bone to grow into the new socket over time

A smooth plastic or ceramic liner is placed inside the cup to help the joint move easily.

## 4. Replacing the Ball

The surgeon prepares the thigh bone and places a metal stem inside it. Then, they attach new ball (made of metal or ceramic) to the top of the stem.

## 5. Putting the Joint Together

The new ball is placed into the new socket. The surgeon checks:

- How smoothly the hip moves
- That your legs are the same length

They make adjustments if needed.

## 6. Closing the Incision

The surgeon closes the incision and covers the area with a bandage.



# What to Expect During Shoulder Replacement Surgery

Like the hip, the shoulder is a ball and socket joint. It is also one of the most flexible joints in the body. This wide range of motion can also make it more likely to have problems.

## Common Symptoms of Shoulder Problems

- Limited movement
- Weakness
- Numbness
- Stiffness

## Common Causes of Shoulder Pain

- Osteoarthritis
- Rotator cuff injuries
- Rotator cuff tears

### 1. Preparing the Shoulder

You will be asleep during the surgery (general anesthesia). The surgeon makes a cut on the front or top of your shoulder to reach the joint.

### 2. Removing the Damaged Parts

Damage from arthritis or wear can affect the smooth surfaces of your shoulder.

During surgery, the surgeon removes:

- The damaged ball at the top of the upper arm bone (humerus)
- The worn cartilage inside the shoulder socket

This creates smooth surfaces for the new joint.

### 3. Replacing the Ball (Humeral Head)

The surgeon shapes the top of the upper arm bone (humerus) and places a metal stem inside it. They attach a smooth metal ball to the top of the stem. This ball replaces the damaged part of your shoulder joint.

### 4. Replacing the Socket

The surgeon places a new socket made of strong plastic into the shoulder blade and secures it in one of two ways:

- With surgical cement, OR
- With a press-fit design that allows your bone to grow into the new socket over time

This creates a smooth surface for the new ball to move against.

### 5. Checking Movement & Stability

The surgeon gently moves your arm to make sure:

- The joint moves smoothly
- The shoulder is stable
- The parts fit together correctly

They will make adjustments if needed.

### 6. Closing the Incision

The surgeon closes the incision and covers the area with a bandage.



**To ensure a smooth recovery, complete the following steps before your surgery:**

- Practice Using Your Non-Operative Arm

# What to Expect Before Surgery

## Nurse Navigator

You will be assigned a nurse navigator. This nurse will be your main point of contact before and until about 30 days after your surgery. They will:

- Call you before and after surgery
- Check on your care and recovery
- Coordinate required medical checks before surgery

**Nurse Navigator:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

## Pre-Surgery Education

We recommend watching these educational videos with the person who will help you before surgery and during your recovery.

### Required videos:

1. Expectations Before Surgery
2. Day of Surgery
3. Expectations After Surgery
4. Occupational Therapy Equipment
5. Occupational Therapy Demonstration
6. Physical Therapy
7. Walking and Stair Training
8. Exercises Before and After Surgery



Scan the QR code to watch or visit  
<https://tinyurl.com/total-joint-surgery-education>.

## Pre-Registration Call

The Surgery Pre-registration team will call you to confirm your personal and medical information, including:

- Full legal name
- Social Security number
- Phone number(s)
- Gender
- Primary care provider
- Emergency contact
- Date of birth
- Mailing address
- Email address
- Insurance information
- Surgeon

## Preadmission Testing (PAT) Appointment

Remember to bring your photo ID and insurance card(s).

### During this visit:

- A nurse will review and update your medical history
- You will meet with a provider from our hospitalist team for a history and physical update
- Your provider will review and/or order tests
- You will talk about anesthesia
- You may discuss blood sugar control for the day of surgery
- You will receive more information about your surgery

## Reducing the Risk of Infection

Follow these steps leading up to surgery to help prevent infection:

- Stop all tobacco use, including cigarettes, cigars, pipes, and chewing tobacco.
- Tell your surgeon if you have any signs of infection, such as:
  - Fever
  - Cough with colored mucus
  - Frequent or painful urination
  - Red, swollen, or irritated skin
- **Stop cortisone injections in your surgery area for 3 months before surgery.**

## 1-2 Weeks Before Surgery

### Medications & Vaccines

- **Do not stop any medications unless your provider tells you to.**
- Your care team will review your medications at your PAT appointment. Follow those instructions.
- Stop these medications 7 days before surgery:
  - Advil
  - Aleve
  - Aspirin
  - Any products that contain these medicines
  - Vitamins, supplements, creams, or herbal products
  - Ibuprofen
  - Naproxen
  - Excedrin
- You may take Tylenol (acetaminophen) until the night before surgery.
- **Do not get vaccines 2 to 3 weeks before or after surgery.**

### Dental Care

- Do not have dental cleanings or dental work 3 months before surgery and 6 months after surgery.
- If you have a dental emergency:
  - Call your nurse navigator so your surgeon can give you instructions.
  - **Tell your nurse navigator or PAT nurse if you have a pacemaker, defibrillator, or any other implanted device.**

### If You Get Sick or Have Skin Problems

Call your provider if you have:

- Cold or flu symptoms
- A rash, cut, sore, or bug bite

**These issues may cause your surgery to be postponed or canceled.**

### Equipment & Preparation

- **Knee or Hip Surgery:** You will need a **front-wheel walker**. If you need a prescription for a walker, contact your nurse navigator.
- **Shoulder Surgery:** You will need a shoulder sling (**Slingshot Bolster**). You will be fitted for this before surgery.

# Preparing Your Body for Surgery

Your provider may prescribe outpatient physical therapy. This step is a critical part of your recovery and helps ensure the best possible outcome.

- Schedule your first therapy visit 1–2 weeks before your surgery date
- Choose a location that is convenient for you and your support person

## Pre-Surgery Hip & Knee Exercises

These exercises can help your body stay strong so you can heal faster and return to daily activities more easily.

Do each exercise **twice a day** until your surgery. Adjust as needed based on your comfort and routine.

- **For standing exercises**, hold onto a steady surface, such as a counter or table
- **For exercises lying down**, lie on a bed or couch, not the floor

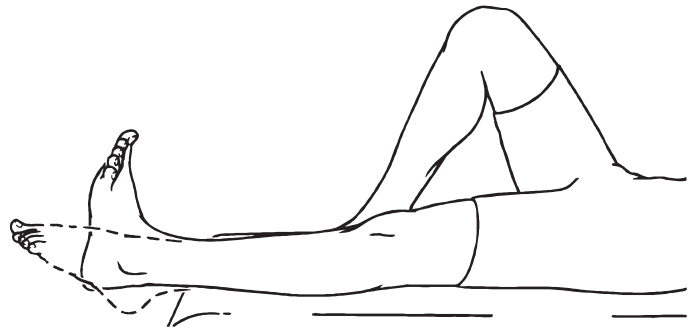
### Important

- Stop any exercise that causes sharp or lasting pain
- Mild discomfort is okay, but do not push through pain
- Tell your care team if something hurts
- Talk to your provider before starting if you have other health conditions
- Exercise both legs to keep your body balanced

### Ankle Pumps

10–20 reps

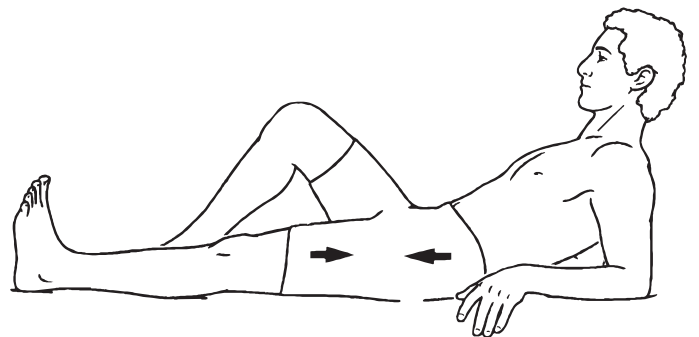
1. Move your foot up and down, like you're pressing and releasing a gas pedal.
2. Pull your toes up as far as you can, then point them down as far as you can.
3. Hold each position for 3 seconds, then relax.



### Quadriceps Sets

10–20 reps

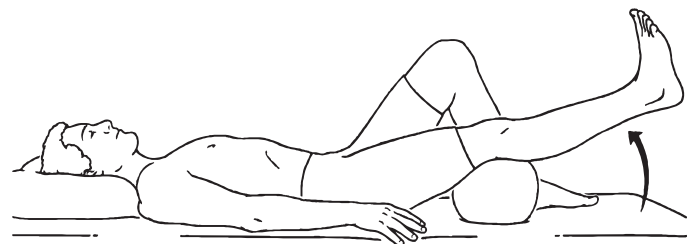
1. Lie on your back with your legs straight.
2. Tighten your thigh muscle and press the back of your knee down into the bed.
3. Hold for 5 seconds, then relax.



### Short Arc Quadriceps

10–20 reps

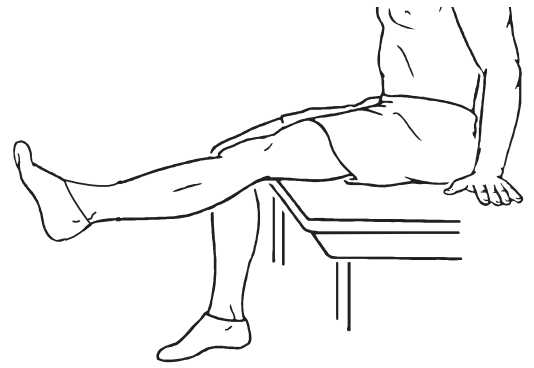
1. Lie on your back with a rolled towel or pillow (at least 6 inches in diameter) placed under your knee.
2. Straighten your leg by lifting your foot off the bed, keeping your knee resting on the roll.
3. Hold for 3 to 5 seconds, then relax.



## Long Arc Quadriceps

10–20 reps

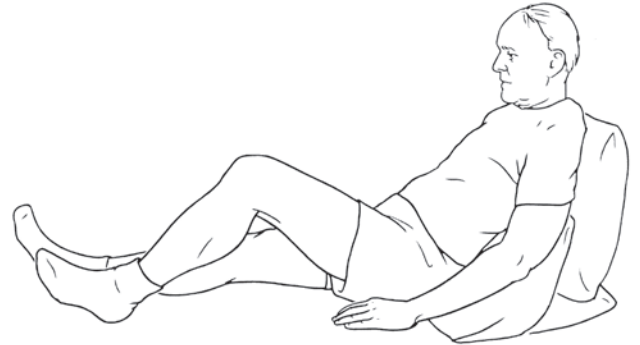
1. Sit in a sturdy chair with your feet flat on the floor.
2. Lift one foot until your leg is straight.
3. Hold for 3–5 seconds.
4. Lower your foot back down.



## Hamstring Sets

10–20 reps

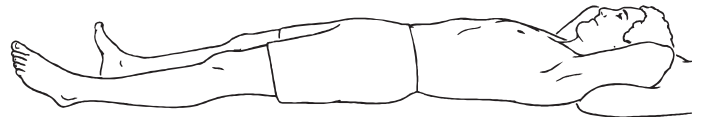
1. Lie on your back with a rolled towel or pillow under your heel so it's slightly lifted off the bed.
2. Allow yourself to relax in this position. You should feel a gentle stretch behind your knee.



## Gluteal Sets

10–20 reps

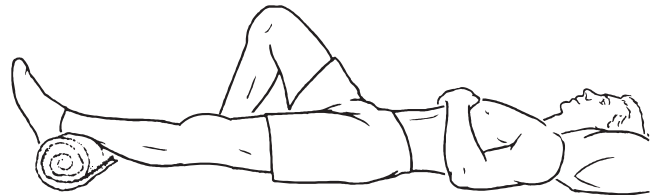
1. Lie on your back with your knees straight.
2. Squeeze your buttocks muscles tightly.
3. Hold for 5 seconds, then relax.
4. Remember to breathe normally (don't hold your breath).



## Knee Extension Stretch

5 minutes

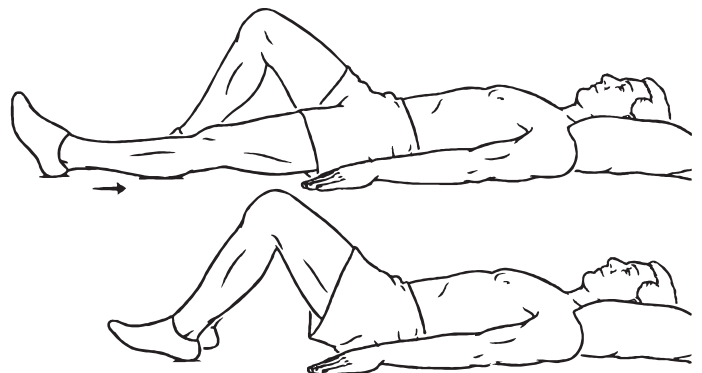
1. Lie on your back.
2. Place a rolled towel or pillow under your heel.
3. Let your leg relax and straighten.
4. You should feel a gentle stretch behind your knee.



## Heel Slides

10–20 reps

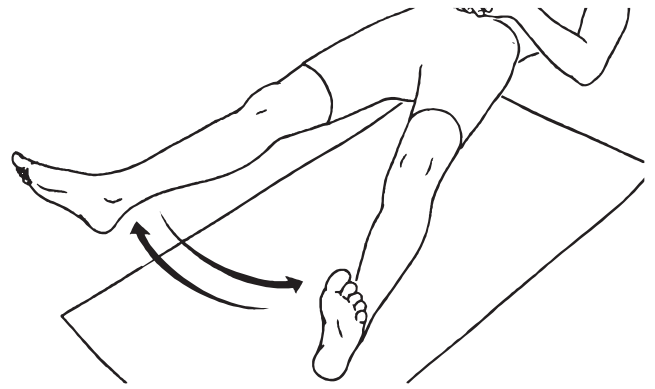
1. Lie on your back with your legs straight.
2. Slowly slide your heel toward your buttocks by bending your knee.
3. Keep your heel in contact with the bed throughout the movement, then return to the starting position.



## Hip/Abduction/Adduction

10–20 reps

1. Lie on your back with your legs straight and toes pointed toward the ceiling.
2. Keeping your knee straight, slowly slide your leg out to the side, then return to the starting position.



## Seated Hamstring Stretch

5 reps

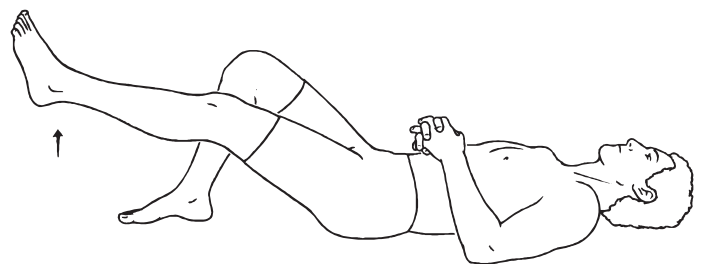
1. Sit on the edge of the bed or couch with one leg straight out and the other foot flat on the floor.
2. Keeping your back straight, lean forward and reach toward the toes of your extended leg. You should feel a stretch along the back of your thigh.
3. Hold for 10 seconds, then relax.



## Straight Leg Raises

10–20 reps

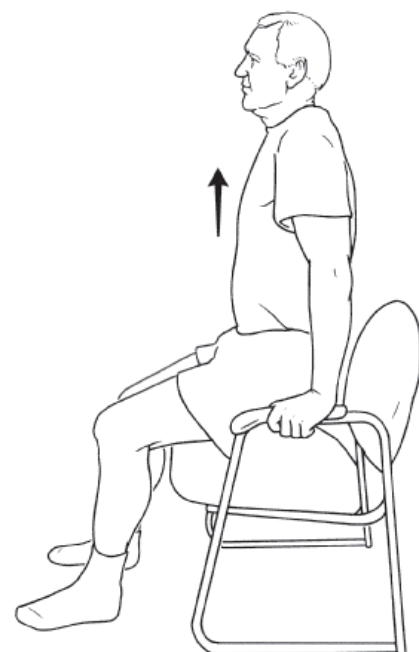
1. Lie on your back with one knee bent and your foot flat on the bed.
2. Lift your opposite leg off the bed, keeping your knee straight. Do not lift any higher than your bent knee.
3. Lower your leg slowly and relax.



## Armchair Push-Ups

10–20 reps

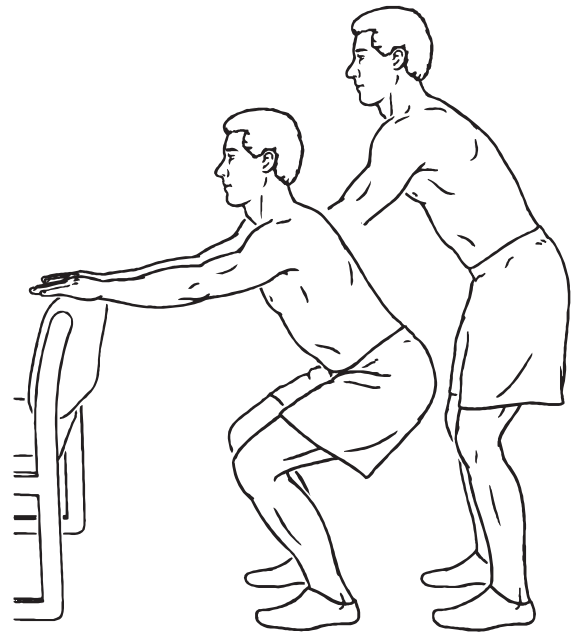
1. Sit in an armchair with your feet flat on the floor.
2. Place your hands on the armrests and push down to lift your body slightly off the seat.
3. Slowly lower yourself back down and return to a seated position.



### Mini Squats (Hip Only)

10–20 reps

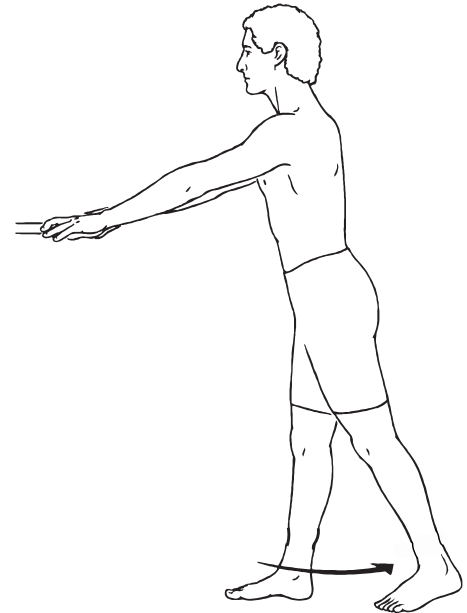
1. Stand while holding onto a sturdy surface.
2. Bend your knees slightly.
3. Keep your back straight.
4. Return to a standing position.



### Standing Hip Extension (Hip Only)

10–20 reps

1. Stand tall while holding onto a sturdy surface.
2. Keep your knee straight.
3. Slowly lift your leg backward.
4. Do not lean forward.
5. Lower your leg back down slowly.



## Pre-Surgery Nutrition

Eating well helps strengthen your body for surgery and recovery. It is one of the simplest ways to support the healing process.

### Eating healthy foods can:

- Build strength
- Help you heal faster
- Give you more energy
- Support your immune system
- Lower your risk of infection

### Make Mindful Food Choices

Try to eat a mix of foods from all food groups each day. Before each meal, think about what you are putting on your plate and how much.

- **Fruits and vegetables:** Fill half your plate
- **Grains:** Choose whole grains when possible
- **Dairy:** Choose low-fat or fat-free options
- **Proteins:** Eat a variety of lean protein options

For a 2,000-calorie diet, follow these recommended servings from each food group.

For personalized plans, visit [MyPlate.gov](https://www.MyPlate.gov).

### Limit Salt, Sugar, & Unhealthy Fats

- Choose foods with less salt (sodium)
- Drink water instead of sugary drinks
- Eat sweets less often
- Limit foods high in fat to occasional treats, such as:
  - Cakes, cookies, and ice cream
  - Pizza and cheese
  - Sausage and hot dogs
- Limit empty calories to less than 260 per day, based on a 2,000-calorie diet.

### Stay Active

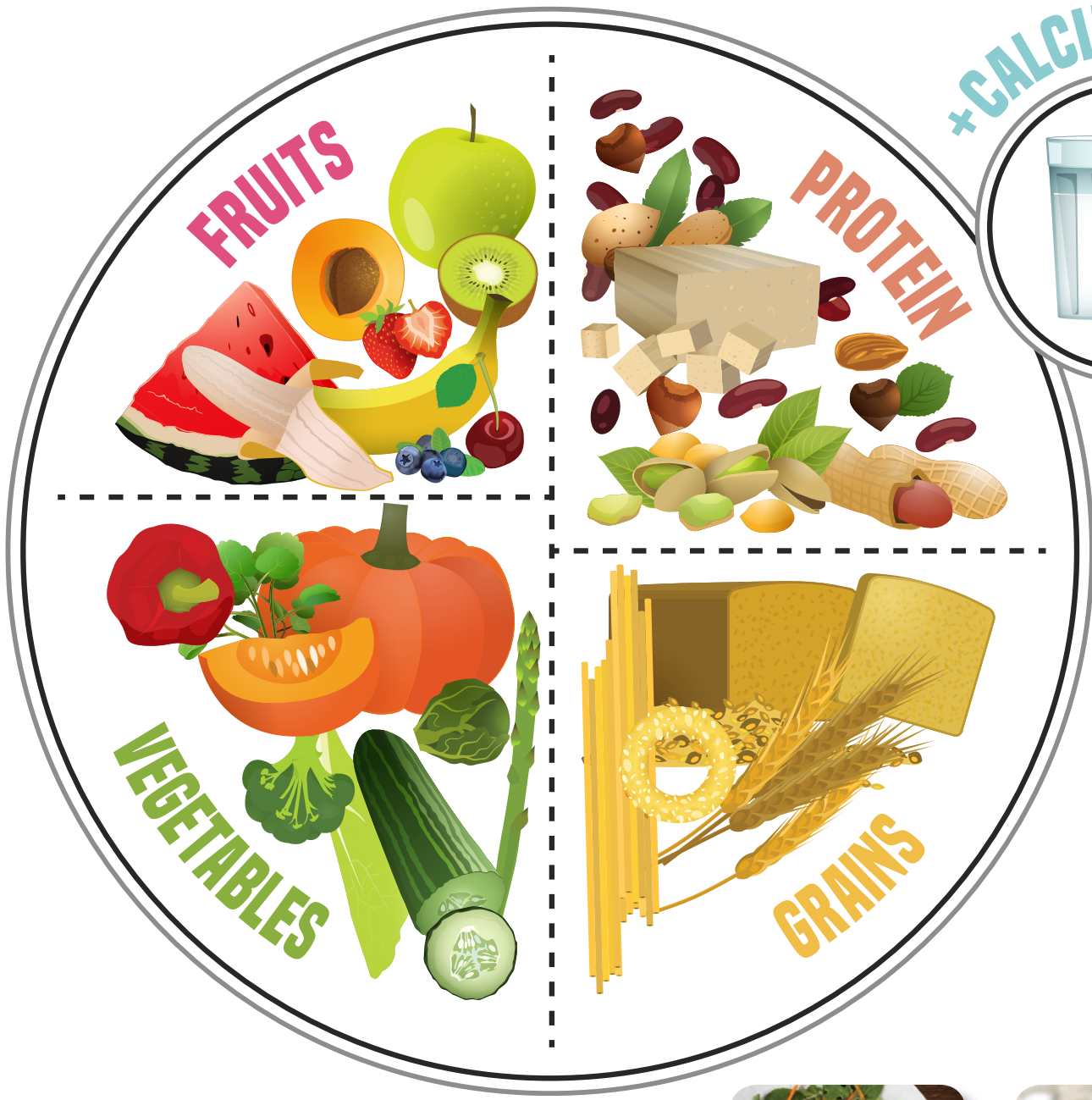
Being active helps your body stay strong.

- Choose activities you enjoy
- Try to move for at least 10 minutes at a time

### Activity Goals

- **Adults:** At least 2½ hours each week (like brisk walking)
- **Children and teens:** At least 60 minutes each day

Fruits	Vegetables	Grains
<ul style="list-style-type: none"> <li>• <b>Goal:</b> 2 cups per day               <ul style="list-style-type: none"> <li>• 1 cup =                   <ul style="list-style-type: none"> <li>1 cup of raw or cooked fruit</li> <li>1 cup 100% fruit juice</li> <li>½ cup dried fruit</li> </ul> </li> <li>• Eat fruit as snacks, in meals, or for dessert</li> <li>• Add fruit to cereal or pancakes</li> <li>• Choose fresh, frozen, dried, or canned fruit (in water or 100% juice)</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <b>Goal:</b> 2½ cups per day               <ul style="list-style-type: none"> <li>• 1 cup =                   <ul style="list-style-type: none"> <li>1 cup cooked veggies</li> <li>2 cups of leafy greens</li> </ul> </li> <li>• Eat more colorful veggies like tomatoes, sweet potatoes, and broccoli</li> <li>• Add beans or peas to meals</li> <li>• Fresh, frozen, and canned veggies all count</li> <li>• Choose low-sodium or no-salt-added options</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <b>Goal:</b> 6 ounces per day               <ul style="list-style-type: none"> <li>• 1 ounce =                   <ul style="list-style-type: none"> <li>1 slice of bread</li> <li>½ cup cereal, pasta, or rice</li> <li>1 ounce ready-to-eat cereal</li> </ul> </li> <li>• Choose whole grains like whole wheat bread, brown rice, and oatmeal</li> <li>• Check labels for the word “whole” as the first ingredient</li> </ul> </li> </ul>
Dairy	Protein	Protein Shakes
<ul style="list-style-type: none"> <li>• <b>Goal:</b> 3 cups per day               <ul style="list-style-type: none"> <li>• 1 cup =                   <ul style="list-style-type: none"> <li>1 cup milk, yogurt, or fortified soymilk</li> <li>1½ ounces natural or 2 ounces processed cheese</li> </ul> </li> <li>• Choose low-fat or fat-free milk, yogurt, or cheese</li> <li>• Try lactose-free milk or fortified soy milk if needed</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <b>Goal:</b> 5½ ounces + 2 protein shakes per day               <ul style="list-style-type: none"> <li>• 1 ounce protein =                   <ul style="list-style-type: none"> <li>1 ounce of lean meat, poultry, or fish</li> <li>1 egg</li> <li>1 tbsp. peanut butter</li> <li>½ ounce nuts or seeds</li> <li>¼ cup beans or peas</li> </ul> </li> <li>• Choose a variety of proteins like:                   <ul style="list-style-type: none"> <li>• Lean meats and poultry</li> <li>• Fish</li> <li>• Eggs</li> <li>• Beans and nuts</li> </ul> </li> <li>• Choose meats that are at least 90% lean</li> <li>• Remove fat and skin to lower calories</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <b>Goal:</b> 2 protein shakes per day               <ul style="list-style-type: none"> <li>• For 5 days before surgery</li> <li>• For 5 days after surgery</li> </ul> </li> </ul> <p>This helps support healing and recovery.</p>



**+CALCIUM**



**Make half your plate fruits and vegetables.**



**Make at least half your grains whole.**



**Switch to skim or 1% milk.**



**Vary your protein food choices.**

## Preparing Your Home for Recovery

### Support Person

Plan to have a support person available to help you at home, especially during the first few days after surgery. They can help you with:

- Moving safely around your home
- Getting dressed
- Preparing meals
- Bathing
- Transportation to appointments

### Transportation

- Do not drive for 4–6 weeks after surgery
- Do not drive while taking prescription pain medicine
- Your provider must complete a mobility assessment and clear you before you can drive again

Make sure you have a reliable ride for all appointments during this time.

### Stairs & Handrails

- If you use stairs often, try to stay on the main level of your home
- Make sure you have easy access to a bedroom, bathroom, and kitchen
- Install handrails before surgery if possible
- If you do not have handrails, have someone help you on the stairs

### Stair Technique:

- **Going up:** Step first with your non-surgical leg
- **Going down:** Step first with your surgical leg

### Bedroom

- If your bed is too high, **lower it if possible**
- Your physical therapist can show you how to get in and out of bed safely
- **Shoulder surgery:** It is recommended to sleep in a recliner for 4–6 weeks after surgery

### Bathroom

- Use a shower chair for the first few weeks of recovery
- Consider a toilet riser to make sitting and standing easier

These items are available at pharmacies, medical supply stores, or home improvement stores.

### Doorways

- Practice walking through doorways with your walker before surgery
- If your walker does not fit straight through, try turning it sideways

### Driveway & Surfaces

- **Avoid uneven or unstable surfaces** for several weeks after surgery to reduce your risk of falling

## Day Before Surgery

A member of our Surgical Care team will call you the day before your surgery. They will confirm your arrival time and review the important details listed below with you.

### Fasting Instructions

**Do not eat anything after midnight** the night before surgery, including:

- Tube feedings
- Gum
- Mints
- Cough drops
- Alcohol

**You MAY drink water up to 4 hours before your scheduled arrival time.**

### Packing Instructions

#### What to Bring

- Photo ID
- Insurance card(s)
- Your *Total Joint Replacement Program Patient Handbook*
- A copy of your advanced directive (if you have one)
- A list of your current medications and their doses, including over-the-counter medicines and supplements
- Personal care items (toothbrush, toothpaste, deodorant)
- Up to 3 loose-fitting outfits (tops and bottoms)
  - Shorts are helpful for knee surgery, but not required
  - For shoulder surgery, a Velcro shirt is recommended
  - Non-slip shoes
- Any equipment discussed in your class
- Hip kit for dressing, if you have one (your occupational therapist will show you how to use it)
- Walker (for knee or hip surgery)
- Shoulder sling (for shoulder surgery)

The surgical unit has limited storage space. Please leave your belongings safely locked in your car until your care team takes you to your room.

#### What NOT to Bring

Do not bring these items:

- Home medications (unless your care team tells you to)
- Jewelry
- Valuables or sentimental items
- Large amounts of cash
- Makeup (remove before surgery)
- Nail polish
- Electronic devices (phones, tablets)

**If you bring these items, you are responsible for them.**

Stormont Vail Health is not responsible for lost, stolen, or damaged items, including glasses, hearing aids, dentures, and electronics.

# Showering Instructions

## What You Need

- Shampoo
- Body wash or soap (do not use soap with moisturizers)
- Clean washcloth
- Clean towel(s)
- Clean clothes
- Clean bedding (sheets, pillowcases, top blanket/comforter)

## Before You Shower

1. Put clean sheets, pillowcases, and a blanket/comforter on your bed.
2. Set out clean wash cloth for shower, clean towel(s) and clean clothes for after your shower.

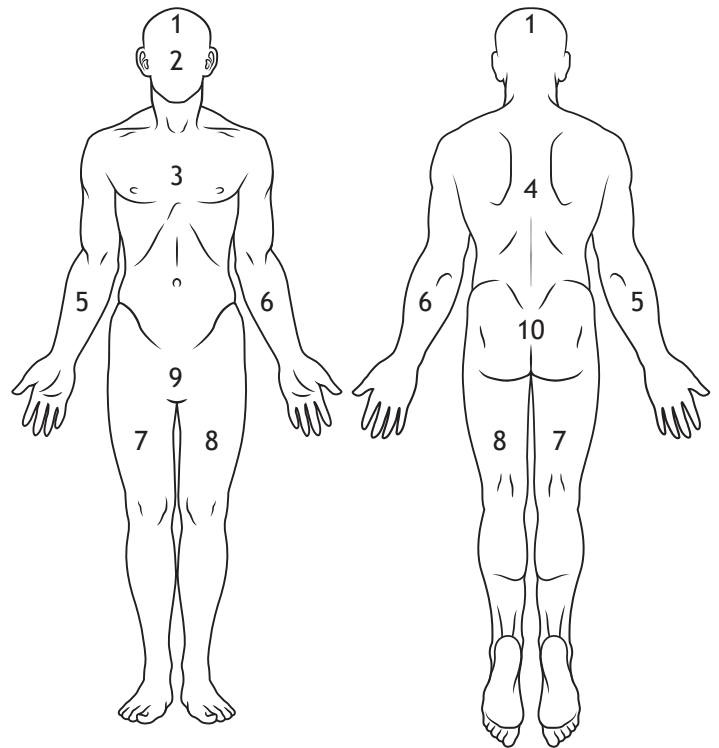
## How to Shower

Use warm water.

1. Wash your hair and scalp with shampoo. Rinse well.
2. Wash your face with soap or face wash. Rinse well. *(No moisturizers).*

*Wash your body with body wash or soap (No moisturizers).*

3. Start with your chest.
4. Wash your back.
5. Wash your right arm, armpit, and hand.
6. Wash your left arm, armpit, and hand.
7. Wash your right leg and foot.
8. Wash your left leg and foot.
9. Wash your genital area.
10. Wash your buttocks.
11. Rinse your body well.



## Drying Off

1. Dry your hair (use a separate towel if you have long hair).
2. Dry your face.
3. Dry your body in the same order you washed it.

## After Your Shower

1. Put on clean clothes.
2. Sleep in your clean bed.

## What NOT to Do

- Do NOT use conditioner, gel, hair spray, lotions, moisturizers, makeup, ointments, perfumes, or deodorant.
- Do NOT shave with a razor or clippers.
- Do NOT let pets sleep in your clean bed or on clean bedding.

**IF YOU HAVE QUESTIONS, ASK YOUR CARE TEAM!  
WE'RE HERE TO HELP YOU STAY SAFE AND COMFORTABLE.**



## Arriving at Stormont Vail Single Day Surgery

Stormont Vail Health Kanza Park Clinic  
2660 S.W. 3rd St. • Topeka, KS 66604  
Enter through the lower level  
785-270-8000



## Registration

When you arrive, you will:

- Meet with a registration team member
- Show your photo ID
- Review and update any missing information
- Receive a hospital wristband

After registration, you will wait in the waiting area until you are called to the pre-operative department.

## Preoperative Area

When a staff member takes you to your room, they will ask you to undress completely and change into a hospital gown.

Next, a nurse will:

- Complete skin, nasal, and oral antiseptic preoperative prep
- Place a warming blanket on you
- Complete any orders from your surgeon
- Start an IV and draw appropriate labs
- Administer preoperative medications

You will also:

- Briefly meet your surgeon
- Meet your anesthesia provider
- Sign consent forms for your surgery and anesthesia
- For knee surgeries, you may receive a nerve block to help control pain afterwards

When you are ready, your operating room (OR) circulating nurse will take you to the OR for your procedure.

## The Operating Room (OR)

The OR may feel bright, noisy, and cool. You will get a warm blanket to help you stay comfortable.

Your care team will include:

- Your surgeon
- An advanced practice provider (to assist the surgeon)
- An anesthesia provider
- A circulating nurse
- Surgical technologist(s)



## Before Surgery Starts

Before your surgery starts, the team will complete a safety check called a “time-out.” They will ask you to confirm:

- Your name
- Your date of birth
- Your procedure
- The correct surgery site

## During Surgery

- The team will help you onto the operating table
- You may receive spinal anesthesia to numb your lower body, AND/OR general anesthesia to put you to sleep
- Most surgeries take about 1–1½ hours

After surgery, your surgeon will speak with your support person in the waiting area.



# What to Expect After Surgery

## Post-Anesthesia Care Unit (PACU)

After surgery, team will take you to the PACU. Staff will watch you closely as you wake up.

Once you are awake and your pain is controlled, the team will move you to one of the following based on your care plan:

- Pre/post-surgery unit
- The Total Joint Center

## During the First Few Hours

During the first few hours you will:

- Have ice chips and small sips of water
- Slowly increase your diet as you tolerate food
- Continue IV fluids until you can eat and drink

Your support person or family member may join you when it is safe to do so.

## Pain Management

You may have some pain or discomfort. Your care team will give you pain medicine to help keep you comfortable.

Managing your pain is important for healing.

- Moving early helps you get stronger faster
- Tell your care team if you are in pain
- Do not wait until the pain becomes severe—ask for help early

## Early Activities

Your team will encourage you to:

- Take deep breaths and cough often (about 10 times each hour)
- Sit on the edge of the bed
- Stand briefly with help from a care team member
- Use the restroom

## Your Safety is Our Top Priority

You have a higher risk of falling after surgery. **Always call for help before getting up.**

Your care team will help you with:

- Transferring to and from a seated or laying position
- Walking
- Standing
- Using the bathroom

## Discharge Planning

Depending on your surgery and recovery, you may be ready to go home about 5–6 hours after surgery.

### Therapy Evaluation

Before you leave the hospital, a physical and/or occupational therapist will evaluate you to make sure it is safe for you to go home. They will help you practice moving, walking, and completing daily tasks.

### Before You Go Home

You will receive:

- Specific home care instructions
- Details about your follow-up appointments
- Prescriptions for your medications

### Important

- Arrange for someone to drive you home after discharge
- Follow all care instructions from your provider
- A care team member will call you within 1–2 business days after surgery to check on your progress

## What to Expect During Recovery

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If you have questions at any time, contact your nurse navigator.

### Incision Care

- Keep your dressing clean and dry
- Follow your surgeon's instructions for how to care for your incision and dressing, including:
  - When and how to change your dressing
  - When it is safe to shower
  - Follow-up care
  - When to call your care team

### Medication

- Take all medications as prescribed by your surgeon
- Take your blood thinner for 3 weeks, as directed
- Take pain medication as needed
- Follow your daily bowel treatment plan to prevent constipation caused by pain medication

## Ice & Elevation

Ice and elevation to reduce swelling.

### Ice

- Apply ice for **20 minutes** at a time
- **Do not place ice directly on your skin** (wrap ice in a clean, thin cloth, like a towel or t-shirt)

### Elevation (Knee Only)

- Raise your entire leg, including your ankle
- Elevate for 20–30 minutes every 3 hours and overnight
- Your leg should be higher than your heart (use **3–4 pillows** to support your leg—your recliner is **not** high enough to elevate your leg)
- Place pillows from your hip to your heel
- Keep your knee as straight as possible

### Activity

- Use your front-wheel walker to walk every hour while awake
- Slowly increase your activity each day
- Attend all physical therapy appointments
- Take pain medication before therapy appointments, as needed

### Post-Surgery Hip & Knee Exercises

- Start with 10 repetitions of each exercise and gradually increase to 20 as tolerated.
- Perform each exercise twice a day

#### Standing Hamstring Curls

10–20 reps

1. Sit in an armchair with your feet flat on the floor
2. Place your hands on the armrests and push down to lift your body slightly off the seat
3. Slowly lower yourself back down and return to a seated position

#### Standing Heel Raises

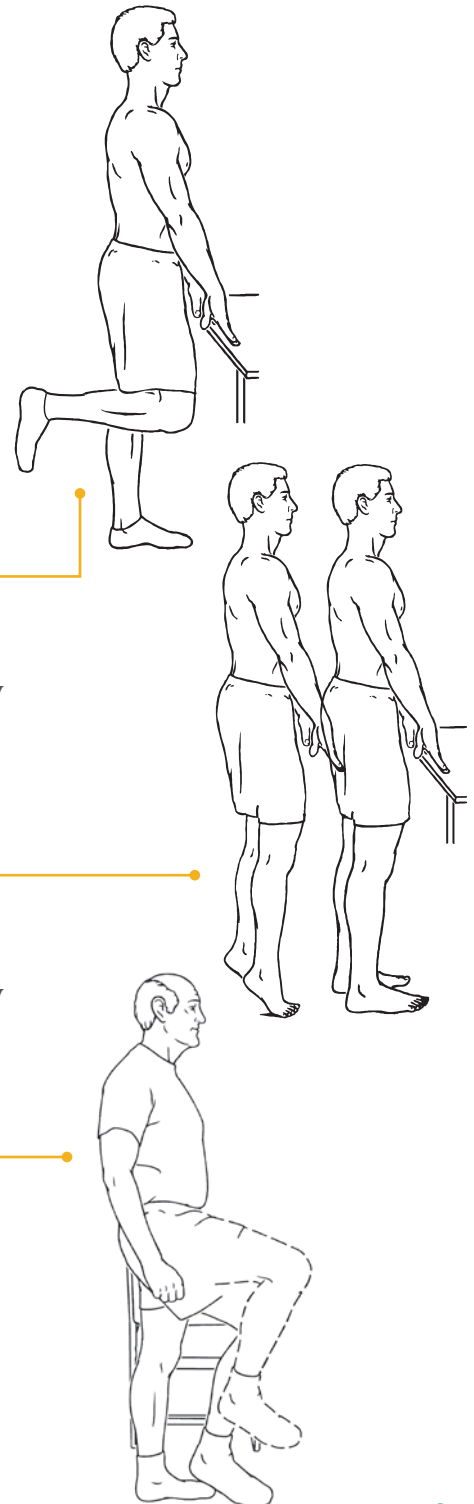
10–20 reps

1. Sit in an armchair with your feet flat on the floor
2. Place your hands on the armrests and push down to lift your body slightly off the seat
3. Slowly lower yourself back down and return to a seated position

#### Standing Hip Flexion

10–20 reps

1. Stand upright while holding onto a steady surface for support
2. Bend your knee and lift your leg as if stepping onto a stair
3. Keep your hip bent less than 90 degrees (do not raise your knee higher than your hip)
4. Lower your leg slowly and return to the starting position



# Recovery Guidelines & Safety Tips After Total Joint Replacement Surgery

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## Precautions

- It is important to follow safety guidelines to protect your new joint
- Your care team will remind you about these steps as you recover
- Ask your provider how long you need to follow these instructions

## Exercise

- Continue the exercises you have learned
- Slowly return to your normal daily activities
- It is normal to feel tired during recovery

**Call your care team if your tiredness becomes severe or does not improve.**

## Understanding Blood Clots After Surgery

After total joint replacement surgery, you have a higher risk of blood clots. This is called venous thromboembolism (VTE).

Most blood clots happen within 2–10 days after surgery, but your risk can last up to 3 months.

### Types of Blood Clots

- **Deep vein thrombosis (DVT):** A clot in the leg. Symptoms include:
  - Swelling in your thigh, calf, or ankle that does not improve with ice and elevation
  - Pain, heat, or tenderness in your calf, behind your knee, or groin
  - Skin that is red or warm to the touch
- **Pulmonary embolism (PE):** A clot that travels to the lungs. **Call 911 right away** if you have these symptoms:
  - Sudden chest pain
  - Fast or difficult breathing
  - Severe shortness of breath that does not improve with rest
  - Sweating or confusion
  - Coughing up blood

### How to Prevent Blood Clots

- Do ankle pump exercises often
- Walk frequently as directed by your care team
- Take your blood thinner as prescribed
- Stay hydrated

# Living With Your New Joint

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Follow these guidelines to protect your new joint and support healing at home.

## Ask for Help

Becoming independent again is the goal, but healing takes time. Ask for help when you need it.

## Follow-Up Appointments

Keep all of your follow-up appointments so your care team can check your healing and joint function. During these visits, you may meet with:

- Your orthopedic surgeon
- An orthopedic advanced practice provider (APP)
- An orthopedic clinic nurse
- A physical or occupational therapist

## Hygiene & Handwashing

After surgery, your incision is still healing and needs protection.

- Wash your hands often, including before and after caring for your incision
- Use soap and water when possible
- Use hand sanitizer if soap and water are not available

## Handwashing Steps

1. Wash with soap and warm water for at least 20 seconds
2. Clean under your nails
3. Dry your hands with a clean towel

## Watch for Infection

Infections in other parts of your body can compromise your new joint. Call your provider right away if you have signs of infection, such as:

- Urinary tract infection (UTI)
- Dental infection
- Fever or chills
- Redness, swelling, or skin color changes near your incision

## Dental Care

- Tell your dentist and other healthcare providers that you have had a joint replacement
- You may need antibiotics before some procedures
- For up to 2 years after surgery, you will need to contact your care team before any dental work to ask if you need antibiotics

## Travel & Security

Your new joint may set off metal detectors. You may want to carry a joint replacement card when traveling.

# Recovery After Total Shoulder Replacement Surgery

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## Important

To protect your shoulder and help healing:

- Do not fully straighten your elbow
- Do not move your elbow away from your body
- Do not put weight on your operative arm, including when pushing up from a bed, chair, or toilet
- **Wear your Slingshot Bolster at all times**, except when:
  - Showering (use shower sling)
  - Dressing your upper body

## Using Your Sling

- You will likely wear your sling for about 4 weeks
- Your physical therapist will tell you when it is safe to stop using it
- Always follow your surgeon and therapist's instructions

## Getting Dressed

- **Always sit down** to dress your upper body
- Put your surgery arm into your shirt first
- Use your non-operative arm to support your operative arm in a sling-like position
- Your support person can help guide your arm into your clothing

## Recommended Clothing

- **Lower body:** Pull-on pants (no buttons or zippers)
- **Upper body:** Loose or front-opening shirts (Velcro shirts work well)
- **Shoes:** Wear shoes with backs (no slippers, flip-flops, or sandals)

For helpful tips to modify clothes, scan the QR code or visit [tinyurl.com/sewing-is-cool](https://tinyurl.com/sewing-is-cool).



## Showering

- Follow your discharge instructions for incision and dressing care
- Use your shower sling to support your arm while showering

## Eating & Daily Tasks

- Use your non-operative arm for eating and daily activities

## Sleeping

- **Wear your black Slingshot Bolster sling while sleeping**
- It is best to sleep in a recliner
- Use pillows to support your arm and your side

# Frequently Asked Questions

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## Who can I contact about my bill?

Call Stormont Vail Health Customer Service between 8 a.m.–5 p.m., Monday–Friday at 785-354-1150, or email [billingcustomerservice@stormontvail.org](mailto:billingcustomerservice@stormontvail.org).

## How much do I owe? When will I get a bill?

You will not get a bill until your insurance has paid or denied your claim. If you do not have insurance, you will receive an itemized bill within 30 days after your procedure. Payment is due within 30 days after you receive your statement. If you need more time, contact Customer Service at 785-354-1150.

## What payment methods are accepted?

You can pay using:

- Cash
- Check
- Money order
- Bank transfer (checking or savings account)
- Credit cards (MasterCard, Visa, Discover, American Express)

Eligible patients may also qualify for a bank loan program.

## Will I receive other bills?

Yes, you may receive separate bills from other providers, such as:

- Radiologists (who read imaging tests)
- Anesthesiologists
- Surgeons
- Lab or pathology services

If you have questions about these bills, call the phone number listed on the bills.

## How long does surgery take?

The surgery itself takes about 60–75 minutes. The total time in the operating room is about 2–2.5 hours, including preparation and anesthesia.

## How long will I stay in the hospital?

- Most patients go home the same day or next day.
- Plan for discharge on the first day after surgery.
- Your surgeon may recommend a longer stay if needed.
- If you have questions, talk to your surgeon's care team.

## Will I have a scar?

Yes. Do not put anything on your incision unless your surgeon says it is okay. Doing so can increase your risk of infection.

## Will I have bruising after surgery?

Yes. Bruising is normal. You may notice swelling, redness, or black-and-blue color around the incision. This is part of healing.

## Will I need a front wheel walker after surgery?

Yes, you will need a walker or another device to help you move safely. Your surgeon, care team, and pre-surgery education videos will tell you what equipment you need. Your surgeon will tell you how long to use it. Do not stop using your equipment without your surgeon's approval.

## How long will my joint replacement last?

How long your new joint lasts depends on your health, activity level, and weight.

The parts can wear out over time, but generally:

- About 90% last 10 years
- About 80% last 20 years

## What causes the implant to loosen?

- The most common cause is wear over time.
- This can cause the implant to loosen from the bone.
- Your surgeon will talk with you about this and other risks.

## Will I need physical therapy at home?

- Knee replacement: Yes, therapy helps prevent stiffness and swelling.
- Hip replacement: Usually no formal therapy (you will do exercises at home)
- Shoulder replacement: Therapy usually starts after your first follow-up visit

## When can I drive again?

Your surgeon will tell you when it is safe to drive. This is usually discussed before you leave the hospital.

## When can I return to work?

Most people need at least 1 month off after surgery. Your provider will tell you when it is safe to return, based on your job. Talk to your care team if you have questions about your work duties.

## When will I see my surgeon again?

- Your first visit usually happens 10–14 days after surgery.
- You may have more visits at 1 month, 6 months, and 12 months.

## What activities can I do after surgery?

- Most people can return to daily activities after healing.
- Avoid high-impact activities like running or contact sports.
- Talk to your surgeon about your activity goals.

## Will I need help dressing after shoulder surgery?

You may need help at first.

- Do not raise your arms
- Wear loose or button-down shirts
- Velcro shirts may be helpful

## **What activities are allowed after knee replacement?**

Most people return to their usual activities after healing. If you are unsure, ask your care team.

## **Will my new joint feel different?**

- Yes, this is normal.
- You may feel numbness near the incision for up to a year.
- You may hear or feel a clicking in your knee.
- Your hip may feel slightly longer than before.
- Some soreness may last a few months.

## **Will I need antibiotics before dental procedures?**

- You may need antibiotics before dental work.
- For up to 2 years after surgery, check with your care team before dental visits.





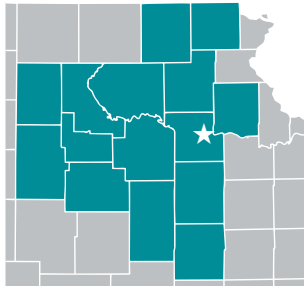




# You deserve the **BEST** healthcare!



Stormont Vail Health is a nonprofit, integrated healthcare system that has served Kansas for more than 140 years. With a medical staff of more than 570 providers, including 280 physicians, Stormont Vail delivers care across more than 35 locations in eastern Kansas. In addition to its acute care hospitals in Topeka and Junction City, Stormont Vail provides access to a wide range of ambulatory and procedural care in the region. Learn more at [stormontvail.org](http://stormontvail.org).



The Stormont Vail organization is a **Mayo Clinic Care Network** member, meaning our experts have experts. The network provides Stormont Vail physicians access to top-tier expertise, innovative research, and collaboration on treatment options for complex medical conditions. Additionally, being a **Magnet Designated** facility reflects the organization's dedication to nursing excellence, providing patients with the highest standards of care, and fostering an environment of continuous improvement in patient outcomes.

