

Getting Ready for
**Hip Replacement
Surgery**



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Section 1

Welcome

Thank you for choosing the ChristianaCare Center for Advanced Joint Replacement for your hip replacement surgery.

This guide will help you know what to expect before, during, and after your surgery. Please bring this guide with you to:

- **The hospital on your surgery day**
- **Your physical therapy visits after surgery**

You play a key role in your recovery and success after surgery. We encourage you to actively participate in your care and ask questions every step of the way. We are here to support you through your journey and to help you reach your goals.

Keeping you safe

When you decide to have surgery, you want to know that you are in the best hands possible. Your care team at ChristianaCare is committed to giving you safe, high-quality care. The team receives extra training, resources, and the best technology to keep you safe while you are in the hospital and at home.

The right support

It is helpful to have a support person in mind to help you through your surgery journey. This can be a reliable friend or family member who can provide support before and after surgery. We will partner with you and your support person in your care. Please include your support person for your education session.

Section 2

Planning for Your Surgery

Planning for your surgery ahead of time can help you feel more comfortable and know what to expect.

Learn about your surgery

Before surgery, you will meet with someone from your care team to learn more about your surgery. If possible, include your support person in this so they can learn how to help you in your recovery.

Education session date: _____

Day of surgery

Surgery date: _____

Time to arrive for surgery: _____



Section 3

About Your Hospital Stay

The hospital offers private rooms with internet access for your comfort after surgery. The program includes:

- A care team that helps you plan your care before and after surgery.
- A session with your care team to learn about your surgery over the phone.
- Coaching for family and friends who will help with your recovery.
- A treatment plan that meets your needs.

Your care team

Your care team is made up of the following caregivers. They will all work together to make sure you get the care that is right for you.

Your surgeon will perform your surgery and work with the other members of the care team to make sure you get the care you need. Your surgery team will follow up with your progress during your hospital stay.

A Nurse Navigator who will review education with you before and after your surgery and help answer any questions you may have.

A registered nurse (RN) will help you with your day to day activities, keep you updated on your care, and give you the medicine and care you need during your hospital stay.

A physical therapist (PT) and occupational therapist (OT) will help you move better and care for yourself through exercise and the use of assistive equipment, as needed.



A patient care technician (PCT) will help you with activities in your day to day routine, including: bathing, eating meals, and moving around.

The care coordinator team will guide you through your surgery journey from start to finish. They will help you get ready before surgery, and arrange the care you need after your surgery.

Reaching your care coordinator

Monday through Friday, 7:30 a.m. to 4 p.m.

Wilmington Hospital patients: Phone: 302-320-2460 Fax: 302-320-4644

Christiana Hospital patients: Phone: 302-320-2460 Fax: 302-320-4644



Section 4

Before Surgery

The checklist below will tell you everything you need to do before surgery. Doing these things before your surgery will help you know you are ready on your surgery day.

Before Surgery Checklist

- ❑ **Complete your pre-registration.** After your surgery has been scheduled, the Admitting Department will call you to gather your information by phone.
- ❑ **Go to all needed appointments before surgery.** Your surgeon may have you see your primary care provider or a specialist (like a heart doctor or a lung doctor) before surgery to be sure you are safe to receive anesthesia during your surgery.
- ❑ **Get your pre-surgery blood work.** After your surgery is scheduled, your surgeon will give you a slip to get blood work. Have this testing done at a lab approved by your insurance company. It is best to have the blood work done 3-4 weeks before your surgery.

ChristianaCare offers pre-admission testing at the Newark and Wilmington hospital campuses and the Middletown Emergency Department. These are by appointment only. Please visit www.christianacare.org/labservices for instructions, locations and to schedule your appointment.

- ❑ **Make a copy of your Advanced Directives, or consider creating them if you do not currently have them.** Advance directives are documents you create while you are feeling well and thinking clearly. They explain to your family and your health care providers what medical treatment you wish to receive, or not to receive, should you become unconscious or too ill to make the decision at a later point in your life.
- ❑ **See a dentist (optional)** If you are not current with your regular checkups, we recommend you see your dentist. Please contact your surgeon's office if you need extensive dental work before your surgery.

- ❑ **Review your medicine list with your care team.** Some medicine may need to be held before your surgery.

IMPORTANT - If you are on Coumadin, Plavix, Xarelto, Eliquis or Pradaxa or other blood thinners, you will need special instructions from the doctor who prescribed this medication before you can stop taking them. Do not stop taking these medications without medical direction. If you take an aspirin every day, discuss with your provider whether or not you should stop this before your surgery.

- ❑ Shower 5 days before surgery using special Chlorhexidine solution. Follow the information on the direction sheet. Preparing your skin for surgery will help lower your chance of infection of your hip. This solution will be mailed or given to you at the hospital.
- ❑ **Sign up for an information session about your surgery.** To schedule your education session call 302-320-2460. Plan to include your support person in the session.
- ❑ **Arrange outpatient physical therapy.** Before coming to the hospital, schedule your outpatient physical therapy sessions to reduce delays in starting physical therapy once home.

The Night Before Surgery

- ❑ **Do NOT eat or drink anything after midnight** unless otherwise told to do so. If your nurse or surgeon tells you to take any medicines by mouth on the day of surgery, you may take these with a sip of water.

Section 4

What to Bring

- A photo ID
- A copy of your Advance Directive, like Instructions for Health Care or a Power of Attorney for Health Care, if you have one.
- Your Hip Replacement Surgery Guide.
- Any personal home medical equipment (like a CPAP if you use it).
- Wear loose fitting clothing to the hospital. You can wear the same clothes when you go home (drawstring or elastic waist sweatpants or shorts, short sleeve t-shirts).
- Button-down or zip up sweater or jacket.
- Sneakers or flat-soled rubber shoes and socks. Avoid flip flops and clogs.
- Place your name on items you are bringing to the hospital

Do NOT bring:

- Medications (unless your care coordinator asks you to bring them)
- Valuables like your watch, wallet, handbags, money or jewelry.

ChristianaCare is not responsible for lost, damaged, or stolen items.



Section 5

In the Hospital

When your surgery date finally arrives, it will go more smoothly for you and your visitors if you know what to expect. Please review the following information, and share it with your support person.

Parking

Drive to the hospital where you will be getting your surgery. Parking is available in the parking garage in front of both Christiana and Wilmington Hospitals.

Visitation Guidelines - Our visitor policy may change at any time. Please check ChristianaCare.org or call 302-733-1000 for the most current information.

Where to Go

Christiana Hospital: Enter the hospital's main lobby and ask to be directed to the Surgical Admission Unit.

Wilmington Hospital: On the day of surgery, enter Wilmington Hospital at the main entrance. Take the south elevators to the 3rd floor, exit the elevators to the right and check in at the surgical waiting room on the left.

What to Expect at Check-in

Your care team will help you get ready in the surgery prep area. You will then be taken to the operating room holding area.

Your support person will be directed to the waiting area. They will be updated when your procedure is complete.

In the surgery prep area, an intravenous (IV) line will be started and your care team will come meet you and help get you ready for surgery. They will then take you to the operating room where you will have your hip replacement surgery.

Section 6

After Surgery

After surgery, you will be taken to a recovery area for about 1-2 hours. Depending on your situation, you may wake up with oxygen, circulation boots, stockings or a device on your finger to measure oxygen. Your care team will watch you closely during this time and work on managing your pain after surgery.

Expect to be out of bed and doing light exercises after surgery. This helps prevent blood clots.

You may also be asked to breathe into a breathing device, called an incentive spirometer. This helps keep your lungs healthy after surgery.

Managing Your Pain After Surgery

Pain medicine is available for you throughout your hospital stay. You will be asked to rate your pain on a scale of 0-10, with “0” being no pain and “10” being the worst pain possible.



Please let someone from your care team know if you are having pain. We will work with you to manage your pain. Some things that may be used to manage your pain include:

- Medicines
- Relaxation
- Changing your position
- Heat or cold therapy
- Physical therapy



Clinical Diary

You will also get a clinical diary after surgery where your physical therapist will make notes of your progress. Please remember to bring this with you to your physical therapy visits.

Getting ready to go home

Many people can go home the day of or the day after surgery. Your care coordinator will work with you before surgery to help you plan for your care after surgery. They will also check in with you after surgery to see if there are any changes with your care. They will help set up assistive devices, and the right type of therapy after surgery, if needed.

Before you are ready to leave the hospital, your nurse will review how to care for yourself at home.

Day of surgery

On the day of your surgery, you will:

- Meet with a physical therapist.
- Learn how to walk with a walker.
- Check in with your surgery and medical team.
- See an occupational therapist (if you are leaving the hospital).

Most people will go home on the day of surgery. If you need to stay in the hospital longer, your care team will keep you updated on your plan.

Section 7

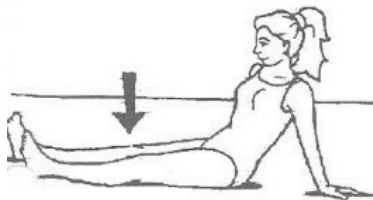
Exercise After Surgery

Doing exercises after surgery helps you heal faster and get back to your normal activities. The exercises shown in this guide are some of the exercises you will do in your physical therapy sessions after surgery. Remember to bring this guide with you when you see your physical therapist.



Ankle Pumps

1. Bend your ankles up and down as if you are pumping the gas pedal.
2. 30 pumps, 2 times per day.



Quad Sets

1. Sit reclined or lie in bed with legs straight.
2. Press the back of your knees down. This will tighten the muscles on top of your thighs and straighten your knees.
3. Hold for 5 seconds.
4. 30 repetitions, 2 times per day.



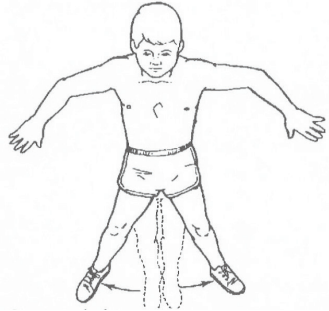
Gluteal Sets

1. Squeeze your buttocks together as tightly as possible.
2. Hold for 5 seconds.
3. 30 repetitions, 2 times per day.



Heel Slides

1. Lie on your back or in a reclined position.
2. Bend your surgical knee and slide your heel up toward your body as shown. For patients with posterior hip precautions, do not bend more than 90 degrees at your hip.
3. Hold for 1 second, slowly relax.
4. 30 repetitions, 2 times per day.



Windshield Wipers

1. Lie on your back or in a reclined position.
2. Slide your legs out to the sides, keeping your toes pointing up toward the ceiling.
3. Bring your leg back to the starting position.
4. For patients with hip precautions, Do NOT cross the center of your body.
5. 30 repetitions, 2 times per day.



Seated Knee Extension

1. Sit in a chair or on the bed with your thigh supported.
2. Straighten your knee fully.
3. Hold for 1 second, and slowly lower.
4. 30 repetitions, 2 times per day.



Seated Hip Flexion

1. Lean back in a chair.
2. For patients with posterior hip precautions, it is important to lift ONLY to the level of your hip in order to maintain your hip precautions.
3. Hold for 1 second.
4. 30 repetitions, 2 times per day.

Section 8

Recovering from Surgery

When you go home, there are some things you need to know to stay safe and comfortable.

Managing your pain

Take your pain medicine at least 30 minutes before physical therapy. Refer to your medicine list on your discharge Instructions for more Information.

Do not drive or operate machinery while taking pain medicine and until approved by your surgeon.

Use ice throughout the day to help your pain. Do not apply ice for longer than 20 minutes at a time. Give yourself 20-minute breaks in between.

Never place ice directly on your skin; use a clean hand towel or washcloth over your incision to protect your skin.

Stay active to prevent stiffness, improve healing and lower the chance of blood clots. While at home, plan on taking a short walk every hour during waking hours.

Swelling

You may find swelling at the surgery site and the areas around it. To prevent swelling, lie with your legs elevated on pillows above your heart two to three times a day. Continue doing your exercises and using ice to reduce swelling.



Constipation

Pain medicine can lead to constipation. Some things that can help include:

- Extra fiber in your diet.
- Drinking plenty of water.

Over the counter stool softeners or laxative medicines as directed by your surgeon. Refer to your medicine list on your discharge Instructions for more information.

Caring for your incision

While you are in the hospital, your surgeon and nurse will give instructions on how to care for your incision. This will also be printed on your discharge Instructions. Always wash your hands before and after caring for your incision.

Preventing problems after surgery

Blood Clots

After surgery, there is a higher chance of getting a blood clot. Taking blood thinners and increasing activity after surgery will reduce the risk of blood clots.

You can help to prevent blood clots from forming in your legs by:

- Knowing the signs and symptoms of blood clots:
 - Pain or tenderness.
 - Discoloration of the skin.
 - Swelling or tightness of the calf.
- Doing your exercises: ankle pumps, quad and gluteal sets.
- Walking and slowly adding activity.
- Drinking plenty of fluids. Avoid caffeine.

- Taking blood thinning medicine as directed by your surgeon. Refer to your medicine list on your discharge Instructions for more Information.

In rare cases, a blood clot in your leg can break off and move to your lungs. This is called a pulmonary embolism, or PE. Signs of a PE include:

- Shortness of breath.
- Fast Breathing.
- Fast heart rate.
- Chest pain.
- Cough that may or may not include blood.
- Restlessness, anxiety.
- Fainting or near fainting episode.
- Fever.

If you are having signs of a blood clot, please call your doctor. Call 911 if you are having signs of a pulmonary embolism.

Hip Dislocation

In rare cases, the hip can dislocate after surgery. It can happen when a person moves their hip in certain positions. To help prevent this, follow the advice of your physical therapist. Signs of hip dislocation include:

- Severe pain
- One leg being shorter than the other, and turned in the wrong direction
- Being unable to walk or move your leg.

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ChristianaCare.org

ChristianaCare is a private nonprofit regional health care system and relies in part on the generosity of individuals, foundations and corporations to fulfill its mission.

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