

CENTER FOR SPECIAL SURGERY

ABOUT YOUR TOTAL JOINT REPLACEMENT

Center for Special Surgery is a state-of-the-art outpatient surgical facility with fully equipped operating rooms and comfortable recovery areas. The professional staff of the Center is specially trained to provide high quality outpatient care. Our comfortable outpatient setting enables you to return home on the same day to recuperate in familiar surroundings.



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CENTER FOR SPECIAL SURGERY
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TOTAL JOINT REPLACEMENT

Center for Special Surgery has developed a program that allows patients to undergo total joint replacement procedures with no need for an extended hospital stay.

SURGEONS

Our orthopedic surgeons have spent their lives studying how to combat the effects of arthritis and have helped develop advanced surgical techniques for total joint replacement. When you come to us for outpatient joint replacement, you're getting the best of the best in orthopedic surgery.

TOTAL JOINT PROGRAM OVERVIEW

HIP REPLACEMENT

THE DIRECT ANTERIOR APPROACH — A MUSCLE SPARING PHILOSOPHY

Hip replacement (Arthroplasty) is a surgical procedure in which the hip joint is replaced by an artificial implant. The Direct Anterior Approach (DAA) to total hip replacement is used by our surgeons and is an alternative to the more traditional posterior or lateral approach used by many orthopedic surgeons in our region. The basic premise for the DAA is to work around the muscles and tendons and not detach them. Keeping the muscles intact spares the extra healing process that would need to take place. Our program is designed to speed up the healing process and get you back to the activities that you enjoy as soon as possible.

KNEE REPLACEMENT

Total Knee Replacement (Arthroplasty) is the surgical resurfacing of the damaged surfaces of your knee, and one of the most effective ways to reduce pain and restore mobility. In this procedure the joint surfaces of the tibia and the femur are involved. The artificial joint works much like a natural knee. However, until it fully heals the new knee will have limited movement and function. Center for Special Surgery has designed an outpatient total knee replacement program that offers extensive patient education and a comprehensive continuum of care, ensuring you have the information, care and support you need every step of the way.

THE FACILITY AND STAFF

At the Center for Special Surgery, we have state-of-the art facilities and staff specially trained in same-day surgical care. We want to provide you with an exceptional experience and the knowledge necessary to recover in the comfort of your own home.

PARTNERSHIP

Our outpatient total joint procedures are designed for healthy, motivated people who want to make a change in their lives. We're here to help you through the recovery process, and we want you to know that we believe in you and your ability to succeed. All we ask is that you believe in yourself, too.



PARTNERING FOR SUCCESS

We ask you to arrange for a responsible adult to be your coach. This person would ideally be able to attend pre-surgical clinic visits, help you prepare your home for after surgery, take you home after surgery and help you once you've returned home. It's important that both you and your coach have all the necessary information to help make this procedure a success, so we encourage you to share this information with your coach and all of the other important people in your life who may assist in your recovery.

Planning ahead for surgery can improve the success of your surgery and help you recover faster. We encourage you to take an active role by asking questions and addressing any fears or anxieties you may have following the information provided in this booklet.

PREPARATION

- We will schedule your surgery, a postoperative appointment and physical therapy.
- Complete your preoperative history and physical exam within 30 days of your scheduled procedure.
- Arrange for time off work.
- Start your exercises as directed by your physical therapist, if needed.
- Complete any necessary dental care 6 weeks prior to surgery, if needed.
- Prepare your home for when you return after surgery.

HISTORY AND PHYSICAL

Since you have decided to have joint replacement surgery, your orthopedic surgeon will ask you to schedule a complete physical examination with your provider several weeks before the operation. Your history and physical will include a review of your medical history, a physical exam, blood tests, EKG, and chest x-ray if indicated by your physician. This information is necessary for our team to review in order to ensure your health and safety as you move forward with surgery and complete the recovery process.



PREPARING YOUR HOME

- Pick up throw rugs and make sure any cords are out of the way.
- Put night lights in the bathrooms and dark areas.
- Place non-skid mats or strips in tubs and showers.
- Ensure you have secure handrails along stairways and in the bathroom.
- Have footwear available with non-skid soles.
- Arrange for pet care if needed.
- Prepare a comfortable rest area with tissues, phone, TV remote control, etc. nearby.
- Make sure you have an armchair with a firm cushion that you can sit on.
- A flat, firm mattress is recommended. Water beds are not recommended after your surgery.
- Prepare meals ahead of time and put fresh linens on your bed.
- Arrange transportation for follow-up clinic and therapy visits.

PRIOR TO SURGERY

- A preoperative history and physical exam must be completed within 30 days.
- Complete the total joint educational video. The link is provided on the back of this booklet.
- Your postoperative physical therapy appointments will be scheduled for you.
- Please continue your preoperative exercises if you have been instructed.
- If you are traveling from out of town, please book your hotel stay.
- There may be medications to be stopped prior to surgery. A nurse from CSS will instruct you on which medications to take or hold before your procedure. (see page 8)
- Eat a regular sized meal - the day before surgery is not the time to “feast” on large quantities of heavy or rich foods.
- You will be instructed to follow the pre-surgical hydration protocol which includes special instructions on consuming a specific sports drink prior to surgery.
- NO smoking, vaping, chewing tobacco, or alcohol consumption 24 hours prior to surgery.
- You may have a piece of plain, dry, white toast with nothing on it up to 6 hours before you arrival time.
- You may have clear liquids up to 2 hours before your arrival time which includes: water, apple juice, clear tea, black coffee with NO creamer. NO dairy products.



DAY OF SURGERY

DAY OF SURGERY

- Wear comfortable, loose clothing and shoes that are easy to put on and take off.
- Do not use lotions, talcum powder, or perfumes the morning of surgery.
- Bring your walker with you if you have one. We can provide one, if needed.
- You can bring pillows for comfort during your ride home.
- A friend, family member, or significant other must accompany you to the surgery center.
- You will need someone to drive you home after your procedure & accompany you for 24 hours after surgery.
- You will sign the surgical and anesthesia consent forms.
- An IV will be started prior to your surgery.
- Your surgical site may be clipped to remove any excess hair prior to surgery.
- Your surgeon will meet you in the preoperative area, confirm and mark the surgical site, and answer any questions you may have.
- You will then be transferred to the operating room; family members to the waiting area.

POST-OP / RECOVERY

WHAT TO EXPECT AFTER YOUR SURGERY

- At the end of the surgery you will transfer to the recovery room.
- In the recovery area, the nurses will monitor your vital signs and keep you comfortable.
- Medications will be administered as necessary for pain or nausea.
- You will be monitored in the recovery area for a couple of hours.
- The medications prescribed by your surgeon should provide adequate pain relief at home. It is extremely important to follow the postoperative pain management protocol to ensure ongoing pain relief.
- Prior to discharge, physical therapy will have you walk and confirm that you are stable for discharge.
- You will be discharged once you are ready and comfortable.
- You will be given postoperative prescriptions. Family may be asked to fill them at a local pharmacy.



AFTER SURGERY

AT HOME:

- Keep the surgical dressing dry and intact.
- Follow the postoperative pain medication protocol in your surgery discharge instructions.
- Ice the affected area to help decrease swelling and pain.
- Always use the walker while walking.
- You will receive compression stockings to prevent blood clots. Please wear them as instructed by your physician.
- You may resume consumption of fluids and a healthy diet.
- An over-the-counter laxative is recommended to prevent constipation after surgery with pain medication use.
- Continue postoperative exercises as instructed by physical therapy.
- It is important to get up and move around every hour during the day to prevent stiffness, increase mobility and prevent blood clots. Remember to use your walker.
- Do not sit longer than 2 hours.

DAY 2-14 AT HOME:

- Follow discharge instructions regarding bathing. **DO NOT** sit in a tub bath until directed by your surgeon.
- Continue fluids, resume healthy diet, continue laxative to prevent constipation.
- Continue to use pain medications as instructed by your physician.
- Increase activity as tolerated using walker for assistance.

AFTER 2 WEEKS AT HOME:

- Post-op office visit with your surgeon: incision check, review physical therapists reports, evaluation of functional status, level of discomfort.
- Transition to a cane as directed by physical therapy.
- Resume activity as tolerated.

MEDICATION EDUCATION

Once your surgery is scheduled, please inform our office if you are currently taking any of these medications, as they need to be STOPPED prior to your surgery. A nurse will instruct you on which medications to take or hold before your procedure.

MEDICATIONS

BLOOD THINNERS

Please discuss preoperative and postoperative plan with your primary care physician.

NSAIDS

Hold NSAIDS (such as Advil, Aleve, ibuprofen, asprin) for 1 week prior to surgery. Tylenol is okay to continue.

VITAMINS, SUPPLEMENTS & HERBAL MEDICATIONS

Hold for 1 week prior to surgery.

WEIGHT LOSS MEDICATION

Hold for 1-2 weeks as instructed.

DIABETIC MEDICATIONS

Hold as instructed.

BLOOD PRESSURE MEDICATIONS

Continue to take until instructed otherwise.

AFTER SURGERY

After surgery, you will feel some pain, but your surgeon, anesthesia team and nurses will provide medication to make you feel as comfortable as possible. Pain management is an important part of your recovery. Your pain will be assessed from the time you leave the operating room until the time you leave the surgery center. You will frequently be asked to rate your discomfort on a pain scale that will help us determine if your current method of pain control is adequate or if changes need to be made. Walking and movement will begin soon after surgery, and when you feel less pain, you can start moving sooner and get your strength back more quickly. Talk with your surgeon if postoperative pain becomes a problem.

ANTIBIOTIC PROTOCOL

You will need to take an antibiotic after your surgery. Your immune system and white blood cells have a very difficult time clearing bacteria from joint replacements. Therefore, it is best to avoid and reduce the risk of any possible infection. It is commonly recommended to take antibiotics around the time of dental procedures and colonoscopies. The greatest risk for infections to occur after these procedures is within the first two years after joint replacement. After that time, there is a risk of infection with procedures but it is greatly reduced.

WHAT ARE SOME OF THE RISKS OF A TOTAL JOINT REPLACEMENT?

Total joint replacement surgery is a major operation and there are some risks. To achieve the benefits that a total joint replacement can offer you, you must accept certain limitations and be aware of possible risks. In most circumstances these risks can be avoided, prevented or corrected. Possible risks and complications include:

- Infection
- Blood clots
- Leg length differences
- Fracture of the bone
- Dislocation
- Early loosening/early failure of the implant
- Blood loss requiring a transfusion of blood products
- Nerve damage
- Continued pain

MANAGING COMPLICATIONS

The complication rate following total joint replacement is low. Serious complications, such as an infection, occur in fewer than 2% of patients. Major medical complications such as heart attack or stroke occur even less frequently. Chronic illnesses may increase the potential for complications. Although uncommon, when these complications occur, they can prolong or limit full recovery.

Complications can occur after your operation, such as infection, stiffness, spinal headache, blood clots, nerve or blood vessel injury and fracture. You can take steps to prevent many of these complications. Watch for and report any symptoms to your doctor.

INFECTION:

Infection may occur in the wound or deep around the implant. It may happen after you go home or even years later. Minor infections in the wound area are generally treated with antibiotics. Major or deep infections may require more surgery and removal of the implant. Any infection in your body can spread to your joint replacement.

Hand hygiene is the single most important method of controlling the spread of bacteria. We ask all visitors and caregivers to wash their hands before and after contact with patients and their surroundings. This simple act can provide for a safer environment for all.

BLOOD CLOTS:

Blood clots in the leg veins are one of the most common complications of joint replacement surgery. These clots can be life-threatening if they break free and travel to your lungs. Your orthopedic surgeon will outline a prevention program, which may include periodic elevation of your legs, lower leg exercises to increase circulation, support stockings, and medication to thin your blood.

PHYSICAL THERAPY

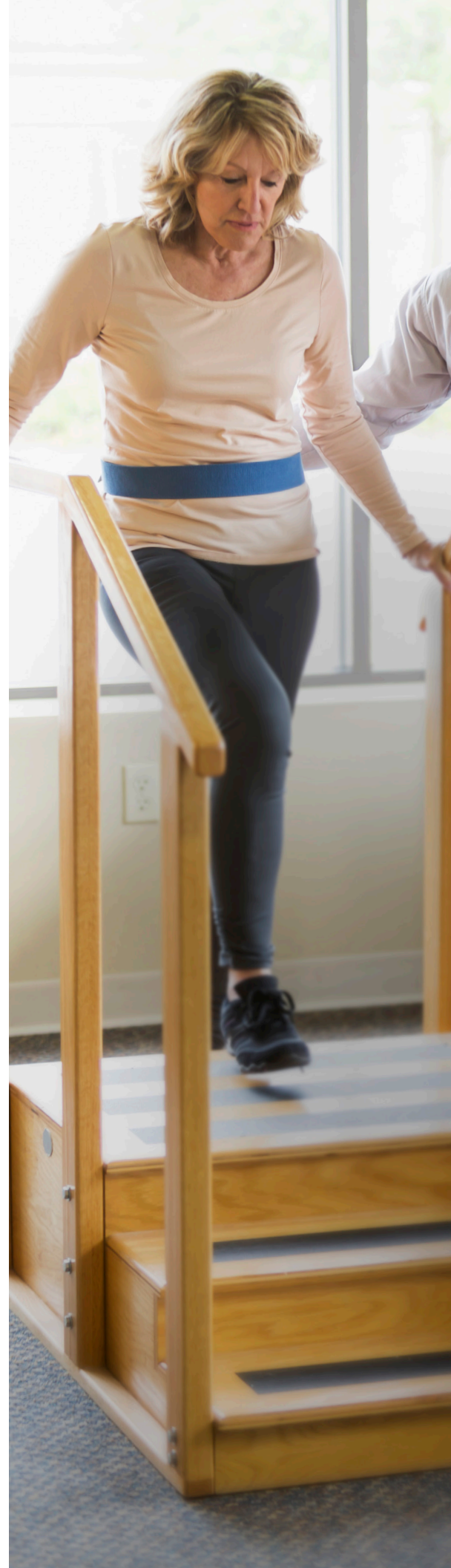
Some patients may begin therapy before the actual day of surgery. A physical therapist will teach you specific exercises to strengthen your muscles and restore movement to allow walking and other normal daily activities soon after your surgery.

You will meet with a physical therapist to instruct you how to properly use a walker and show you exercises to regain strength and mobility.

A physical therapist will visit you at the surgery center the day of surgery and at home or a hotel the day after surgery. It's important to practice your exercises and walking program several times with your therapist so that you are able to perform them on your own and continue your recovery.

GOALS OF PHYSICAL THERAPY INCLUDE:

- Strengthen the muscles that support your new joint.
- Restoring functional range of motion of your new joint.
- Understanding how to perform specific exercises to continue after you leave the surgery center.
- Following restrictions for positioning and movement.
- Getting in and out of bed or chair safely.
- Using assistive devices to safely walk on your own.
- Using stairs safely.





**THERAPIST
WILL SHOW
YOU HOW
TO MOVE
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AND DO
EXERCISES
TO REGAIN
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AND
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HOW DOES EDUCATION WORK PRIOR TO THE PROCEDURE?

Center for Special Surgery offers an educational video for preoperative education. We also offer 1 on 1 teaching over the phone if you have specific questions after watching the video.

HOW DOES THIS WORK IF I DON'T LIVE NEAR THE FARGO-MOORHEAD COMMUNITY?

Center for Special Surgery and partners have modified our outpatient total joint replacement program to accommodate for a hotel stay.

Our physical therapy partners will work with you on the day of surgery and in the hotel following surgery. They will also schedule your initial outpatient therapy visit with your local physical therapy group near your hometown.

WHERE DO I STAY?

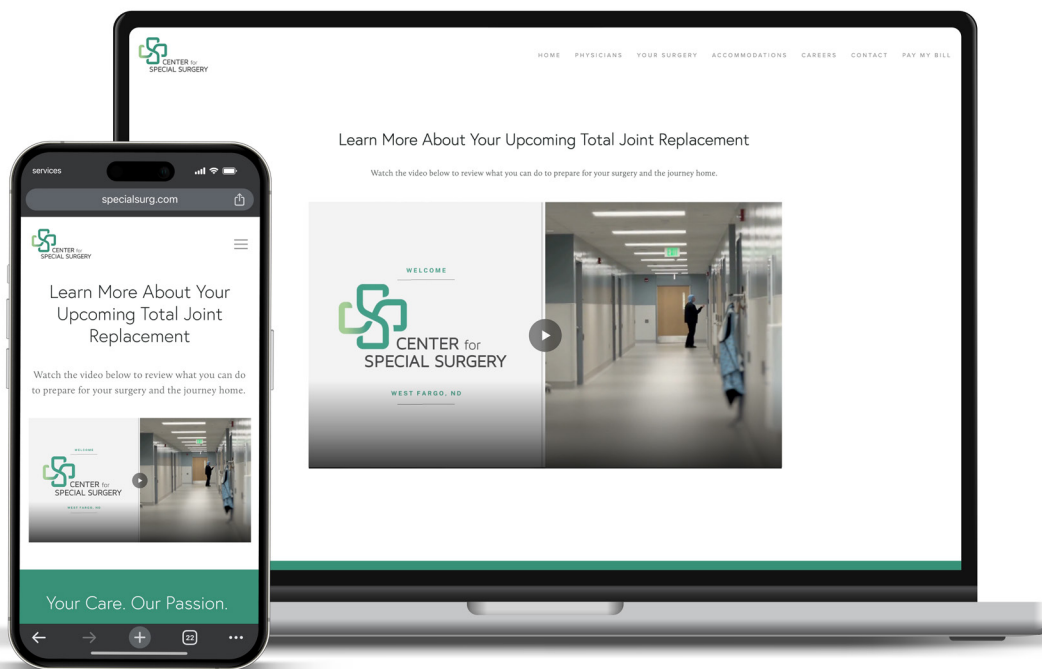
We ask that you reserve a room at one of our preferred hotel options as they have provided a special rate for Center for Special Surgery patients. Be sure to mention us when you confirm your reservation. Reserving a hotel room the night before surgery may relieve any stress of traveling overnight or very early in the morning. The reason we ask for you to arrange a hotel room the night of your procedure is so that physical therapy can work with you the following day within your hotel room. Your therapist will work with you and your surgeon to determine when the right time is to travel back home. It may be beneficial for you to reserve a handicap accessible hotel room.

AM I SAFE TO TRAVEL LONG DISTANCES?

Traveling a long distance (over 1 hour) after surgery may be challenging. Be sure to take breaks and get out of the vehicle every hour to aide in your recovery.

WHAT HAPPENS WHEN I GET HOME?

At this point, we have arranged for you to start outpatient physical therapy. You will be asked to travel to your physical therapist's office at a later date to continue your recovery.



LINK TO VIDEO

Scan the QR Code or visit us on the web to review our educational video and learn more about your upcoming total joint replacement at www.specialsurg.com/total-joint-education

SURGERY DATE: _____

ARRIVAL TIME: _____

DO NOT EAT AFTER: _____

DO NOT DRINK LIQUIDS AFTER: _____

MEDICATIONS TO TAKE THE MORNING OF SURGERY:

MEDICATIONS TO HOLD THE MORNING OF SURGERY:

LINK TO GOOGLE MAP



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DIRECTIONS
FROM I-94 IN WEST FARGO

Take Exit 347 and head south on Veterans Blvd

Turn right on 23rd Ave E (Costco Road)

River's Bend Medical Park is located approximately ½ mile down on your right.

CSS is located on the 2nd floor of River's Bend Medical Center.

HOTEL ACCOMMODATIONS

Center for Special Surgery has partnered with multiple hotels in the area for discounted pricing. Please visit our website to review our list of options.

www.specialsurg.com



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