



Joint Replacement Guide

1. Pre-admission.

Make an appointment with the pre-admission clinic on 0740525128.

During your pre-admission visit, you will meet with a doctor & nurse who will do a general check up, checking for any medical conditions that could compromise your surgery. Your blood pressure will be checked and an ECG will be performed, the appointment will take up to an hour.

2. Blood test

Your surgeon may have given you a referral to have a routine blood test. Please ensure you attend to this 1-2 days prior to your surgery. You do not need to fast for this blood test.

3. Medication

Your surgeon will advise which over the counter and prescription medication should not be taken before surgery. Blood thinners may need to be stopped or replaced 1- 2 weeks before surgery.

You will be given a script for painkillers on discharge. This script should last 7-10 days. If you require a repeat script you can phone the clinic or speak with your GP. Pain relief is very effective & important to take. If you don't take pain relief it will be very difficult for you to do your exercises well.

Be Mindful that Pain relief can also have side effects such as,

- Nausea
- Vomiting
- Dizziness
- Constipation.

Ensure you have a high fibre diet, Prune juice, Pear juice & kiwi fruit are very effective in preventing Constipation. Sometimes you may require Pharmaceutical agents for constipation.

4. Stop smoking.

Quitting Smoking reduces the risk of respiratory complications and reduces the risk of infection.

5. Arrange for help.

Have a family member or friend stay with you for the first week or two if possible. If you have no one available to you, the clinical nurse maybe able to arrange some home help services.

6. Plan ahead.

- Prepare meals prior to admission and freeze them in single serve containers.
- Have the house ready and set up for when you are discharged home.
- Put clean sheets on the bed.
- Pick up any rugs/mats which could be a trip hazard.
- Ensure you have clean towels, spare toilet rolls within easy reach making sure no bending is require to reach them.
- Consider using slip resistance mats in the shower.
- Have ice packs available. Ice helps reduce post-operative swelling. A packet of frozen peas works really well. Alternatively, you can hire/purchase an Iceman. Details below.

7. Make a list of what to pack for your stay in hospital.

- Comfortable loose-fitting pants such as tracksuits or gym clothes.
- Comfortable enclosed shoes and slippers
- Toiletries:
 - Tooth brush,
 - Tooth paste,
 - Shampoo,
 - Shower gel,
 - Razor.
- Reacher
- A warm sweater, it can get cold in the evenings with the air conditioning on.

8. Mobility Aides & equipment.

Crutches, wheelie walkers etc can be hired from:

Complete Mobility & Rehab, Located 120 Anderson street, Manunda 4870.
Ph: 4032 1140 Email: info@completemobility.com.au

OR

Best Care, located 1/165 English street, Manunda 4870.
Ph: 40325715.

The Iceman can be purchased/hired from SSS Prosthetics Orthotics, 218 McLeod St,
Ph 40414715.

All patients having Total Hip replacements will require a raised toilet seat.

9. Skin.

Please inform the clinic if you have any scratches, cuts or abrasions on your skin. This is a huge risk for infection and often surgery will need to be postponed if the skin is compromised. Even If the scratch looks small or insignificant to you please call the clinic.

10.Dental Treatment.

If you need to have dental work such as fillings, extractions, root canals, cleaning, please have this work completed at least one month prior to surgery. Dental work in the first 3 months following surgery **WILL** require antibiotic cover.

Please contact the rooms for the recommendations from the Arthroplasty Society Of Australia.

11.Diet

Have a well-balanced diet, Vitamin C is encouraged as it promotes wound healing.

12.Rehabilitation.

You have a few choices when it comes to rehabilitation:

- The day rehab will get in touch with you and discuss with you what they offer.
- You can attend your own local Physiotherapist, discuss with your GP a management plan, that may entitle you to Enhanced primary care plan - some visits may be subsidised.
- The clinic can send a referral to Ramsay connect to assess if you are eligible for Physiotherapy visits at home.
- Reef Orthopaedic Clinic also has an inhouse physio who works in close collaboration with your Specialist for your post-operative rehab care. If you would like to book in with Fred, please call Reef Orthopaedic Clinic on 40418000

Whichever option you chose, remember your commitment to the post-operative exercise regime is critical for a successful outcome.

13.Driving.

You cannot drive for 6 weeks following a joint replacement.

14. When to contact the clinic?

If you develop any of the following symptoms:

- Fever or Chills
- Severe pain or tenderness
- Heavy bleeding from the incisions.
- Redness around the incision that is spreading.
- Nausea or vomiting.
- Mobility worsening.

- Loss of mobility after a fall or if you have a fall.
- Calf pain.

15. When to call an Ambulance?

- Chest Pain
- Shortness of breath.