



Day Surgery Joint Replacement PATIENT HANDOUT

PRE-OP

- You will have an appointment with our Physiotherapy and Occupational Therapy team before surgery to ensure you have all the equipment you will need. They will review exercises and the plan for rehab after surgery, including helping to coordinate with your local therapy team if you are not from Lloydminster.
- You may also have an appointment at the Pre-Anesthetic Clinic (PAC) to speak with the nurse and anesthesiologist about your other medical conditions, medications and any necessary pre-op investigations required to minimize risks and maximize success!
- Our office will connect with you to make sure that any work or insurance paperwork is arranged.
- We recommend you rent/purchase a Cold Rush available at Meridian Clinic (or borrow one from a friend). It is an excellent tool to help with post-op pain and swelling.
- We will also note which pharmacy you use so we can send your post-op prescriptions.
- Make plans for things you may need help with while recovering from surgery – meals, yard work, snow shoveling, pet care, etc.
- You will need someone to drive you to appointments until it is safe for you to drive after surgery. Return to driving will be guided by your surgeon and physiotherapist.
- You will need a support person (friend or family member) to stay with you for at a minimum the first 72 hours after surgery. It is ideal to have someone stay with you the first week or two to help.

SURGERY DAY – BEFORE SURGERY

- Your surgery will be scheduled for 08:00. You will be asked to arrive at hospital for 06:30.
- Have your support person (friend or family member) drive you to the hospital. It is ideal if they are able to spend the day at the hospital with you in order to also hear the instructions from your surgeon, nurses and physiotherapists and be better prepared to help you at home.

- Bring your cold rush machine if rented/purchased
- Bring your Hip or Knee booklet, Day Surgery Handout, Exercise Handout
- Wear comfortable clothes and flat, sturdy shoes that are easy to put on.
- Bring your walker (which will be arranged before surgery). You will need it to practice with Physiotherapy prior to discharge home

SURGERY DAY – AFTER SURGERY

- After surgery, you will meet with the physiotherapy team who will assist you with mobility and exercises. You will need your walker to do this.
- We will send your prescription to your pharmacy; please have someone pick it up for you before you go home.
- Apply your Cold Rush machine and use it when not mobilizing.
- Start deep breathing and coughing exercises.
- Your intravenous line will be removed after your last doses of antibiotics.
- Provided you pain is controlled and nausea managed, the physiotherapy team is satisfied you have passed the necessary mobility tests and your dressing is dry, you will be discharged home in the afternoon/evening. Your support person will drive you home.

POST-OP DAY 1 AND 2

- A nurse will call you to check in on you and answer any questions you may have.
- You will have a waterproof dressing covering your incision. The bandage will be covered with gauze and a tensor dressing which can be removed the day after surgery. The waterproof dressing below (Aquacel) can stay on to shower provided it's sealed. It only needs to be changed if it's leaking or >75% saturated. We will send you with a spare dressing.
- Ensure you are taking pain medication regularly. Adequate pain control is needed to ensure you will be able to do the exercises and be mobile.
- Pain, pain medications and limited mobility can all cause constipation. Drink lots of water and consider using Senna or PEG to help if needed.
- Ice generously using your Cold Rush machine or other. It will help with pain, swelling and mobility.

- Do daily breathing exercises and seek urgent medical attention if you have chest pain or shortness of breath.

WEEK AFTER SURGERY

- You will need to have a physiotherapy appointment within a week or two after surgery. Our team will help organize this before your surgery date.
- Expect to be quite swollen and bruised. This is completely normal after a joint replacement.
- You will have a follow up appointment at your surgeon's office approximately 2 weeks after surgery for a wound check, staple removal and follow up. Call sooner if you have concerns or questions.

RED FLAGS

You should seek medical attention if you have:

- Chest pain or Shortness of breath
- Increasing pain, redness or drainage from your incision
- Increasing leg swelling/redness, especially to the inner thigh

CONTACT NUMBERS

Meridian Clinic – 780-874-0437

Lloydminster Hospital – 306-820-6000, ask for the Surgery Ward

Lloydminster Hospital Therapies – 306-820-6055

Health Link - 811