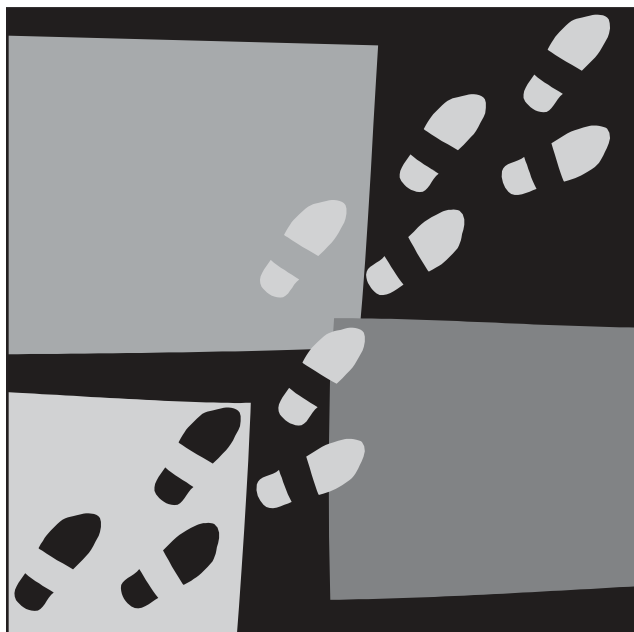


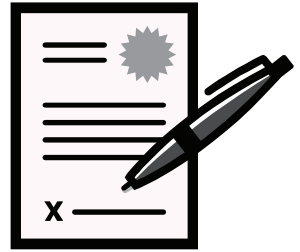
Steps to Hip or Knee Surgery



Charlton Campus
905-522-1155 ext. 34036

Step 1

Surgeon's Visit



During this visit:

- you and the surgeon will discuss and plan your surgery day
- you will sign a consent form for surgery

Plan to stay 1 to 2 days in the hospital after surgery.

Your surgeon may arrange other appointments for you such as seeing a heart specialist.

Please fill out the forms given to you during this visit so they will be ready when you come to class and your Pre-Admission Assessment appointment (Step 4).

Step 2

Letter in the Mail



After your surgery date is booked, you will get a letter in the mail telling you about Hip or Knee Class. Your date for class will be in the letter.

Call 905-522-1155 ext. 34036 to if you need to change the date.

Come with a care helper if you can. A care helper is someone who will help you at home after your surgery. If you do not have a care helper, you need to still come to class. **Class is very important.**

Please fill out the forms that are in the package from the surgeon and bring to class.

Step 3

Come to Hip or Knee Class

This class is held at Charlton Campus and takes about 3 hours. You and your care helper will learn about:

- your surgery and stay in hospital
- moving around after surgery
- using the toilet, bathing and dressing
- pain control
- equipment you will need at home
- discharge plan
- DARTS transportation forms



If you need any special equipment that you see in class, you will be given information about renting or buying and places to go.

It is important to get your equipment before you come into the hospital for your surgery.

We want you to practise using your equipment at home, before your operation.

Bring all of your questions to class.

Step 4



Come to the Pre-Admission Assessment Unit

You will get a call to tell you your appointment date and time. The appointment will be made for about 1 to 2 weeks before surgery. At this appointment you will:

- talk to a nurse who will tell you how to get ready for surgery
- talk to an anaesthetist about the type of anaesthetic and medications you need
- have an ECG heart test and blood tests

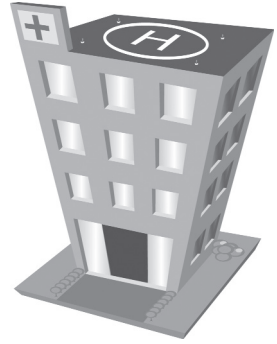
Bring a list of all of the medications you take to this visit. Your care helper can come to this appointment with you.

This visit can take up to 3 hours.

**Pre-Admission Assessment Unit
Level 4
Marian Wing, Charlton Campus**

Step 5

Come to Hospital at Time Given Before Surgery



At home, follow all of the instructions you were given at the Pre-Admission Assessment Unit.

On the day of surgery, come to the Day Surgery Unit.

Make sure you bring your Ontario Health Card and any other health insurance information.

Please leave valuable items at home.

**Day Surgery Unit
Surgical Building
Charlton Campus**

Step 6

After the Operation on the Musculoskeletal Unit

On the unit, you will begin doing all of the things you learned in class:

- exercising and moving around
- bathing, dressing and using the toilet
- ways to control pain
- ways to look after yourself at home

Members of the health care team will help you while you are here.

**Musculoskeletal Unit
Level 7
Sister Mary Grace Wing
Charlton Campus**

Step 7



Discharge Home

During your hospital stay, the Integrated Care Coordinator (ICC) or Community Care Access Coordinator (CCAC) will visit you to arrange physiotherapy in your home 24 to 48 hours after you are discharged from the hospital. This may include nursing visits in your home as well as physiotherapy. Your discharge plan will be explained to you based on the type of surgery you are having.

Blood tests

You will take medication to prevent blood clots. This medication may be taken by injection or by mouth. You may need blood tests after you go home. Members of the thromboembolism team will explain this to you. You may go to the nearest blood lab for your tests or you may pay to have your blood taken in your home.

Step 8

Outpatient Physiotherapy

Hip Replacement

People who have a hip replacement do not usually need physiotherapy after their home program is finished.

Knee Replacement

People who have a knee replacement will continue physiotherapy after their home program is finished.

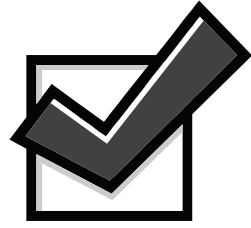


You need to book your outpatient physiotherapy appointments before your surgery.

Your outpatient physiotherapy needs to start 10 to 14 days after your surgery. Book a physiotherapy place close to your home.

It is very important to attend your outpatient physiotherapy appointments after knee surgery.

Step 9



Some hip and knee replacement patients are given an appointment to have sutures or staples taken out in the Fracture and Orthopaedic Clinic 10 to 14 days after surgery.

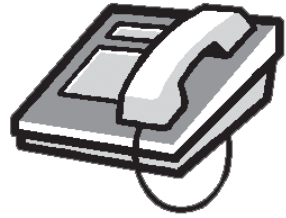
If you are on the Integrated Care Program you may have these removed in your home.

All hip and knee replacement patients return to the Fracture and Orthopaedic Clinic at the Charlton Campus 6 weeks after surgery. At this appointment your surgeon will check your hip or knee and assess how you are doing.

Your surgeon will arrange for follow-up appointments in the clinic.

X-rays may be taken at any visit.

Questions or Concerns?



If you or your care helper have any questions or concerns at any time, please call 905-522-1155 ext. 34036.

We would be happy to help.

Patient Safety

Your Health Care – Be Involved

Your safety is our concern. In order to have the best health care be an active member of your health care team.

Here are some ways to Be Involved:

- Ask questions and talk about your concerns
- Know the medications you take and why you take them
- Carry a current list of medications
- Carry a list of current medical conditions, allergies, past problems and surgeries
- Make sure you know what to do when you leave the hospital, clinic, program or doctor's office

When you are involved, you can make better health care decisions. For more information there is a booklet called "Your Health Care – Be Involved" published by the Ontario Hospital Association. Ask a member of your health care team for a copy. You can download this book in many languages from www.oha.com

St. Joseph's
Healthcare  Hamilton
