

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

Your surgeon may arrange other appointments for you such as seeing a heart specialist, most see a medical internist.

Please fill out the forms given to you so they will be ready when you come to your Pre-Admission Assessment appointment.

STEP 2

Preparing for Hip/ Knee Class

After your surgery date is booked, you will receive an appointment to attend a Hip or Knee Class.

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

Class is very important. Same day surgery patients must attend 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 practice 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 receive a call to inform you of your appointment date and time. The appointment will be within 1 week of your surgery date. At this appointment you will:

- talk to a nurse who will tell you how to prepare for surgery
- talk to an anesthesiologist 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 1 West 5th Campus (enter off Fennell)

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 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.

- Physiotherapist
- Occupational Therapist
- Nurses
- Thrombosis Team
- Integrated Care Coordinator

STEP 7

Discharge Home

During your hospital stay, the Integrated Care Coordinator (ICC) will visit you. Your discharge plan will be explained to you based on the type of surgery you are having.

Hip and knee replacement patients will go to their family doctor to have sutures or staples taken out 12-14 days after surgery.

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.

STEP 8

Outpatient Physiotherapy

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

Hip Replacement

Your outpatient physiotherapy should start 5-7 days after your surgery. Book a physiotherapy clinic location close to your home.

Knee Replacement

Your outpatient physiotherapy needs to start 5 -7 days after your surgery. Book a physiotherapy clinic location close to your home.

Patient Education Videos

- Car Transfer
- Getting Dressed
- Hip + Knee Exercise
- In and Out of Tub
- Using Stairs
- Using a Walker

www.stjoes.ca

- Search "Patient Education"
 - Select "Patient Education F-J" scroll down to H for hip
 - Select "Patient Education K-O" scroll down to K for knee