

## Important Reminders



The fight against infection starts at home. Be sure to wash your hands thoroughly before and after touching your wound.



If you are a diabetic, talk with your provider about ways to control your glucose before and after surgery.



As soon as you find out you are going to have surgery, we request that you do not smoke. We encourage you to stop smoking even after you are discharged and recovering at home.



North Oaks is a tobacco-free campus. Smoking is not allowed anywhere on North Oaks' campus, including e-cigarettes.



Make sure you know whom to contact if you have questions or problems after you get home.

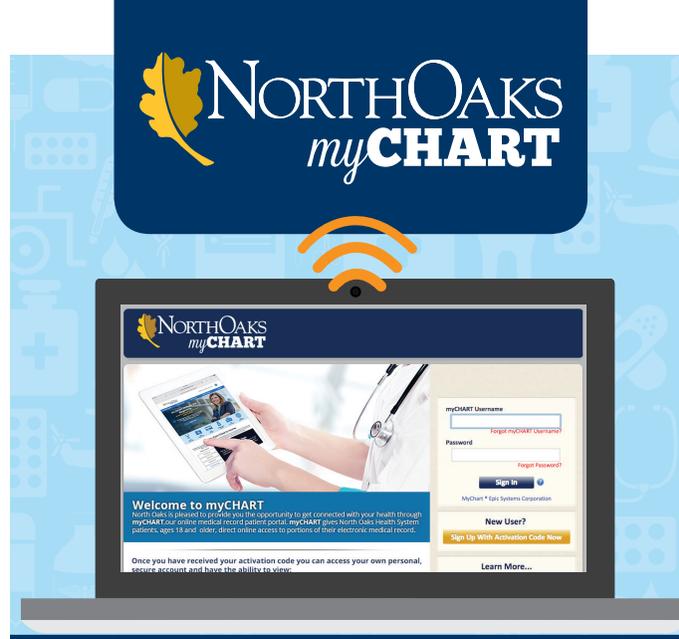


Your expected length of stay is \_\_\_\_\_.

Your planned discharge location is \_\_\_\_\_.



The date of your follow-up appointment with the surgeon is \_\_\_\_\_.



### Connect with your health

North Oaks is pleased to provide you the opportunity to get connected with your health through **myCHART**, our online medical record patient portal.

**myCHART** gives you secure, direct online access to portions of your electronic medical record via computer or smartphone.

### With a **myCHART** account you can:

- Request an appointment
- Request medication refills
- Communicate with your provider and staff
- View your discharge "After Visit Summaries"
- View lab results

### How do I get started?

Any North Oaks Health System patient ages 18 and over is eligible to open a **myCHART** account. Talk with a staff member during your appointment **and you can sign up here today.**

If you prefer to sign up at home, look for the activation code listed on the "After Visit Summary" you will receive at the end of today's visit. The activation code is required to set up your account and begin using **myCHART**.

### Stay connected to your health!

Once your account is active, download the **myCHART** app for on-the-go convenience from your smartphone.



MyChart® Epic Systems Corporation

**Learn more at [mychart.northoaks.org](http://mychart.northoaks.org).**

# Your Hip & Knee Surgery

Thank you for choosing North Oaks Health System.

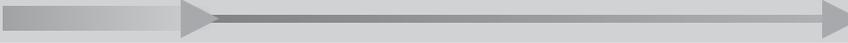
This brochure contains information to help you have the best possible outcome for your upcoming surgery.

Please be sure to follow all instructions as provided by your health care team.

**If you have any questions along the way, please contact your health care provider's office.**



The information below will help enhance your recovery after **Hip and Knee Surgery**. Please follow these instructions and contact your provider if you have any questions.

	Prior To Surgery	Day of Surgery	Immediately After Surgery	After Surgery: Day One	After Surgery: Day Two Through Discharge	At Home
<b>Safety</b>	You will see a preadmission nurse to review your medical conditions.	Leave your valuables at home.	Do not leave belongings unattended.			<ul style="list-style-type: none"> <li>Follow instructions provided by your surgeon.</li> <li>If you have symptoms such as redness, pain at the surgery site, drainage or fever, call your doctor.</li> <li>You will receive a follow-up phone call from a nurse once you are at home.</li> </ul>
	The fight against infection starts at home. To prevent infection, make sure you are following the surgeon's orders.	You will be given an antibiotic to reduce the risk of infection.			Plan to have a responsible adult drive you home.	
	Bring a current list of any medications you take at home with you to the hospital. Avoid the use of blood thinners, aspirin and anti-inflammatory medicines.	Medications will be given and compression devices must be worn to reduce blood clots.				
	Make sure your home is safe. Move items that may cause an accident.	Do not wear contact lenses, jewelry, make-up, hair products or nail polish.	Ask your caregiver to make sure the call button and any other necessary items are within reach before they leave you alone.			
<b>Skin</b>	Do not shave any body parts for 24 hours.	CHG wipes will be provided at the hospital.	Keep wound dressing clean, dry and intact. Nurse and/or surgeon will assess wound dressing and change as needed.			<ul style="list-style-type: none"> <li>Shower daily with antibacterial soap as directed by your surgeon - do not use creams, oils or lotions.</li> <li>Sleep on clean sheets.</li> <li>Wound care per surgeon's directions.</li> <li>Wear clean clothes.</li> <li>Do not sleep with pets.</li> </ul>
	Do not apply oils, creams or lotions.					
	In the evening, shower with antibacterial soap. One hour after shower, wipe your skin with CHG wipes. Wipes will be provided by preadmission nurse.					
	Sleep on clean sheets.					
	Do not sleep with pets.					
Bathe or shower with CHG. Linens will be changed.			Wear a clean hospital gown.			
<b>Oral Care</b>	Brush and floss teeth. Rinse with mouthwash. 					
<b>Respiratory</b>	<b>Do not smoke.</b>		<b>Do not smoke.</b> Cough and do deep breathing exercises. 			
	Learn about the Incentive Spirometer.		Use the Incentive Spirometer if ordered by physician.			
<b>Nutrition</b>	No solid food or follow nutrition orders as directed by surgeon.	Nothing by mouth (including mints, tobacco and gum).	Diet will be per surgeon's orders.	Your diet will be gradually increased from liquids to solids, depending on how your body reacts.		Eat solid foods.
	No alcoholic beverages.		Drink clear liquids.	Drink fluids.		
<b>Pain Management</b>	Consult with anesthesia.					
	A Pain Management Scale will be reviewed with you and used during your hospital stay. A plan will be developed to manage your pain, under your surgeon's direction. 					
<b>Activity</b>	Walk at least 20 minutes 3 times per day until day of surgery. <i>After surgery, do not try to get out of bed on your own. Call for help.</i>	Continue with normal routine until surgery.	You will be assisted out of the bed to a chair as directed by the hospital staff.	Out of bed to a chair at least 3 hours per day.	Out of bed to a chair 4 to 6 hours per day.	<ul style="list-style-type: none"> <li>Expect continued care, possibly in an outpatient setting.</li> <li>Increase the amount of time spent out of the bed each day.</li> <li>Continue with instructed therapy exercises and progressive walking at least 4 times daily at home.</li> </ul>
			Walk as directed by the hospital staff.	Progressive walking at least 4 times per day. Will go to gym for therapy with Physical Therapist.		
			Begin physical therapy.			