

Total Hip Replacement



HANDS, EYES AND HEARTS for Our Patients

Welcome and thank you for choosing
St. Anthony's Hospital!

Our team members are dedicated to providing excellent care. For your safety and holistic care, our staff will consistently provide our Hands, Eyes and Hearts service. What is Hands, Eyes and Hearts?



**I Own
Patient Satisfaction**

Step 1. Hands: When providing you with quality care, our team members will wash their hands upon entering and exiting your room to prevent the spread of infection.

Step 2. Eyes: When appropriate, team members will check and verify your name and date of birth against the information on your ID band.

Step 3. Hearts: Once your exceptional care is complete, team members will ask you if there is anything else they may do for you or get for you.

The Hands, Eyes and Hearts quality of service is complimentary with your stay. Please feel free to question a team member regarding these services. We are here to honor your dignity, treat you with respect and earn your trust as we deliver the highest standard of care to our patients and their families.

Yours in good health,

William G. Ulbricht, President

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Chapter One: General Information

Welcome to the Total Hip Replacement Program

Your St. Anthony's Team

On the Big Day

Chapter One: General Information

General Information

Welcome to the Total Hip Replacement Program

Learning as much as you can about total hip replacement in the days before your surgery will help you play a more active role in your recovery. That's why our health care professionals developed this book. It is our hope that it will increase your general knowledge of total hip replacement. This book will also help you prepare for surgery, and guide you through recovery.

Because we wanted to give you as much information as possible, you may find this book a little overwhelming at first glance. We suggest you read it at a leisurely pace. But do try to read the entire manual before arriving for surgery.

Bring this book with you when you come to the hospital for your hip replacement. Review with your doctors, nurses, physical therapists, case managers/social workers and occupational therapists any questions you may have. They will address your concerns, guide you through the surgery itself, and help you and your family to create a recovery plan.

This book has been prepared only for your information. It should not be considered a substitute for medical advice.

General Information

Your St. Anthony's Team

Your orthopedic surgeon is supported by a strong and talented team. These team members will help you prepare for surgery, make your hospital stay as comfortable as possible, and help you recover as quickly as possible. Members of your team include:

Nurses

St. Anthony's Nurses will coordinate your activities while at the hospital. They will help you learn how to move your body after surgery. They will also take charge of your personal care, pain management and discharge planning.

Physical Therapists

Physical therapists will develop an exercise program specifically designed to strengthen your new hip and the muscles surrounding it. They will also teach you how to safely use a walker or crutches.

Occupational Therapists

After surgery, you may find daily tasks have become difficult. Getting in and out of bed, dressing yourself, showering and washing the dishes may all seem challenging in the days immediately following your surgery. A St. Anthony's occupational therapist may be ordered to teach you simple techniques to make activities of daily living easier.

Social Workers

Social workers will help you plan your release from the hospital. They will also communicate with your family and friends. During these discussions, social workers identify the support that your relatives and friends can provide during your recovery period, and educate them (and you!) on the community resources available to help you until you regain your complete independence. These professionals will also help you understand your insurance benefits. While staying at St. Anthony's you may also meet other health care professionals. These include hospital health, dietary and respiratory care staff.

General Information

On the Big Day

You'll have a lot to think about on the day of your hip surgery. The last thing you want to worry about is where to park your car. By providing the information below, we hope to clarify all the specifics of your hospital stay. We hope to ease your mind.

Surgical Time and Admission Information

Surgical Time

Your surgeon's office will call you before your scheduled surgery. They will let you know what time to arrive at the hospital and where to check in.

Parking

There is a valet service for your convenience at the main parking garage.

Other Important Phone Numbers

Pre-admission nurse: (727) 820-7767

Preoperative registration: (727) 820-7727

Preoperative testing: (727) 820-7789

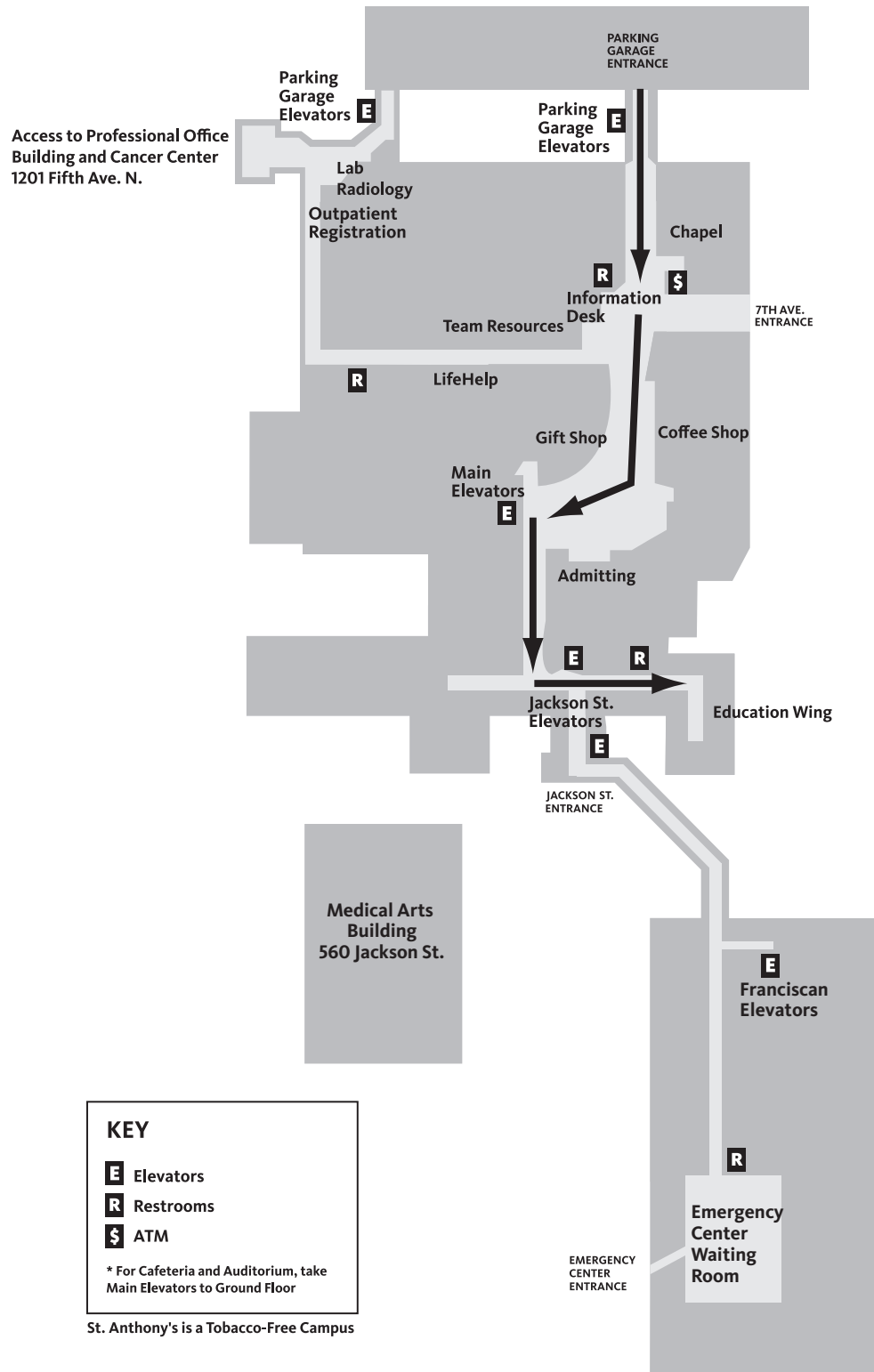
General Information

How to Find St. Anthony's Hospital



General Information

St. Anthony's Hospital First Floor Map



Meet Your Hip

The Normal Hip

The Problem Hip

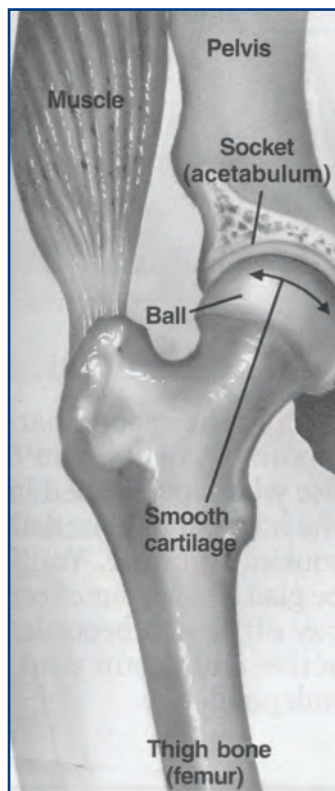
Your New Hip

Chapter Two: Meet Your Hip

Meet Your Hip

The Normal Hip

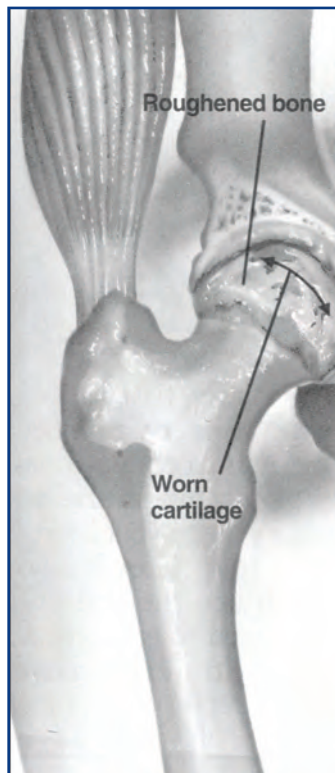
Your hip consists of a ball and socket. Both are constructed of bones. The head of the thigh bone (technically, the femur) constitutes the ball. The socket consists of a section of your pelvis called the acetabulum. In a normal hip, a smooth layer of tissue (called cartilage) separates the ball and the socket. Cartilage allows the ball to glide easily inside the socket. It cushions your hip joint. Muscle and ligaments hold your hip joint in place.



Meet Your Hip

The Problem Hip

Sometimes, cartilage wears out. It no longer cushions the hip ball and socket. The hip joint can no longer move smoothly. As the cartilage continues to wear away, your bones rub together. The ball grinds in the socket when you move your leg. This condition causes pain. As the pain worsens and you move around less, the muscles surrounding your joint weaken. They become less stable and less able to support your body weight. A total hip replacement can often relieve your pain and muscular instability.

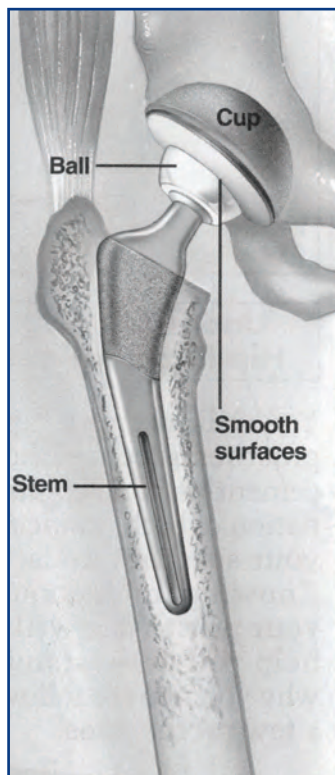


Meet Your Hip

The New Hip

During total hip replacement surgery, an orthopedic surgeon removes damaged bone and cartilage from the hip joint, and replaces them with an artificial joint. A prosthetic ball connected to a stem replaces the ball of your thigh bone. A prosthetic cup replaces the worn socket. These parts connect to create a new artificial hip. Both parts have smooth surfaces to help ensure comfortable movement once you have recovered from surgery.

Your prosthesis will be constructed of polyethylene (a wear-resistant plastic) and metal. Usually, the metal sections of the prosthesis are built from titanium, stainless steel or cobalt. The artificial ball and socket are held in place by bone cement, by your own bone growing into the prosthesis or by a combination of both.



Getting Ready for Surgery

Medical History, Physical Exam

Insurance Coverage

Blood Transfusion Choices

Health Care Directives

Discharge Planning

Chapter Three: Getting Ready for Surgery

Getting Ready for Surgery

Medical History, Physical Exam

No surgical procedure can take place without us first taking a good look at your overall health. In order for your orthopedic surgeon to do his or her job to the best of his or her ability, he or she needs to know about your medical history. The surgeon also needs to ensure that you are healthy enough to undergo hip replacement.

The week before your surgery, visit your primary care physician for a health history and physical exam. The exam will determine your current health status. (If you're wondering when to make your appointment, **now** is a good time to call.)

You may be directed to continue taking any general health medications up until the day of your surgery. Conversely, you may need to stop taking certain medicines before checking into the hospital. **Please talk with your doctor about which medications to take, and which to stop, before your surgery.**

It is very important that you tell your primary care physician about any medication you may be taking, prescription or over-the-counter. Aspirin products and anti-inflammatory medications such as ibuprofen (the active ingredient in Advil and Motrin), naproxen (Aleve), piroxicam (Feldene), nabumetone (Relafen) and oxaprozin (Daypro) will need to be stopped several days before your surgery. This may also be true for diet pills, vitamin E and herbal supplements such as echinacea, ephedra, garlic, ginkgo, ginseng, kava and St. John's Wort.

Getting Ready for Surgery

Insurance Coverage

Health care benefits are constantly changing. It is important for you to understand your benefits before undergoing surgery. Call your insurance provider to find out exactly what your plan covers, and what it doesn't.

Blood Transfusion Choices

Your surgeon will try to keep your blood loss to a minimum. Still, you may need a transfusion during your surgery.

Blood for your transfusion can be obtained from the following sources:

- **From the public:** This is the most common way blood is donated and received. Any healthy person can donate blood — typically, to an organization such as Florida Blood Services. That blood is later used when someone with the same blood type needs a transfusion. Donors are carefully screened, and their blood is tested for diseases such as AIDS, HIV and hepatitis. If you choose to simply accept donated blood, you need make no further preparations for your possible transfusion.
- **From a family member or friend:** This type of blood donation (sometimes called a directed donation) occurs when a family member or friend donates blood for you. (Remember, any family member or friend donating must have the same blood type as you.) Your friend or family member will undergo the same screening and testing as general donors do. To arrange for a directed donation, please call Florida Blood Services. (You may want to know that there is no evidence that blood from directed donors is any safer than the blood available from the general blood supply.)
- **From yourself:** You can donate your blood from six weeks to 14 days before your surgery. It will be used during your surgery if needed, and thrown away if not. You must check with your physician to make sure it is safe for you to donate your own blood. Because blood donations can make you anemic, your doctor may want you to take an iron supplement during the period you are donating. If you wish to donate your own blood, you must make arrangements with Florida Blood Services.

A listing of Florida Blood Services offices appears on the following page.

Getting Ready for Surgery

Blood Transfusion Choices (continued)

If you choose to donate your own blood, you will need to make an appointment by calling Florida Blood Services at any of the numbers below.

Pinellas County—(727) 568-5433

Clearwater Office
1680-1682 S. Missouri Ave.
(727) 582-9500

St. Petersburg Office
10100 Dr. Martin Luther King Jr. St. N.
(727) 568-5433, ext. 2112

Tyrone Office
1700 66th St. N., Suite 102
(727) 384-4145

Largo Office
11401 Belcher Road, Suite E
(727) 544-5050, ext. 2583

Pasco County—(727) 819-5433

Hudson Office
7214 State Road 52
(727) 819-5433, ext. 3100

Wesley Chapel Office
5319 Village Market
(813) 929-6500

Hillsborough County—(813) 632-5433

Tampa Office
5301 E. Fletcher Ave.
(813) 903-2600

Brandon Office
727-A W. Lumsden Road
(813) 661-4528

Plant City Office
1902 James L. Redman Parkway
(813) 752-7638

Northdale Office
15427 N. Dale Mabry Highway
(813) 964-1354

For information regarding blood donation, call **(800) 68-BLOOD (800-682-5663)** or visit **FBSBlood.org**.

Getting Ready for Surgery

Health Care Directives

A health care directive (also known as a living will) gives a person of your choice the power to act on your behalf during any medical emergency you may suffer. This document is used to ensure that your wishes are followed even if you are no longer able to communicate them yourself.

A health care directive goes into effect when:

- You are in a coma or near death
- You cannot communicate your wishes through speech, in writing or by gestures

If you don't yet have a living will, you may request one when you are being admitted to the hospital. Just ask an admissions representative for a living will form.

Since the medical team must know of your medical directives in order to enforce them, **please bring a copy of your living will to the hospital with you.** It will become part of your records.

Discharge Planning

Our goal is to have you ready to go home after your hospital stay. After all, that is where we would all like to be! However, there may be occasions when you need to have further rehabilitation. Planning for discharge is important. We will work with you and your family to develop a discharge plan that will help you make discharge arrangements before surgery.

Home Health Care

Most patients will need help beyond what family and friends can provide. Home health workers can bridge that gap. These include physical and occupational therapists, home health aides and nurses. Home health workers help you walk, regain strength and complete daily living tasks. They also monitor your condition and safety.

You are a candidate for returning home (with the help of home health) if you can:

- Get in and out of bed or a chair with minimal help
- Walk with a walker, crutches or cane
- Walk from your bedroom to your bathroom, and from your bedroom to your kitchen
- Safely navigate any stairs in your home

Getting Ready for Surgery

Discharge to a Skilled Nursing Facility or Rehabilitation Center

Some patients need more help than home health can provide. They may need skilled nursing care and/or rehabilitation. In a skilled nursing or rehabilitation center, you can continue your rehabilitation before returning home. Therapy helps you build strength and endurance, with a goal of returning home as soon as possible.

St. Anthony's Hospital has a Skilled Nursing Unit located in the hospital. Our case manager/social worker will discuss your options with you.

Talk with professionals in your orthopedic surgeon's office and ask them to identify a facility that's right for you.

In order to ensure a smooth transition from the hospital to your nursing facility or rehabilitation center, you should complete the following tasks **before** checking in to our hospital.

- Identify three skilled nursing facilities with which you feel comfortable, and which can provide the services needed by total hip replacement patients.
- Call your insurance company to ensure it will cover your stay at these facilities.
- If possible, visit each of these facilities before your surgery. If a personal visit is not possible, call to place yourself on their admissions lists. The staff of these facilities will need your name, date of surgery and possible date of discharge from St. Anthony's. (Most hip replacement patients are discharged from St. Anthony's three to four days after surgery.)

When you arrive at St. Anthony's, give your nurse or social worker a list of the facilities you have contacted. Use the form below.

Facility Name

Facility Telephone Number

1. _____	() _____
2. _____	() _____
3. _____	() _____

Caring for Yourself After Surgery

What You Need to Know About Nutrition (continued)

Calcium

For your bone health and general well-being, plan on getting a minimum of 1,200 to 1,500mg of calcium every day. The best food sources include:

- Milk—whole, reduced-fat or nonfat
- Yogurt
- Hard cheese or cottage cheese
- Salmon, mackerel or sardines (canned with bones)
- Broccoli
- Greens—collard, turnip, mustard, spinach and kale
- Calcium-fortified foods—read the labels

Tips:

- Drinking too many soft drinks may keep your body from using the calcium found in foods.
- You can meet your day's requirement for calcium by consuming three 8-ounce glasses of milk, 1 ounce of reduced-fat cheese and one serving of leafy green vegetables.

Iron

Red meats, egg yolk, chicken, turkey

Vitamin A

Dark green leafy vegetables, deep orange and yellow vegetables and fruits (such as spinach, winter squash, carrots, sweet potatoes, melons, peaches, pumpkins and apricots), milk and dairy products, liver, egg yolk

Vitamin C

Citrus fruits and juices, broccoli, green pepper, spinach, Brussels sprouts, cabbage, strawberries, tomatoes, potatoes, cantaloupe

Back at Home

Discharge Equipment

To ensure a safe recovery, you will need to use some special equipment. This chapter describes the items you may need.

At the very least, following your hip surgery you must have:

- A Walking Aid: This can be a walker, a set of crutches or a cane
- A 3-In-1 Commode: This is a raised toilet seat set in an enclosed aluminum stand. It can be used in any room, or placed over your bathroom toilet. It gives you the extra lift hip patients need after surgery. Remember, you don't want to sit on anything low — be it a sofa or a toilet.

Insurance will cover the purchase of a walking aid and commode. You will probably have to pay for other items out of pocket. Read “Where to Find Equipment” for ideas on where these items can be purchased or rented.



Back at Home

Discharge Equipment (continued)



A hand-held shower head lets you control the spray of water. Use it while sitting on your tub bench.



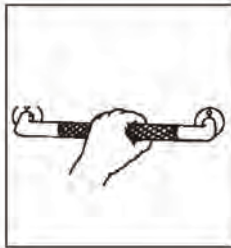
Elastic laces let you slip in and out of your shoes easily while keeping them tied. A long-handled shoe horn helps you guide your foot into the shoe.



A sock aid will help you put on socks without bending.



A long-handled sponge can be used to wash your feet, eliminating your need to bend.



Grab bars installed in the bathtub and shower will help you stay safe while climbing in and out.



A reacher will enable you to access items stored above or below waist level.

Back at Home

Where to Find Equipment

The following is a list of places where you can purchase or lease the equipment you will need after surgery. If you are able to obtain these items before surgery, your discharge will go more smoothly.

- Call local drugstores to see what selections of health equipment they carry.
- Obtain a department store health care catalog. It will detail a variety of equipment you can buy.
- Look in the Yellow Pages' "handicapped services equipment" or "home care services" sections to find retailers specializing in this equipment.
- BayCare HomeCare is a regional corporation selling health care items. They will deliver these goods to your home. Call (800) 940-5151.

Back at Home

My Medical Questions

Use this page to jot down questions to ask your doctor, nurse, physical therapist or any member of your medical team.

Notes

A Final Note

The total hip replacement program at St. Anthony's Hospital, wants to ease your pain, and to help you regain your independence. Following the instructions in this manual will help ensure that you heal as completely and as quickly as possible. If you have any questions about the material appearing here, please make sure to consult a member of your team from St. Anthony's Hospital. He or she will be happy to talk with you.