

Day of Surgery

1

DO NOT apply
makeup, lotion,
perfume, or
deodorant

2

DO NOT wear
jewelry to surgery
center

3

Brush your teeth
before surgery but
do not swallow any
water

**If you have enough CHG soap to complete the process, you *may* shower before surgery.

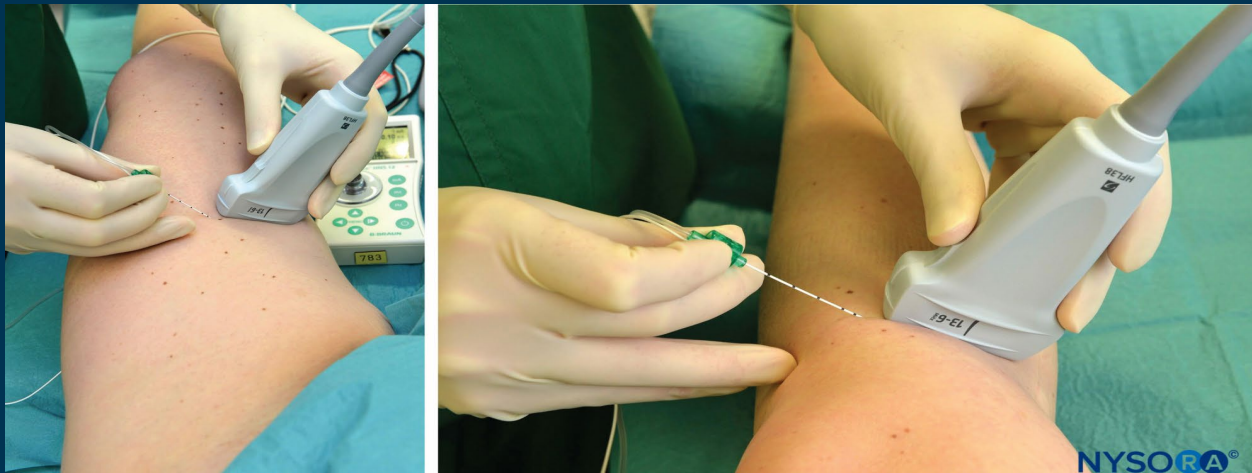
What to bring with you to the surgery center

- ❑ Photo ID and insurance cards
- ❑ Eyeglasses, hearing aids, dentures, and cases.
- ❑ CPAP/BiPAP-mask and machine
 - patients with sleep apnea
- ❑ Wear a clean set of loose-fitting clothing AND bring an extra set of bottoms
- ❑ Slip resistant shoes with backs (NO sandals, flip-flops, crocs, or open-backed shoes)
- ❑ Walker/Crutches

- Please arrive at the time given to you and proceed to the front desk.
- One of our Registered Nurses will bring you back and begin to prep you for surgery.
- Your surgeon will meet with you to verify your procedure and answer your questions.
- Your anesthesiologist will then meet with you and review your health record and pain plan.
- Knees will be moved to our “block” area if you have agreed to the procedure and then off to the Operating Room. Hips will go straight back to the Operating Room.

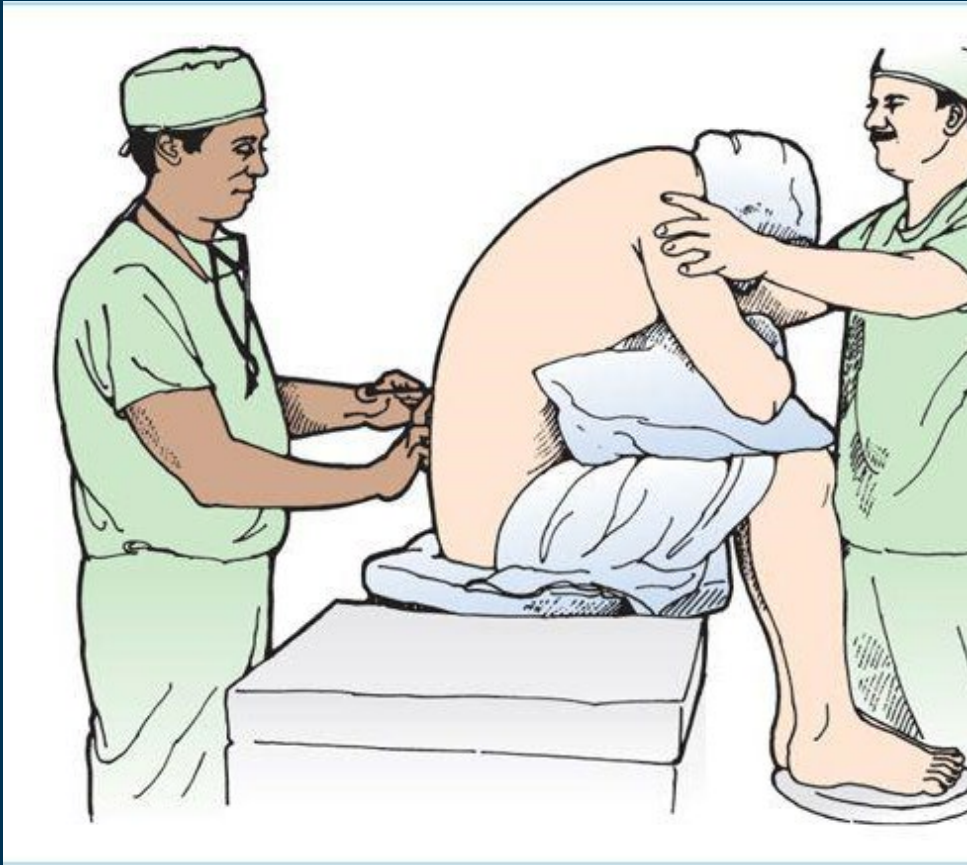
IT'S
SURGERY
TIME!

Ultrasound Guided Regional Anesthesia (Nerve Blocks)



Regional anesthesia (peripheral nerve blocks) is a common option for orthopedic surgery. It numbs only the area of the body that requires surgery. You remain awake and aware during the block procedure, but rarely does a patient remember the event. Some research has found that regional anesthesia can provide better pain control and lead to faster rehabilitation and fewer complications than general anesthesia.

Spinal Anesthesia



Consists of 2 different types of medications:

- 1. Pain medication
- 2. Numbing medication

Pain Control During Surgery

1. Ultrasound guided regional anesthesia is a numbing and pain medication injected into the surrounding muscles of your joint replacement.
2. Fast acting spinal: one-time dose in your low back which puts your body to sleep from your waist/abdomen to your feet.
3. General anesthesia through your IV to put you to sleep during your surgery.
4. Local anesthesia is injected into your surgical area before the surgeon closes.

Surgery Time

- Surgery time can vary- generally 1-1.5 hours
- Incisions are closed with dissolvable stitches and skin glue or staples
- Covered with a dressing

** Aquacel Dressing**

- Waterproof
- Leave dressing in place until your follow-up appointment

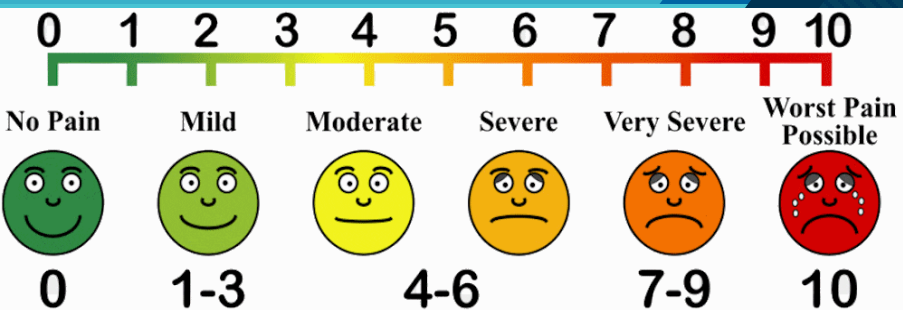


PACU Experience

- This is where you will wake up from surgery.
- You will be taught to use your incentive spirometer.
 - We encourage you to use this at least 5-10 times per hour (while you are awake)
- Your nurse will check your strength and sensation of your legs.
- Bladder scan procedure
- Post-op pain control will be started
- Once able to squeeze glutes and lift buttocks off bed, you are ready to head to Post-Op



Post-op



- You will walk *with* staff assistance using your walker/crutches.
- Walk into bathroom to empty bladder
- You will receive last dose of antibiotic
- Discharge instructions given to patient and coach
- Medications will be called into your pharmacy

THINK



**CALL
DON'T
FALL**