

## Blue Cross Blue Shield Blue Distinction® Designation

McLaren Port Huron is designated by Blue Cross Blue Shield of Michigan as a Blue Distinction® Center+ for Knee and Hip Replacement. The Blue Distinction Centers for Specialty Care® program is a national designation awarded by Blue Cross and Blue Shield companies to medical facilities that have demonstrated expertise in delivering quality specialty care. Blue Distinction® Centers+ demonstrate better quality and improved outcomes for patients, with lower rates of complications and readmissions than their peers.



Our mission is to provide you with exceptional care throughout your hospital stay as you recover from your total joint replacement. We strive to make your stay as comfortable and pleasant as possible.



1221 Pine Grove Ave.  
Port Huron, MI 48060  
810-987-5000

[mclaren.org/phjc](http://mclaren.org/phjc)

# JOINT & SPINE EXCELLENCE

## Preparing for your total joint surgery



DOING WHAT'S BEST.®



## What to Expect Before Surgery

### Preadmission requirements

- Medical clearance from your surgeon or primary care physician or cardiologist
- Blood draw within 14 days of surgery
- EKG/Urinalysis as needed

### Total joint pre-op class

A specialized class for patients preparing to have total joint surgery in order to:

- Learn what to expect before and after surgery
- Familiarize patients with orthopedic equipment
- Discuss pain control
- Introduce therapy plan and goals

Classes are offered three times a month.

### The days preceding your surgery

- Finalize arrangements for work and home
- Pack appropriate clothing and personal items

### The pre-op call

- Arrival/operative times
- Pre-op assessment interview
- Review medications/allergies
- Instruct which meds to take/hold day of surgery
- When to stop eating/drinking
- Lab work/EKG
- Bring your walker or any assistive equipment

### Arrival

- Registration
- Pre-op assessment interview
- Verify consents/operative site
- IV placement
- Pre-op antibiotic selection
- Sequential compression stockings to reduce risk of blood clots
- Clip hair from surgical site as needed

### Anesthesia interview/options

- Anesthesia assessment
- Discuss general vs. spinal

### Operating room

- Anesthesia
- Patient safety measures
- Proceed with surgery
- Transfer to PACU

## What to Expect Following Surgery

### PACU

- Recovery – 1 hour
- RN assessment of post-op condition/well-being
- Pain control
- Control of post-op nausea/vomiting
- Transfer to inpatient care unit

### Inpatient orthopedic nursing unit

- Orientation to your room
- Frequent vital signs to monitor you after surgery
- Frequent rounding of nursing staff to evaluate your comfort
- More pain control
- Dressing changes
- Liquid diet advanced as tolerated
- Review of home medications
- Lab work
- Physical therapy
- Social work
- Discharge planning

### After surgery

- Laboratory staff arrives early morning to begin drawing any labs ordered by your doctor
- Pain control
- Foley catheter removed
- Physical and occupational therapy begins following breakfast
- Second therapy session following in the afternoon
- Therapy sessions will be attended twice daily until all therapy goals are met. Goals include:
  - Safe ambulation in hallway
  - Safely climbing stairs
  - Getting in and out of tub and car
- You will be discharged when therapy goals are met and your physician agrees
- Case managers are available to discuss any home care needs such as equipment needed, home versus outpatient therapy, and rehab if needed
- If you are unable to return home, your case manager, nursing staff and physician will discuss rehab options available to you to help you continue to recover and attend therapy

### Discharge

- Home or extended care facility
- Home health care
- Continued physical therapy



PORT HURON