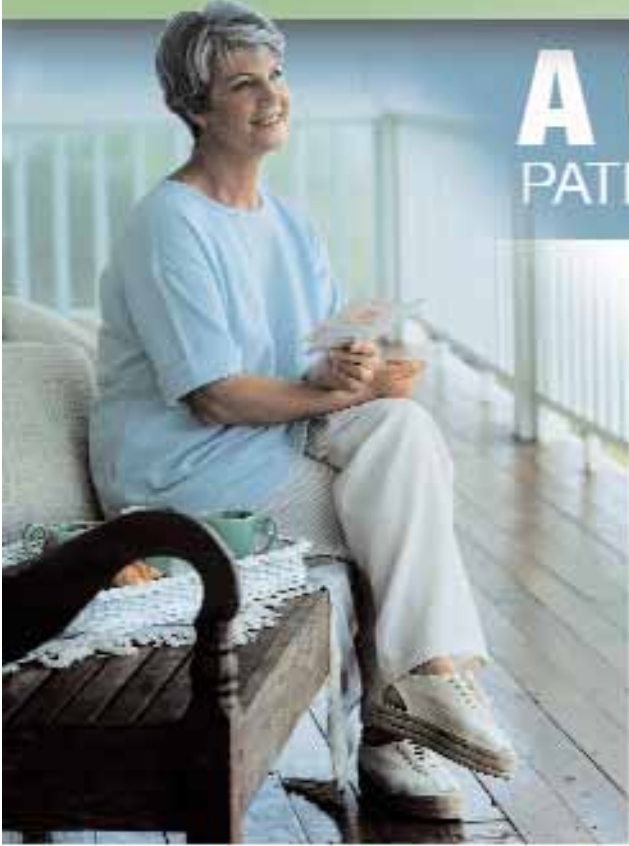


Total Joint Replacement

at Springfield Hospital

CROZER-KEYSTONE
HUMAN MOTION INSTITUTE
• • • •
SPRINGFIELD HOSPITAL

A GUIDE FOR PATIENTS AND FAMILIES



We're 5 hospitals, 2,600 doctors and nurses,
and 7,100 caring people with 1 vision:

CROZER
KEYSTONE
HEALTH SYSTEM



Welcome to Springfield Hospital

Thank you for choosing Springfield Hospital for your joint replacement surgery. We understand the careful consideration that goes into selecting a facility for orthopedic treatment, and we are proud that you have chosen us. Our record of offering state-of-the-art care in a community setting has earned us a reputation of excellence. We are confident that our services and staff will meet your expectations.

Springfield Hospital's joint replacement program offers each patient specialized, personalized care that begins the moment a joint problem is diagnosed and continues throughout completion of rehabilitation and beyond.

Our comprehensive approach is designed to return our patients to maximum function as quickly and safely as possible. Prior to surgery, we work to educate our joint replacement patients and prepare them for surgery in a manner that eases anxiety and encourages them to become active participants in their treatment. Trained in the most advanced surgical approaches, our surgeons ensure that our patients receive the best outcomes modern medicine can offer. Post-operatively, our team of nurses and rehabilitation specialists assist and encourage patients through their recovery process.

We value you as a patient at Springfield Hospital and your needs are important to us. This is why we have prepared this guide to familiarize you with our facility – and to help you feel as comfortable as possible.



Gwendolyn Smith

*Chief Operating Officer, Springfield Hospital
Vice President, Crozer-Keystone Health System*

An Introduction to Joint Replacement

What is total joint replacement?

An arthritic or damaged joint is removed and replaced with an artificial joint called a prosthesis.

What is a joint?

A joint is formed by the ends of two or more bones which are connected by thick tissues. For example, your knee joint is formed by the lower leg bone, called the tibia or shin bone, and your thigh bone, called the femur. Your hip is a ball and socket joint formed by the upper end of the femur, the ball, and a part of the pelvis called the acetabulum, the socket.

The bony ends of a joint are covered with a smooth layer called cartilage. Normal cartilage allows nearly frictionless and pain-free motion. However, when the cartilage is damaged or diseased by arthritis, joints become stiff and painful. Every joint is enclosed in a fibrous tissue envelope called a capsule with a smooth tissue lining called the synovium. The synovium produces fluid that reduces friction and wear of a joint.



Why is total joint replacement necessary?

The goal is to relieve the pain in the joint caused by the damage done to the cartilage. The pain may be so severe that a person will avoid using the joint, weakening the surrounding muscles and making it even more difficult to move the joint. A physical examination, possibly some laboratory tests and x-rays will show the extent of damage to the joint. Total joint replacement will be considered if other treatment options will not relieve your pain and disability.

How is a total joint replacement performed?

You will be given an anesthetic and the surgeon will replace the damaged parts of the joint. For example, in an arthritic knee the damaged ends of the bones and cartilage are replaced with metal and plastic surfaces that are shaped to restore knee movement and function. In an arthritic hip, the damaged ball (the upper end of the femur) is replaced by a metal ball attached to a metal stem fitted into the femur, and a plastic socket is implanted into the pelvis, replacing the damaged socket. Although hip and knee replacements are the most common, joint replacement can be performed on other joints, including the ankle, foot, shoulder, elbow and fingers.

The materials used in a total joint replacement are designed to enable the joint to move just like your normal joint. The prosthesis is generally composed of two parts: a metal piece that fits closely into a matching sturdy plastic piece. Several metals are used, including stainless steel, alloys of cobalt and chrome, and titanium. The plastic material is durable and wear resistant (polyethylene). A plastic bone cement may be used to anchor the prosthesis into the bone. Joint replacements also can be implanted without cement when the prosthesis and the bone are designed to fit and lock together directly.

(courtesy of the American Academy of Orthopaedic Surgeons)

Pre-Procedure Evaluation Center Checklist:

Prior to your appointment, you may eat normally and take your usual medications, unless you have been instructed otherwise. It is helpful to wear comfortable clothing.

Please bring the following items with you:

- The pre-admission packet given to you by your surgeon.
- A list of medications, vitamins, and herbal supplements.
- The dosages and times of the above medications.
- Results from recent diagnostic or imaging tests, if possible.
- A copy of your living will, if you have one.

Your Pre-Procedure Evaluation

As a patient scheduled for joint replacement surgery at Springfield Hospital, you will be seen prior to surgery at our Pre-Procedure Evaluation Center. You will be contacted by the hospital as to the date and time of your evaluation. If you prefer to contact the Pre-Procedure Evaluation Center yourself, you may do so by calling 610-328-8788. If you have not been scheduled by one week prior to your surgery, please call.

To locate the Center, enter the main lobby of the hospital and look for the Registration and Admissions Department.

When you come to your appointment, please bring the pre-admission envelope given to you by your surgeon, as well as a list of all medications and herbal supplements you take, including dosages and times.

At your appointment, you will be asked about your health history and receive a physical examination that includes laboratory tests and diagnostics studies such as an electrocardiogram (EKG) and chest X-ray. If you have had testing done recently, bring the results with you.

You will be asked if you have a “living will.” Living wills are documents that give direction to health care providers about your future treatment choices, should you be unable to express your wishes. A living will is not required, but if you do have one, you can present it at your visit. We can provide information about writing a living will. You will also be asked if you are an organ donor.

You will be given instructions on how to prepare for surgery, such as which medications you need to stop, and when. After your visit, an anesthesiologist will review your information and results. There may be additional tests requested as a result of this review or your medical doctor’s consult.

The Weeks Before Surgery

Prior to your joint replacement surgery at Springfield Hospital, there are preparations you can make to help ensure an easier and faster recovery. Planning ahead is the key to minimizing stress and optimizing your outcome.

Insurance Requirements

If your insurance requires a referral from your primary care physician, you must bring this to your surgeon’s office prior to the date of your surgery. If your insurance requires you to obtain a second opinion, your physician’s office can assist you in making timely arrangements. Failure to adhere to insurance requirements allows your insurance company to deny or reduce your benefits, making you responsible for payment.

Blood Donation

Autologous blood donation is a method by which a patient with a scheduled elective surgery donates his or her own blood to be stored by the Crozer-Chester Medical Center Blood Bank until transfusion (receiving it back) at a later date.

Before donating, you must be evaluated by your physician to make sure that it is safe to donate. You can donate for yourself several times within a 34-day period, but no later than 72 hours before an anticipated surgery. A prescription from the surgeon is required. Blood may be donated at the Crozer Donor Center. For more information, call 1-800-35-BLOOD.

Pre-Surgery Exercises

Pre-surgery exercises are beneficial in preparing your body for surgery. Exercises can strengthen muscles surrounding the affected joints which can help facilitate recovery. Pre-operatively, it is helpful to learn and practice the exercises that will be prescribed for you post-operatively. Doing exercises to strengthen your upper body will help you use crutches or a walker after surgery. Check with your doctor about whether pre-surgery exercises are right for you.

Dental Work

Prior to joint replacement surgery, it is important to have tooth or gum problems treated and under control. Finish any dental work that may be underway so as to prevent infection which can be caused by microorganisms in your mouth entering your bloodstream and infecting your new joint.

Pre-Procedure Evaluation room



Familiarizing Yourself with Post-Surgery Devices

You will require special equipment and devices after your joint replacement surgery. It is recommended that you familiarize yourself with these items before surgery. Helpful devices include:

- An elevated toilet seat, which may be necessary particularly for hip replacement patients.
- A shower seat to provide support while bathing.
- Handrails and grab bars to help you steady yourself while getting in and out of the tub.
- A grasping device, such as a long-handled shoehorn or a sock aid, to help you put on and take off your shoes and socks.
- An extension “reacher” or “grabber” for picking up objects that are too low for you to reach.

Preparing Your Home

Making accommodations in your home before your surgery will make your recovery and rehabilitation safer and easier. Keep in mind that it will be difficult for you to move about your home and that “one-floor” living is preferable during your early recovery. Make sure lighting is bright and that furniture is arranged in a way that you can move about easily on crutches or with a walker.

Additionally, make sure your home is well stocked with frozen or pre-prepared meals. Prior to your surgery, take care of pressing financial obligations and make arrangements for pet care. Align a “relay team” of relatives and friends who can help you with daily activities. Have someone check in on you every day.

Tour your home and ask yourself the following questions. If you have not addressed these areas, consider modifications.

GENERAL HOUSEHOLD AREAS:

- | Yes | No |
|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |

STAIRWAYS:

- | Yes | No |
|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |

BEDROOM:

- | Yes | No |
|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |

BATHROOM:

- | Yes | No |
|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |

KITCHEN:

- | Yes | No |
|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |

Checklist adapted from Home Safety Checklist/US Department of Health and Human Services/Office of Human Development and Services Administration on Aging

Just Before Your Surgery

A nurse from Springfield Hospital will call you the night before your surgery to tell you when and where to report the next day. If you are not home, the nurse will leave a message.

Please follow the pre-surgical instructions below:

- Shower or bathe and shampoo your hair the night before or the morning of your surgery.
- Do not smoke the day before your surgery.
- Do not eat or drink after midnight the night before surgery, although you may brush your teeth.
- Do not wear makeup on your surgery day.

Your physician and anesthesiologist will inform you if you need to modify these instructions. You will be instructed as to whether or not you should take your regular medication the morning of surgery with a small sip of water.

Packing for the Hospital

Pack comfortable clothes for your hospital stay, including non-skid or rubber sole shoes, loose-fitting pajamas, and a lightweight robe. Personal toiletry items, bedside snacks and reading materials are also useful. Do not bring valuables such as jewelry, credit cards or a checkbook.

Your Day of Surgery

On your day of surgery, please report to the Short Procedure Unit on the 2nd floor of the hospital at your scheduled time. There, nurses and staff will help prepare you for your surgery. You will be asked to remove your contact lenses and dentures for surgery, so be sure to bring appropriate storage cases.

Your loved ones may stay with you until you are moved to the Holding Area just prior to surgery. Joint replacement surgeries typically last between two and three hours. After your surgery, you will be moved to the Post Anesthesia Care Unit (PACU) to recover. You will generally be in the PACU for one to two hours.

Following surgery, you may have the following:

- An intravenous (IV) line to provide you with medication and fluids.
- An incentive spirometer, which works to remove mucous from the lungs and improves breathing.
- A nasal cannula to provide you with oxygen for the first 24 to 48 hours.
- Foot pumps or a sequential compression device to prevent blood clots and aid circulation.
- A Foley catheter for urine collection until you are more mobile.
- If you have had a knee replacement, you may possibly have a continuous passive motion machine, which flexes and extends the leg.

Managing Your Pain

After your surgery, your nurses will ask you to describe your pain level based on a scale of 0 to 10. A 0 would represent no pain at all, and 10 the worst pain possible. Every effort is made to keep you as comfortable as possible and you should always ask for pain relief when you need it.

Your physicians will order your medications and type of pain control. Pain medication delivery methods include injections, a patient-controlled analgesic (PCA) pump, continuous medication in your back (called an epidural), and oral medication.



Family Waiting Area

Your Family

The Family Waiting Area is located right next to the Short Procedure Unit. After your surgery, your surgeon will go to the Waiting Area to speak to your family. Visitors are not permitted to be in the operating room or PACU and will reunite with you when you are transported to your room.



Café Carl

Visitors may enjoy a cup of coffee or a variety of hot and cold meal selections at Café Carl, located on the first floor in Healthplex Pavilion I. Café Carl is open Monday through Friday from 7 a.m. to 7 p.m., and Saturday from 10 a.m. to 3 p.m. (closed Sunday). Hours may change during the summer. Vending machines offering beverages, ice cream, and snacks are located on the ground floor of the hospital.



Gift Shop

The Gift Shop is located in the main lobby of Springfield Hospital. It is open Monday through Friday from 10 a.m. to 3 p.m., and on most Saturdays from 11 a.m. to 3 p.m.

Cell phones are only permitted in designated areas, as they may interfere with patient care equipment. Visitors should park in the parking garage, which

is located to the right of the main hospital. The first 45 minutes are free, and there is a maximum charge of \$6. Coupon books featuring reduced parking rates are available.

Your Acute Care Hospital Stay

Following your joint replacement surgery, you will stay in Springfield Hospital for approximately three days. During this time, staff will remove your catheter and IV, track your vital signs, and assist you in bathing, dressing, eating and toileting. Staff will ask you to periodically turn, cough, and breathe deeply to encourage lung health.

Keep staff members informed about your pain levels and ask for pain medication when you need it. Pain medication allows you to participate more fully in your therapy and facilitates your recovery.

You will be seen by a physician daily. On the day after surgery, you will likely be assisted out of bed. Your physical therapist and/or occupational therapist will assist you in learning exercises to improve circulation, strength, range of motion, and mobility. You will concentrate at first on getting in and out of bed or a chair, walking, climbing stairs, balance, and safety.

A case manager will see you the day after your surgery and assist with insurance issues, ordering equipment prior to your discharge, and making referrals for rehabilitation and home care if necessary.

Mobility After Surgery

As you resume movement after joint replacement surgery, it is important to modify the way you move in order not to put undue stress on your new joint and to prevent dislocation.

If You've Had a Hip Replacement. . .

- Do avoid bending at your hip more than 90 degrees.
- When sitting, do keep your knees lower than your hips.
- Do use pillows between your legs at night to keep your hips properly aligned.



- Don't let your leg move past the midline of your body.
- Don't turn your feet in.
- Don't cross your legs at your knees or ankles.

If You've Had a Knee Replacement. . .

- Do bend your knee as much as you can.
- Do straighten your knee all the way.
- Do pick up your foot when you turn.



- Don't twist or pivot.
- Don't squat.
- Don't kneel.
- Don't sleep or rest with a pillow directly under your knee.

Rehabilitation and Therapy After Your Acute Care Stay

After being discharged from your acute care stay at Springfield Hospital, most joint replacement patients stay for short periods of time in inpatient rehabilitation facilities before returning home. Inpatient rehabilitation offers patients intensive therapy and care that supports them in regaining optimal functioning and helps them get back to their regular lives at home and in the community.

The length of time a patient stays in inpatient rehabilitation depends on many factors, including the extent of the joint problem prior to surgery and the patient's age, health status, home environment and insurance coverage. Inpatient rehabilitation patients are cared for by a team of specialists including a rehabilitation physician, nurses, physical therapists, occupational therapists, recreational therapists, psychiatrists/psychologists, a social worker, and a case manager.

"At home" care is another option for some patients. Through home services, patients receive care in their recovery from skilled nurses, home health aides, rehabilitation therapists, and other specialists.

After returning home, some joint replacement patients complete their recovery through outpatient physical therapy until rehabilitation goals are met.

Springfield Hospital patients are referred to post-acute care options by their physicians. The patient's case manager and social worker can assist in making arrangements and smoothing the transition.

Discharge Instructions For Those Going Home After Acute Hospitalization

If you are returning home after your post-surgical stay in the hospital, take precautions as you ease back into your daily routines.

Keep the area elevated as much as possible to minimize swelling. Apply a cold pack for 20 minutes, three or four times daily, or more often if needed (an ice bag or a bag of frozen vegetables works well).

Resume all your regularly prescribed medications, unless you have been instructed otherwise.

You may resume regular showers after your dressings are removed, but you should not soak the area in water until after the sutures have been removed. Apply dry bandages after your shower. Your sutures will be removed at the time of your first office visit.

When to Call Your Doctor

Call your physician's office if you develop any unusual symptoms, including:

- Redness, draining or heat around your incision.
- A fever over 100 degrees.
- Excessive pain not relieved by your medication.
- Pain in the calf of your leg.
- Chest pain, shortness of breath or difficulty breathing.
- Other symptoms that you don't understand.

Life After Joint Replacement Surgery

Each joint replacement surgery patient's experience is unique. Here are answers to some common questions about what to expect after surgery:

How much pain will I have after surgery?

All surgery involves some pain. While in the hospital, your pain will be controlled to make you comfortable. Pain medication is an important component in your early recovery and allows you to participate more fully in your therapy. At the time of discharge, your pain will be improved significantly. As you begin to use your new joint, you will likely have some pain because the surrounding muscles are weak from inactivity and the tissues are healing. Following your surgery, you will find that the pain caused by arthritis will be relieved.

Will I be able to get back to all of the activities I enjoy?

For several weeks, you will use a walker, crutches or a cane to walk. After healing and rehabilitation, you will likely be permitted to participate in physical activities such as golfing, walking, dancing, and swimming. However, more strenuous sports such as tennis or running, may be discouraged.

How soon until I can drive?

It is essential to regain muscle control before you resume driving. Physicians generally recommend that joint replacement patients wait for six to 12 weeks—or even longer—before resuming driving. Driving a stick-shift car would extend the waiting period for patients with left hip replacements. Hip replacement patients should avoid driving a small sports car that is low to the ground, as these cars force you to sit with your knee higher than your hip.

Do I have to eat special foods after my surgery?

When you return home, you will be eating a regular diet. Your doctor may recommend that you take vitamins supplements, especially those containing iron and vitamin C, and that you limit caffeine and alcohol intake. According to the American Academy of Orthopaedic Surgeons, you should avoid excessive intake of vitamin K while you are taking blood thinning medications prescribed after surgery. Foods rich in vitamin K include: broccoli, cauliflower, Brussels sprouts, liver, green beans, garbanzo beans, lentils, soybeans, soybean oil, spinach, kale, lettuce, turnip greens, cabbage, and onions.

Important Information for Springfield Hospital Patients

Contact Information

Phone Numbers

Acute Care Center (nurses station):	.610-328-8733
Admissions:	.610-328-8705
Billing Office:	.610-490-7900
Café Carl:	.610-328-8766
Case Management:	.610-328-8778
Gift Shop:	.610-328-2620
Information Desk:	.610-328-8717
Patient Representative:	.610-447-6317
Physical Medicine and Rehabilitation:	.610-328-8800
Pre-procedure Testing:	.610-328-8788
Short Procedure Unit:	.610-328-8921
Social Work:	.610-328-8751

Getting to Springfield Hospital

From Granite Run Mall

Time: 8 minutes

1. Take Baltimore Pike East.
2. After Springfield Mall, turn left onto Route. 320 (Sproul Rd.).
3. The entrance to Springfield Hospital will be on the left at the third traffic light (Thompson Road).

From Route. 202 & US 1

Time: 20 minutes

1. Take US 1 North to Route 320, Springfield (Sproul Rd.).
2. Turn right onto Route 320.
3. The entrance to the Springfield Hospital will be on the right at fourth traffic light (Thompson Road).

From 476, Exit 5 (St. David's/Villanova)

Time: 10 minutes

1. Take 476 South to Exit 5, Springfield
2. Exit onto Rte. 1 North
3. Exit onto Rte. 320 South
4. The entrance to Springfield Hospital will be on the right at the fourth traffic light.

From Springfield Mall

Time: 1 minute

1. Exit onto Rte. 320 North (Sproul Rd.).
2. The entrance to the Springfield Hospital will be on the left at third traffic light (Thompson Road).

From 476 & I-95

Time: 15 minutes

1. Take 476 North to Exit 3 (Media/Swarthmore)
2. Exit onto Baltimore Pike East to Rte. 320
3. The entrance to Springfield Hospital will be on the left at the third traffic light (Thompson Road).

From the North -- Philadelphia Area

1. Take Route 1 (Township Line Road) South to Rte. 320 South
2. Make a left turn on Rte. 320 and go past the Springfield Country Club and St. Kevin's Church
3. The entrance to Springfield Hospital will be on the right side at the fourth traffic light (Thompson Road).

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190 West Sproul Rd.
Springfield, PA 19064



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