

Orthopedic Care

Your New Knee

How to Get the Best Possible Outcome
from Your Knee Replacement Surgery



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Welcome + Overview

Welcome to Knee Replacement Class

Look Forward to Less Pain, More Mobility and Improved Health

Now that you and your doctor have decided knee replacement is right for you, it's time to prepare for your surgery and recovery. There's much you can do to achieve the best possible result. Positive thinking, healthy habits and therapeutic exercise make all the difference.

Here's a Quick Overview of What to Expect:

Attend Preoperative Class with Your Caregiver

Pre-Op Class lets you ask questions of our joint replacement experts — nurses, therapists, pharmacists and case managers. We want you to be well informed, so you can take an active role in your recovery. But we don't want you to do it alone. Bring a devoted caregiver to class — like a friend or family member. Their personal support and practical help will benefit you greatly during recovery. So, please bring them to class.



Surgery Registration and Pre-Op Lab Tests

We will help you schedule the tests you need before surgery. Your Pre-Op lab work and necessary tests will be ordered by your doctor and will be completed at the hospital or arranged by your doctor's office. Our staff will tell you when to register for surgery. Before surgery, you will also need to schedule the required follow-up appointment with your surgeon.

Prepare Your Home for Recovery

One to two weeks before surgery, you will want to make all needed arrangements with your caregiver, provide yourself with healthy foods — then clear your house of obstacles and your mind of worries.

Take Steps to Prevent Infection

At home, the day before surgery, you will launder the sheets, towels and pajamas you'll use that night. That night (the night before surgery), you'll give yourself a Pre-Op wash to reduce the amount of bacteria on your skin. In your Pre-Op class or Pre-Op appointment, our nurse will give you instructions and antibacterial soap to cleanse your skin.

Day of Surgery

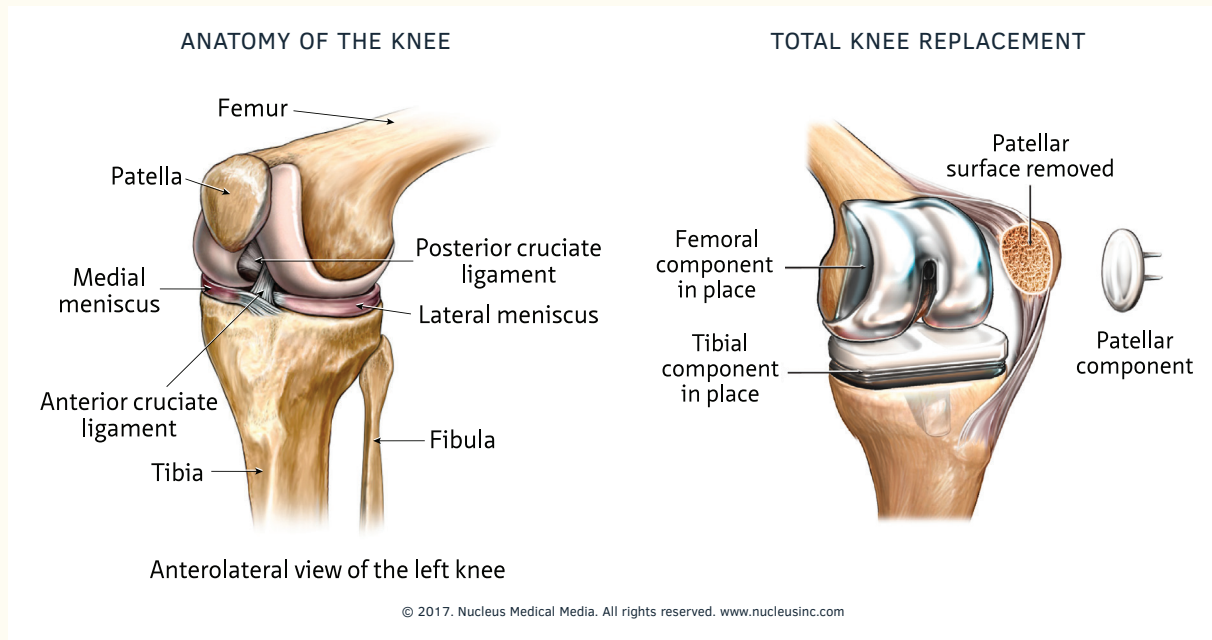
You'll arrive two hours before the time of your surgery, spend one to three hours in surgery, and approximately one hour in the recovery room. Soon after that, the staff will help you get up and about and assist you in your early recovery goals.

Return Home for Recovery Time

This is an exciting time! You'll soon feel less pain and enjoy a more active life. But each patient is unique. Your care team will decide when you can go home (or in a very few cases, to a rehabilitation facility). Generally speaking, you'll be able to do most of your normal daily activities in three to six weeks, if you follow your recovery guidelines.

Anatomy Review

Knee replacement surgery means the damaged bone and cartilage of the knee is removed and replaced with a new artificial knee. At this point, your surgeon has discussed this with you in detail, and has chosen the surgical method that is right for you — one that will use the smallest incision possible to spare muscle and other tissue. This can result in less pain, a faster recovery time and a better range of motion from minimal scarring.



This information is for educational purposes only and is not intended to replace the advice of your doctor. When you have questions, ask your medical team.

Preparation

Attend Preoperative Class

Get Ready to Take Notes and Ask Questions

You must attend Pre-Op Class so you'll know what to expect from your knee replacement surgery — from preparation, to the day of surgery and throughout your recovery. Successful recovery takes planning, awareness and involvement on your part.

El Camino Health joint replacement experts lead the class. They are the members of your medical team who support your surgeon and anesthesiologist. They may include nurses, case managers to coordinate your care, occupational therapists who help you with self-care activities, physical therapists for safe movement, and pharmacists.

Don't be shy about asking questions! You'll be among other patients and their families sharing their concerns. Asking questions helps everyone.

Choose a Caregiver

It's great to have the support of friends and family during your knee replacement. We encourage you to ask a family member or close friend to act as your special assistant during the process. Their help and support will make things easier. As your caregiver, they can:

- Attend Pre-Op Class with you.
- Prepare your home for your return after surgery.
- Be there after surgery to provide encouragement and cheer on your first steps.
- At home, they can help you with proper positioning and exercises, and remind you to follow Post-Op instructions.



Lab Tests

By this time, your surgeon and anesthesiologist have decided which preoperative tests you should have, so they can see if you need any special care, and your appointments will have already been made. Your surgeon will tell you where your preoperative tests will be completed. You will also meet with a nurse for a Pre-Admission Screening (PAS) appointment.

To schedule your class, or if you have questions about your Pre-Admission appointment at the Mountain View Campus, please call the Pre-Admission Services at **650-962-4547**.

For class scheduling or questions about your Pre-Admission appointment at the Los Gatos campus, please call Outpatient Services at **408-866-4027**.

You Have Homework to Do

Home Checklist

Your recovery goes much smoother when you prepare your living quarters for your post-surgery return.

- **Clear your calendar** – Take care of things like dental appointments well in advance of surgery.
- **Arrange for help** – For bathing, dressing, meals, or medication if needed. Do you need someone to drive and run errands? Mow the lawn? Walk the dog?
- **Do the shopping** – Have healthy food and beverages waiting when you get home.
- **Do your banking** – Pay bills and have cash on hand to avoid worry.
- **Fill the tank/charge the car** – Get the car ready so your driver can transport you.
- **Get nonskid shoes** – Well fitting, with good support.
- **Improve access to bed and bath** – Make sure your doorways and walkways allow for a walker if one is needed. It's ideal to have your bed and bath on the same floor, since stairs may be difficult. Your physical therapist will practice stairs with you before you leave the hospital. However, you may want to consider staying on the first floor during your recovery.
- **Remove obstacles** – Throw rugs, extension cords, pets, and pet toys.
- **Make the bathroom safer** – Add a rubber mat or nonskid adhesive strips on the bottom of your tub or shower.
- **Put things within easy reach** – Put a phone near at hand. Make kitchen and bath items accessible without bending or reaching up.
- **Find an armchair** – Have a chair that will allow you to sit high enough to keep your hips higher than your knees. This makes it easier to get out of the chair.
- **Fill prescriptions.**
- **Get any medical equipment needed** – Such as a front wheeled walker, raised commode seat with arms, shower chair or tub transfer bench. We can provide you with a list of the durable medical equipment stores that carry these items. The front wheeled walker is covered by insurance while the other items usually are not. You may reach out to our case managers for questions related to equipment needs or discharge arrangements. Mountain View **650-988-8266**. Los Gatos **408-866-3955**.
- **Disabled Parking Placard** – You may qualify for a temporary disabled parking placard from the DMV or AAA (must be an AAA member). Contact your doctor's office for an application form.
- **Do the laundry** – Put clean linens on the bed and clean towels in the bathroom before you leave for the hospital.
- **Pack your hospital bag** – Loose, comfortable clothing and toiletries, but no valuables.

Make Your Surgery Follow-Up Appointment Now

Call your surgeon's office and schedule your post-operative follow-up visit before you have the surgery. Everyone's recovery process is different. Your surgeon will want to see how well you're doing and give you the opportunity to ask questions.

Check the Health of Your Skin and Stop Shaving

During the remaining days before surgery, check your "surgical" knee to make sure that area of your body is free from rashes and scratches. If you do find a rash or scratch, call your surgeon. Also, don't shave any of the areas that will be prepped for surgery.

Review Your Current Medications

If you haven't already done so, check with your medical team to see if you need to stop taking medications that might increase bleeding. For example, you might need to avoid aspirin, fish oils, herbal supplements and anti-inflammatory medicines (Motrin,[®] Aleve,[®] Advil,[®] ibuprofen) before surgery. Tell us if you're taking a blood thinner; your doctor may give you special instructions for taking it.

When asked, be honest about your drug and alcohol use, since it can affect your anesthesia and pain management.



Will I Need a Blood Transfusion?

No, it's not likely. However, in California, your surgeon must discuss blood management options with you before your operation. If a transfusion is needed, you have the right to refuse it for religious or safety reasons. Your surgeon may discuss alternative methods for blood conservation with you, too.

Review Your Healthy Eating Habits

If you have special dietary needs or questions about healthy nutrition for healing, we can arrange for a dietitian to consult with you while you are in the hospital.

However, most of us know what healthy eating is. It's eating a variety of foods that give you the nutrients you need to maintain your health, feel good and have energy — vegetables, fruits, lean protein, fish, whole grains and plenty of water. Sugar and greasy, salty snacks should be kept to a minimum.

When your body is recovering from surgery, it's time to rededicate yourself to a healthy diet, and add some foods that will give your tissues the fuel they need to heal.

- The fiber in fruits, vegetables and oatmeal can prevent constipation. The carbohydrates in them help fight fatigue and increase energy.
- Poultry, fish and lean meat help your body repair bone and muscle tissue.
- Heart-healthy fats like those in olive oil, avocado, nuts and seeds boost immunity.
- Make sure you're getting calcium, iron and vitamin C — your dietitian may want you to take a multivitamin.
- Stay hydrated! Eight glasses of water a day are essential.



After you have been admitted to the hospital, you may consult a dietitian. If you need a nutrition refresher later, visit:

- www.eatright.org for nutrition fact sheets
- www.diabetes.org if you're diabetic
- www.americanheart.org for healthy recipes and meal plans

Get Spiritual Support and Reassure Your Loved Ones

Being physically, mentally and emotionally prepared is the key to a relaxed recovery. Before their surgery, some of our patients make time to speak with their pastor, or ask their faith community for positive thoughts and prayers.

All surgery presents some risk, so it's a good idea to "set your house in order" so you and your family are prepared in the event of a rare and unexpected complication. It's very important to put your healthcare preferences in writing in the form of advance directives, and file them with your doctor and hospital.

If you're ever unable to speak for yourself, your advance directives tell us how you want your medical care handled. At El Camino Health, we are committed to honoring your wishes. But first, we have to know them.

Take advantage of our free, personalized assistance through the online Health Library & Resource Center at El Camino Health. We'll help you put your wishes in writing. To schedule a 60-minute appointment, call:

- Mountain View campus **650-940-7210**
- Los Gatos campus **408-866-4044**

The Day Before Surgery

Wash Your Towels, Bedding and Clothing

Do a fresh load of laundry to reduce the risk of infection from bacteria. Include:

- A set of sheets
- Towels
- Pajamas
- The clothes you'll wear and take to the hospital

Linens and clothing that have been sitting in the closet or drawer for awhile have been collecting dust, bacteria and other microbes. Change the sheets you sleep on the night before surgery. They must be freshly laundered. So should the towels you dry off with after your shower(s). Any pajamas and clothing you'll take to the hospital must be as freshly washed as possible.

The Evening Before Surgery

Skin Cleansing and Relaxation

Have a nice relaxing dinner the night before your surgery and follow the "Bathing Instructions Before Surgery."

Suspend Some Normal Medications

Follow your doctors' instructions about taking or not taking medications that night or the next morning.

Check Your Bag

Use our checklist on page 11 to make sure you packed everything you need in a small traveling bag — personal care items, sleepwear, nonskid shoes and loose clothing.

Eating and Drinking Instructions Before Surgery

Drinking plenty of fluids up to three hours before your surgery will help you stay hydrated and reduce related headaches after surgery.

Hospital Bag Checklist

Pack These Items for Your Hospital Stay:

- Toothbrush, deodorant, denture gear
- Comb, brush and hand mirror
- Battery-operated razor
- Hearing aid, reading glasses
- Makeup and moisturizer
- Socks and undergarments
- Well-fitting, nonskid slippers
- Pajamas and robe
- Any special pillow
- Loose-fitting shorts (1 pair)
- Loose-fitting shirts (1 or 2)
- Flat shoes or tennis shoes
- Contact phone numbers
- A list of your normal daily medications
- This handbook



Leave These at Home:

- Jewelry
- Valuables
- Money

Cell Phone and Tablet:

Do not pack these. Have your caregiver bring them to you after surgery, along with their chargers. The hospital has Wi-Fi.

Positive Air Pressure/CPAP Machines:

Do not bring your CPAP machine to the hospital. We will use our hospital equipment for safety reasons.

Eating Instructions

Eat regular meals up until 8 HOURS before your surgery, and then stop eating any food, dairy, or liquids with pulp.

Bathing Instructions Before Surgery

Cleaning your skin before surgery will reduce the risk of infections at your surgical site. You can play an important role in your own health to reduce the number of germs on your skin by following these instructions.

Use Chlorhexadine 4 oz antiseptic skin cleanse. If it is not provided, it is available to purchase over the counter at a pharmacy.

Two showers:



One the night before surgery



One the morning of surgery

Two Days Before Surgery:

1. Do not shave or remove any body hair

The Night Before Surgery:



1. If you are allergic to Chlorhexadine or your skin becomes irritated with the cleanser, follow instructions using antibacterial soap.



5. Keep the cleanser on for 3 minutes. Turn on the water and rinse off the cleanser.



2. Clean your entire body using regular soap. Shampoo your hair. Do not use conditioner. Rinse.



6. Dry with a freshly washed towel after each of these showers.



3. Wet a clean sponge or washcloth. **Turn off the water.** Pour **half** of the Chlorhexadine cleanser onto the sponge or cleanser.



7. Wear freshly washed clothes and use freshly washed bed linens after each shower.



4. Wash from jaw to feet, front and back, including belly button. Do not apply cleanser to face, head or genitals.



8. Do not use lotion, cream, powder, or deodorant after you shower with the Chlorhexadine cleanser.

The Morning of Surgery

1. Rinse and follow steps 3-8 above.

Drinking Instructions

Continue drinking clear liquids up until 3 HOURS before surgery, then stop drinking any liquids.

The ONLY clear liquids allowed: water, clear broth, tea or plain black coffee (no milk or creamer), grape, cranberry, or apple juice without pulp. Liquids may be colored but not have particulates.

Carbohydrate Drinking Instructions

You may be given a specially formulated Pre-Surgery drink prior to your operation to help provide the energy and nutrition your body needs to handle the stress of surgery and improve your recovery.

If ordered, complete the Pre-Surgery drink 3 HOURS before surgery. STOP drinking any liquids after you complete the drink.

Patients with diabetes:

- Type 1 diabetics or insulin dependent diabetics : do not drink the Ensure® Pre-Surgery drink.
- Type 2 diabetics taking pills: drink half of the Ensure® Pre-Surgery drink.

The Day of Your Surgery

The Morning of Surgery

On the day of your surgery, please cleanse your skin again by taking your second pre-op shower with the soap provided to you at your Pre-Op appointment or class. Wear your freshly laundered clothing to the hospital.

It's Time to Put on Your Surgical Gown

Whether you're having your surgery at the Mountain View campus or Los Gatos, the arrival procedure will be the same.

Preparing for Surgery

Our staff members will check you in two hours before your surgery, and your nurse will take you to our operating holding room area. Your caregiver is welcome to join you.

You'll meet with your surgeon, your anesthesiologist and your surgical nurse. They will be happy to answer any questions you may still have.

We'll ask you to put on your surgical gown and remove any makeup. It's not necessary to remove nail polish. Your nurse will prepare your skin and start an IV (a tiny catheter put into a vein for fluids and medications).

We will then take you to surgery and ask your caregiver to wait in one of our comfortable waiting areas.

Surgery

Your family member may wait in the waiting area during the surgery. They will be given a patient case number, and they can follow that number on the monitor for patient status updates. After surgery, your surgeon will tell your caregiver and family how you're doing.

Post-Anesthesia Care

With the surgery complete, we take you to the Post-Anesthesia Care Unit (PACU) where your nurses monitor you closely. You'll remain in PACU for about one hour while the anesthesia wears off and the nurses begin pain management.

Recovery in Your Hospital Room

You'll be brought directly from the PACU to your hospital room, where your care team will continue to check your progress, keep you comfortable and care for your incision. If you were given a catheter (a thin tube inserted into the urethra to drain urine during surgery), it will be removed according to your doctor's orders. Your caregiver or a few close family members may now visit. They may also bring you your cell phone and other devices. The hospital has guest Wi-Fi available for you to use.

Your first session with a physical therapist will most likely be on the day of your surgery. Our goal is to get you on your feet, ideally the day of surgery. We stress again: physical therapy is vital for your new knee to work well. Length of stay in the hospital after surgery ranges from zero to two nights.

At this time, proper positioning is of utmost importance. We'll remind you to keep a rolled

hand towel under your ankle, extend your leg and keep it elevated to minimize swelling. We'll have you do exercises in bed, and get you up and moving as soon as possible.

You'll feel some discomfort at first. It will lessen. Frequent exercise decreases pain. Keep your goals in mind — you'll soon be returning to many activities that you enjoy.

Post-Op Pain Control: What You Can Do

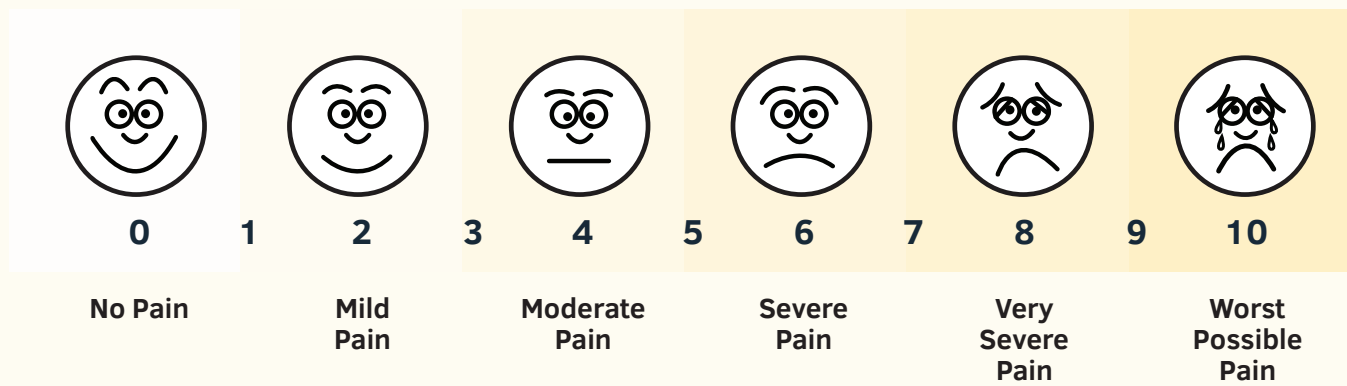
Most knee replacement patients worry about pain control. Today's advanced pain management techniques — oral and regional (that is, a region of your body) — offer several very effective pain control methods. Your surgeon chooses the one that is right for you based on your medical history and your recovery.

Your care team will work with you to keep the level of pain and activity right for you. You can help:

- **Try to relax.** When you're relaxed, pain medications work better.
- **Make yourself comfortable.** Position yourself for comfort and ease of breathing. We can help.
- **Speak up.** When pain increases, or if you feel nauseated, let your care team know. Pain has a cycle, and our goal is to stop it with medication as soon as you've noticed an increase in pain.

We'll be using a pain scale to help you communicate your level of discomfort.

PAIN MEASUREMENT SCALE



Adapted from Wong-Baker Faces Pain Rating Scale

Get It Straight: Safe Positioning Protects Your New Knee

An extended, elevated leg is vital to the healing process and the long-term success of your knee replacement. Failure to work on leg extension directly after surgery may result in stiffness or even a limp.

- Keep a rolled hand towel under your ankle, extend your leg and keep it elevated to minimize swelling — whether in bed, on the sofa or in a recliner.
- Do not prop pillows under your knee and allow it to bend.

While many patients think bending (flexion) is most important, bending and strengthening your knee will come gradually with time. Early in your recovery, you and your therapist must focus on fully straightening your leg so you have the best outcome possible.

Preventing Blood Clots

Following surgery, there's a risk that a blood clot may form inside one of your veins. It won't always dissolve on its own. An immobile blood clot generally won't harm you, but if it should dislodge and move it becomes dangerous.

Your surgeon may prescribe a medication to prevent clotting called an anticoagulant medication (aspirin, Coumadin®, Lovenox®, or Xarelto®). You will be wearing a sequential compression device (SCD) to improve blood flow in your legs. SCDs are “sleeves” that wrap around the lower legs and inflate with air one leg at a time to imitate the action that occurs in your veins when you are walking. We now provide rechargeable portable compression sleeves for use in the hospital and at home after discharge. You may also be asked to wear compression stockings. Your surgeon will decide how long you need to continue these preventions.

Physical activity helps to keep your blood circulating normally and reduces the risk of blood clots. This is another excellent reason we want you to get up and begin walking soon after surgery!

Deep Breathing Prevents Pneumonia

Patients recovering from surgery tend not to breathe very deeply. Without deep breathing and coughing, pneumonia is more likely. We may ask you to use an incentive spirometer to help you take deep breaths correctly.

Use the incentive spirometer according to the instructions given by your medical team.

In general:

- Sit on the edge of your bed, or sit up in bed as far as possible.
- Hold the incentive spirometer upright.
- Seal your lips tightly around the mouthpiece.
- Breathe in slowly and deeply, moving the indicators as you have been instructed.
- Set a goal to work toward, and move the indicators to those levels.
- After each set of 10 deep breaths, cough to be sure your lungs are clear.



At Home

Return Home to Recuperate

Follow Your At-Home Healing Plan

Your surgeon will determine how long you will be in the hospital; the decision is based on your postoperative progress. Some patients are appropriate for discharge to home the same day as surgery, while others may need to stay one to two nights. Very occasionally, the patient may need to transfer to a transitional care facility. Your case manager will have been assessing and discussing your condition, and have plans in place for your discharge. That includes — if you need it — any home health physical therapy, home medical equipment or doctor-ordered care.

All knee replacement patients must undergo physical therapy. Your doctor will determine whether that therapy takes place in your home or at a clinic near you — or both. Some patients will have a physical therapist come to their home for approximately two weeks, then continue therapy as an outpatient close to home. Your doctor will determine the amount of therapy needed and coordinate the arrangements for you.

Be Comfortable, but Keep Moving

At home, you'll be on your own with the help of your caregiver. Keep the momentum going! Inactivity can cause your new joint to stiffen, which will slow your recovery, undoing all the progress you made during your hospital stay. You need to work through the discomfort. You can keep pain at bay with ongoing exercise. Ask your caregiver for encouragement and support.

- Take your pain medication 20 to 30 minutes before you begin exercise or physical therapy.
- Control discomfort by applying an ice pack to your knee. (A bag of frozen peas works well, too.) Remember, an ice bag should not be applied directly to your skin or it will cause burning! Put the ice bag in a pillowcase or on a clean towel. Don't ice your knee more than 15 to 30 minutes per hour (or as directed by your doctor) as it may slow the healing process.

- Your doctor may decide a small portable cold therapy machine is right for you. This is a device that keeps a chilled therapy pad consistently cold while you are wearing it. Always use a barrier such as a clean towel or pillowcase between the cold pad and your skin. If your doctor orders a recirculating cold therapy machine in the hospital, you will take this device home with you and you will receive instructions on how often and how long to use it.
- Change your position every 45 minutes.

If you experience swelling in your leg, lie on your back and prop your feet up on pillows so that your feet are higher than your heart. Gravity will help drain the excess fluid and decrease swelling.

Remember Your Safe Knee Positions

When you're at rest — in bed, in a recliner or chair — keep your leg extended and elevated with a rolled hand towel under your ankle.

Eat for Healing and Prevent Constipation

To help your body heal, you should be eating the healthy foods recommended in this guide.

However, the change to your routine and your pain medications may cause constipation. So you'll want to reduce your dependence on narcotic medications as soon as possible. Remember: exercise prevents constipation — another reason to keep moving. Lastly, you can use the laxatives recommended by your care team. In the meantime:

- Eat fiber-rich foods.
- Drink plenty of water.
- Avoid caffeine and alcohol.

Care for Your Incision

To prevent infection, take proper care of your surgical incision.

- We will cover your incision with an antimicrobial and waterproof dressing before you leave the hospital. Please leave the dressing in place until your first Post-Op visit, unless your doctor tells you otherwise. Keep the dressing and your incision clean and dry.
- Don't apply any lotions or ointments, unless your nurse or surgeon so instructs.

Follow-Up Appointments with Your Surgeon

In two to three weeks, you will return to your surgeon's office for a follow-up visit so your surgeon can check your progress and modify your recovery plan.

When to Call Your Surgeon

Your exercise routine and your compression stockings greatly reduce the risk of a blood clot occurring. However, if you see these indications, call your surgeon immediately. He or she will evaluate your condition and decide proper treatment.

- Swelling in your thigh, calf or ankle that does not decrease when you lie down with your feet elevated above heart level.
- Pain and tenderness in the calf of either of your legs.
- ***If you experience sudden chest pain, difficult or rapid breathing, shortness of breath, sweating or confusion, call 911 immediately. Ask someone to notify your surgeon.***

Severe Stiffness and Locked Joint

If your knee joint gets locked into one position, call your surgeon immediately. A locked joint, or contracture, is often the result of improper knee positioning which has allowed extreme stiffness to set in. Do your best to avoid contracture by practicing safe knee positioning as directed by your therapists. Stiffness and contracture could require corrective surgery.

What Infection Looks and Feels Like

Infections aren't common, but just in case, here's what you need to know:

- Redness, heat, swelling and bruising around the incision are perfectly normal. But if redness increases, you see some drainage and pain doesn't subside, infection may be present.
- Fever or night sweats may be symptoms of infection.
- Look at any drainage or discharge from the incision. Drainage should decrease over time, but if new or increased drainage occurs, notify your doctor.
- Check the color of the drainage. Normal discharge is clear. An infection will cause it to change color (green, yellow) or emit an odor.
- Increased pain not associated with normal exercise is also a sign to report to your surgeon.

Call your surgeon right away if you see or feel any of these indicators.

The Month After Surgery

Exercise Is the Fastest Way to Achieve the Best Outcomes

Your El Camino Health joint replacement care team will help you set personal goals for the first month of your recovery. Generally speaking, you'll increase your activity over time, increase the mobility of your knee joint and — not only resume normal activities — add new activities once you can move well and with less pain.

Your case manager, surgeon, and your occupational and physical therapists will set specific personal goals just for you. Your physical therapist will give you a separate handout with detailed instructions for each of your prescribed exercises. Your occupational therapist will guide you in bathroom and bedroom safety, getting dressed and fixing meals.

The following is a general overview of what you might expect during the first month after surgery:

Weeks One and Two

Typical goals and expected progress may include:

- Continue the exercise routine established by your physical therapist.
- Gradually increase your activity each day. For example, use your cane or walker to walk 200 feet twice a day and/or climb stairs using a handrail.
- You may shower when permitted by your surgeon. You will not be able to immerse your knee in a bath tub, swimming pool or hot tub until your incision is completely healed (about three weeks) and your surgeon has given you the okay for these activities.
- Your therapist will prescribe specific knee-strengthening exercises as you become ready for them.
- Gradually resume daily living activities.

Weeks Three and Four

You should notice that activities are becoming easier. Continue doing your exercises as prescribed. In general, your goals are to:

- Become less dependent on your walker or cane.
- Continue to increase the distance and frequency of all your exercises.
- Go about your daily living activities without assistance.

Five to Six Weeks After Surgery

You'll be eager to do many of the things you enjoy. However, individuals vary in their healing times.

Your surgeon will let you know when it's safe to:

- Return to work
- Enjoy sex
- Drive
- Swim
- Hike
- Bowl
- Garden
- Dance
- Golf

Knee and hip replacements are very successful surgeries. It takes time to heal afterwards, but you can expect to enjoy physical activity without knee pain. Once you can move without pain, your overall health has a chance to improve.

The secret to a happy, healthy life is to keep moving!



Reminders for Safe Movement

For patients who undergo knee replacement surgery, proper knee positioning is especially important. You will have practiced these exercises along with safe positioning — an extended, elevated leg propped up with a rolled hand towel under the ankle — in the hospital with your therapist. It is important to continue them at home until your surgeon says otherwise.

How to Use a Walker

Early in your recovery, safe movements require the use of a walker.

- Position the walker in front of you. Grasp the side handles securely.
- Step forward with the surgical leg, placing your foot in the middle of the walker area.
- Step forward with the nonsurgical leg using the walker for support.
- Move the walker forward about 12 inches and repeat.

Getting Into and Out of Bed

- To get into bed, sit down about one third of the way down the bed as if you were sitting in a chair.
- Lift your legs one at a time onto the bed as you are lying down.
- To get out of bed, lower your legs off the bed as you sit up.



- Have your walker within reach.
- Use both hands to push off the bed. If the bed is low, use your walker by placing one hand on the walker handle while pushing up from the bed with the other.

Getting In and Out of a Chair

Sit in a firm chair with armrests. Be mindful of low sofas or chairs. If necessary, add pillows or folded blankets to elevate seating surfaces, so that your hips are higher than your knee. That makes it easier to rise out of the chair. For tall patients with long legs, elevated seating can be especially helpful.

Have your walker within reach, but don't use the walker with both hands to get yourself up out of a seated position. Instead:

- Position yourself near the front edge of the seat.
- Place both hands on the arms of the chair and push up. If you're on a chair without arms, place one hand on the handle of the walker. With your other hand on the seat of the chair or sofa, lift yourself off of the chair. Balance yourself. Then grasp the walker handles securely and begin your walk.



Cars

You need to be able to swivel your bottom easily on the car seat. If needed, cover the passenger seat with a slippery plastic bag.

- Move the front passenger seat back as far as it will go, and have it semi-reclined.
- Using your walker, face away from the car and back up to the passenger seat. You're going to sit down while keeping your surgical leg straight out in front of you.
- With one hand on the walker, reach back for the car seat and lower yourself down keeping your surgical leg straight out in front of you. Don't hit your head.
- Swivel your bottom to bring your legs into the car.
- When getting out of the car, reverse these instructions.



Stairs and Curbs

Your physical therapist will teach you how to go up and down a curb and/or stairs before you leave the hospital.

- Ascending: Step up with the nonsurgical leg first.
- Descending: Step down with the surgical leg first.



Bathing in a Shower or Tub

Your occupational therapist will determine the safest bathing strategy for you. There are several different methods, depending on your bathroom set up.

- A shower chair or tub transfer bench is generally recommended when you first return home.
- Per your pre-surgery Home Checklist, you should have a rubber mat or non-skid adhesive strips on the bottom of your tub or shower.



Toilet

Depending on the advice of your occupational therapist, you may want to use a raised toilet seat or a toilet seat with arms. Standard-height toilets can be a challenge for our patients who are over six feet tall. In any case, you'll approach the toilet using your walker.

Sitting Down

- Balance yourself. Use small steps to turn yourself until your back is to the toilet. Don't pivot on one leg. Use alternating small steps to turn yourself.
- Step backwards to the toilet until you feel it touch the back of your leg.
- If the toilet seat has arm rests, reach back for both arm rests and lower yourself onto the seat. If using a raised toilet seat without arm rests, keep one hand on the handle of the walker while reaching back for the toilet seat with the other, then lower yourself down.

Getting Up

- If you have arm rests, use them to lift yourself up.
- If you have a raised toilet seat without arm rests, place one hand on the handle of your walker and push off the toilet seat with the other.
- Balance yourself before taking hold of the walker securely to walk away.



Activities of Daily Living

- An occupational therapist will review dressing, bathing and grooming strategies, and will teach you how to use any adaptive equipment that was recommended.



Exercises After Knee Replacement Surgery

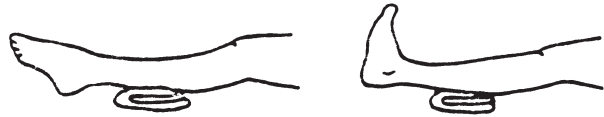
All exercises are to be performed _____ times per day.

While Lying on Your Back

Ankle pumps/ankle circles _____ times

1. Keep surgical leg straight.
2. Move your foot up and down.
3. Move your foot in circles, both directions.

ANKLE PUMPS/ANKLE CIRCLES



Gluteal sets _____ times

1. Squeeze buttocks together.
2. Hold for a count of five. Relax.

GLUTEAL SETS



Quad sets _____ times

1. Keep surgical leg straight.
2. Press back of knee into surface, tightening muscles in front of thigh.
3. Hold for a count of five. Relax.

QUAD SETS



Hamstring sets _____ times

1. Slightly bend knee of surgical leg and press down with the heel.
2. Tighten muscles on back of thigh.
3. Hold for a count of five. Relax.

HAMSTRING SETS



Heel slides _____ times

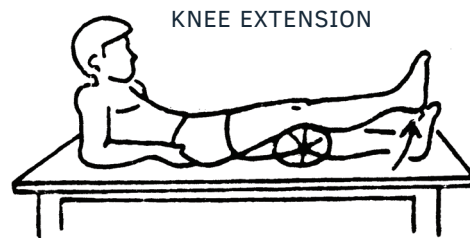
1. Start with surgical leg straight.
2. Keep kneecap pointed toward ceiling throughout exercise.
3. Slowly slide your foot toward your buttocks, keeping heel on bed.
4. Return leg to starting position, making it as straight as possible. Relax.

HEEL SLIDES



Knee extension (lying down) _____ times

1. Place knee of surgical leg over a firm rolled bath towel.
2. Straighten knee by tightening muscle on top of thigh and lifting foot up.
3. Do not raise knee off roll when lifting leg.
4. Return leg to starting position, slowly. Relax.



KNEE EXTENSION

Straight leg raises _____ times

1. Keep nonsurgical knee bent and foot flat.
2. Straighten surgical knee by tightening muscle on top of thigh.
3. Lift leg up 6 to 12 inches.
4. Slowly lower to starting position. Relax.

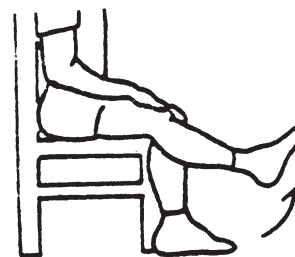


STRAIGHT LEG RAISES

While Seated on a Chair, Without Exceeding 90° Bend at Hip

Knee extensions _____ times

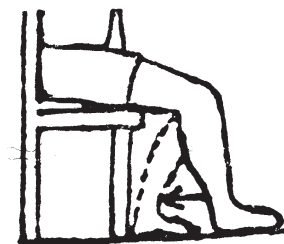
1. Straighten knee of surgical leg.
2. Hold for a count of five. Relax.



KNEE EXTENSIONS

Knee flexions _____ times

1. Bend knee of surgical leg back as far as possible, aiming the heel under the chair.
2. Hold for a count of five. Relax.



KNEE FLEXIONS

Mountain View Campus Directory

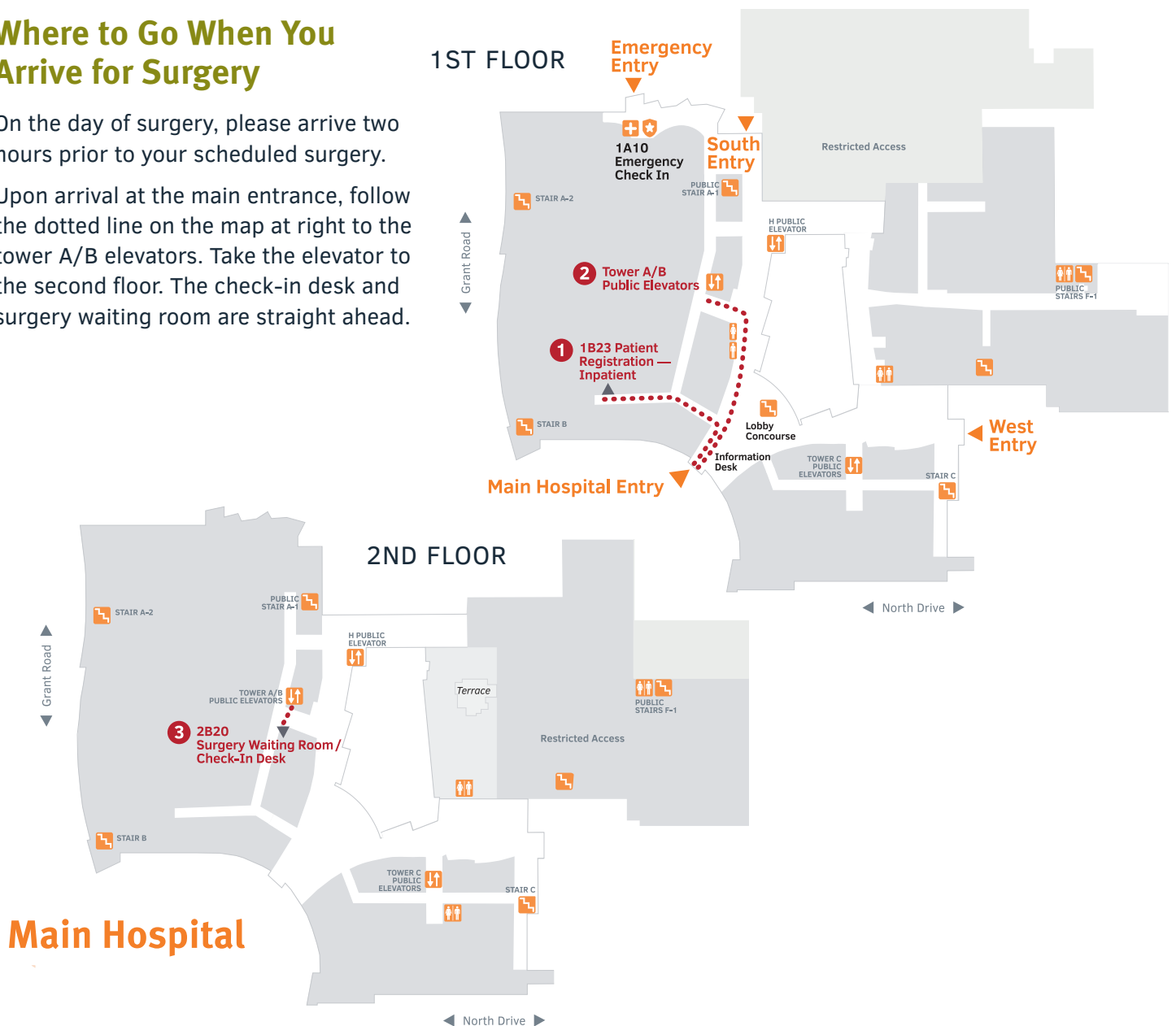
Financial counseling650-988-8275
 Inpatient physical and occupational therapy 650-940-7269
 Nutrition services 650-940-7188
 Orthopedic surgery program coordinator 650-962-4914
 Outpatient rehabilitation 650-940-7285

Orthopedic case manager 650-988-8266
 Patient registration 650-940-7111
 Pre-Admission Services 650-962-4547
 Preoperative & short-stay unit 650-940-7180
 Spiritual care 650-988-7568
 Surgical unit 650-940-7120
 Health Library & Resource Center 650-940-7210

Where to Go When You Arrive for Surgery

On the day of surgery, please arrive two hours prior to your scheduled surgery.

Upon arrival at the main entrance, follow the dotted line on the map at right to the tower A/B elevators. Take the elevator to the second floor. The check-in desk and surgery waiting room are straight ahead.

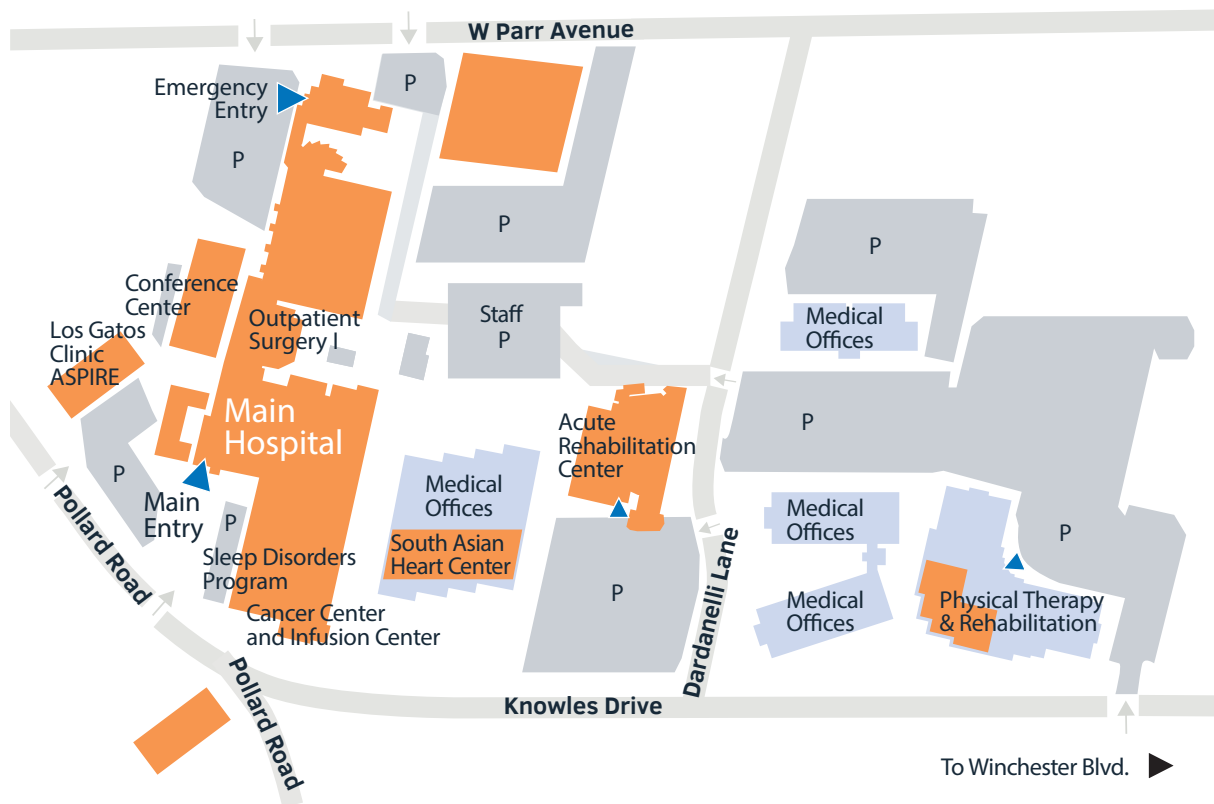


Los Gatos Campus Directory

Financial counseling.....	408-866-4061	Physical Performance Institute (Outpatient therapy).....	408-866-4059
Orthopedic pavilion	408-866-4041	Patient registration.....	408-866-4062
Orthopedic-Spine program coordinator	408-866-3982	Spiritual care	408-866-7568
Outpatient department.....	408-866-4027	Health Library & Resource Center.....	408-866-4044
Orthopedic case manager	408-866-3955		

Where to Go When You Arrive for Surgery

On the day of surgery, please arrive two hours prior to your scheduled surgery. Parking is available in the back of the hospital (see maps). Please report directly to the Outpatient Surgery department on the first floor.



About El Camino Health

El Camino Health includes two nonprofit acute care hospitals in Los Gatos and Mountain View and urgent care, multi-specialty care and primary care locations across Santa Clara County. Hospital key medical specialties include cancer, heart and vascular, lifestyle medicine, men's health, mental health and addictions, lung, mother-baby, orthopedic and spine, stroke, urology and women's health. Affiliated partners include El Camino Health Medical Network, El Camino Health Foundation and Concern. For more information, visit elcaminohealth.org.



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elcaminohealth.org



Need a doctor referral? Visit our website or call the El Camino Health Resource Line at 800-216-5556.