



# Pre-operative Knee Replacement Guide

Patient Name: \_\_\_\_\_

Please review this guide with your nurse and family. Bring guide with you on the day of your surgery.

# Welcome

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Choosing the right hospital for your total knee replacement is no small decision. We are pleased that you have selected the Center for Joint Replacement at Virginia Hospital Center for your healthcare needs. Our Center is the recipient of the Gold Seal of Approval™ from The Joint Commission for Joint Replacement Certification. The Center of Excellence designation signifies adherence to strict national protocols in nursing care, pain management and rehabilitation. It is recognition that every member of our team has special training in total joint replacement.

## **REMEMBER, THIS IS ONLY A GUIDE!**

This booklet is meant as a general guide to your care; however, your individual care will be directed by your physician. You are not expected to read it all in one day, nor memorize any of it. Keep this guide as a handy reference as you prepare for your surgery. Bring the booklet to all appointments, the Pre-operative Joint Replacement Class and to the Hospital on the day of surgery.

We are very proud of our Total Joint Program and we are confident that you will be very satisfied with the care you receive. Our program is built on a simple, but very powerful mission statement.

## **Our Mission – to be the Best Total Knee Replacement Center.**

We strongly encourage you to attend a Pre-operative Joint Replacement Class around four to six weeks before your surgery. Your attendance is mandatory to ensure you are able to fully participate in all aspects of your plan of care.

There are two options available for the Pre-operative Joint Replacement Class:

1. **Pre-operative Joint Replacement Class at Carlin Springs** is a traditional classroom setting.
2. **Pre-operative Joint Replacement Class Online** is in a video format. You will need internet access to participate.

To register for either class go to: <https://www.virginiahospitalcenter.com/tjr>

If you do not have computer access or need help, call the Total Joint Line: 703-558-6621.

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## Total Knee Replacement

Total knee replacement is a surgery to replace a badly damaged knee joint with man-made parts. These man-made parts are called prosthesis. The man-made joint is made of metal or a combination of metal and plastic.

The surgery is done to lessen pain and improve mobility. It is for people with severe osteoarthritis or rheumatoid arthritis of the knee.

The most common cause of knee damage requiring knee replacement is osteoarthritis, which is a degenerative disease of the bones of the knee that causes the surfaces of the knee joint to become irregular and rough, preventing smooth and painless motion of the knee joint. Knee joint replacement may be recommended for: knee osteoarthritis or arthritis causing knee pain that has failed to respond to conservative therapy, decreased knee function caused by arthritis, inability to work because of knee pain, inability to sleep through the night because of knee pain or inability to walk more than three blocks because of knee pain.



## Total Knee Replacement

Risks involved with Total Knee Replacement include but are not limited to the following:

- Bleeding
- Blood clots
- Infection
- Respiratory issues
- Reaction to anesthesia
- Dislocation of joint
- Damage to nearby blood vessels, bones, or nerves
- Leg length difference

Please discuss any questions regarding risks with your surgeon.



## Preparation Checklist (Overview)

### Approximately 6 weeks prior to surgery

- Make pre-op appointments (see checklist on next page)
- Register for pre-op joint class
- Make outpatient therapy appointments
- Begin pre-op exercises/deep breathing exercises
- Begin nutrition management
- Begin using the pain scale
- Begin Smoking Cessation (STOP SMOKING)

### Approximately 30 days prior to surgery

- Complete medical clearance appt
- Attend joint class if have not already
- Determine who will be your *Care Coach*

### Approximately 2 weeks prior to surgery

- Complete pre-op screening telephone interview
- Complete pre-op appointment with surgeon
- Begin preparing your home/meals for your return
- Begin preparing for pet care

### Approximately 2-3 days prior to surgery

- Complete Pre-operative Registration and Blood Draw at VHC
- Pack hospital bag
- Clear clutter, remove rugs, clean home environment

### The Night Before Surgery

- Use Antiseptic Wipes

## Pre-Surgical Checklist

As soon as you get your surgery date: \_\_\_\_\_  
(Write the date here)

You will need to:

- Call the Virginia Hospital Center's Pre-op Screening Department (POS) at **703.558.6159** to schedule a **Telephone** interview for your medical history.

Refer to page 8 for information regarding this interview.

\_\_\_\_\_  
(Write the date/time here)

- Register at <https://www.virginiahospitalcenter.com/tjr> for the **Pre-operative Joint Replacement Class**

\_\_\_\_\_  
(Write the date/time here)

- Schedule a **Pre-op** Appointment with your Surgeon and/or Physician Assistant (PA) if requested. \_\_\_\_\_

(Write the date/time here)

- Schedule a **Pre-op** appointment with your Primary Care Physician (PCP) for a Medical Clearance letter. This may include an EKG and lab work. (Kaiser Members will be referred by Kaiser Permanente).

\_\_\_\_\_  
(Write the date/time here)

- Record appointment date here for required visit to POS Department at Virginia Hospital Center for registration and blood type draw (POS nurse will give you this date during your phone interview).

\_\_\_\_\_  
(Write the date/time here)

- Schedule your Out-Patient Physical Therapy appointments. See page 17. (Kaiser Members will be referred by Kaiser Permanente).

## Pre-operative Screening Telephone Appointment

Call the POS Department as soon as you are scheduled for surgery to make an appointment for a telephone interview. You must have the following information available during the interview:

1. Photo I.D.
2. Name and phone number of your Primary Care Physician
3. Completed medication list found on page 9
4. List of previous surgeries and hospitalizations

A nurse in the POS department will obtain your health history and medication list for the Anesthesia Department.

At the end of the interview the nurse will give you instructions for the day of surgery. The instructions will include food and fluid restrictions, medications to take on the day of surgery as well as the time and location of arrival on the day of surgery.

You will also be asked to come to the POS Department for registration and final blood draw. The day and time will be confirmed by the nurse during your telephone interview.

## Registration for Your Surgery

You will report to the Pre-Operative Screening Department: LOBBY LEVEL  
1625 North George Mason Drive, Arlington, VA 22205, Parking Garage **A**  
[www.virginiahospitalcenter.com/parking](http://www.virginiahospitalcenter.com/parking)

Phone Number: 703.558.6159

Fax Number: 703.558.5943

**Registration:** You will be registered for your surgery. Bring your photo identification and insurance cards for registration.

If you have an Advance Directive (a living will or durable power of attorney) please bring a copy.

**Blood work:** Next your blood will be drawn for crossmatch. A red plastic bracelet will be placed on your wrist to be worn until you go to surgery. **Please do not remove this bracelet under any circumstance.**

**Antiseptic Wipes:** You will receive a package of antiseptic wipes with an instruction sheet to use the night before your surgery. Antiseptic wipes help reduce the risk of infection.



## Medication Form

You may complete this form and email to [preadmissiontesting@virginiahospitalcenter.com](mailto:preadmissiontesting@virginiahospitalcenter.com) prior to your interview.

Please list all medications prescribed by a physician – include pain medications				
Name	Dose	Route/Frequency	Reason/Diagnosis	Date & Time of Last Dose Taken
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				

Please list all over-the-counter medications. Examples include: Aspirin, Motrin, Metamucil, laxatives, cold medicine, etc.				
Name	Dose	Route/Frequency	Reason/Diagnosis	Date & Time of Last Dose Taken
1.				
2.				
3.				
4.				
5.				
6.				
7.				

Please list all herbal supplements/vitamins				
Name	Dose	Route/Frequency	Reason/Diagnosis	Date & Time of Last Dose Taken
1.				
2.				
3.				
4.				
5.				
6.				

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_

## Medications

Certain medications, vitamins and supplements can have an effect on your blood by either thinning or altering clotting mechanisms. **If you are taking a blood thinner prescribed by your physician, please ask the prescribing physician when you should stop taking the medication prior to your surgery.**

### **STOP TAKING THESE MEDICATIONS TEN DAYS BEFORE SURGERY**



Aspirin and aspirin containing medications



All NSAIDS (Non Steroidal Anti-Inflammatory Drugs), including NSAID creams and gels



Vitamin E (200 International Units or more)



Stop all herbal supplements. Below is a list of common herbal supplements.

All Omega Oils

Chondroitin

Fish Oil

Flaxseed

Garlic Tablets

Ginkgo Biloba

Ginseng

Glucosamine

Green Tea Tablets

St. John's Wort

\* Celebrex is safe to take as it does not have any effect on the blood. You may also use Acetaminophen (Tylenol) and Acetaminophen preparations for pain relief.

If necessary, please contact your surgeon and/or primary care physician for possible substitutions for pain medication prior to surgery. **It is important for you to get relief from pain so that you can do the pre-operative exercises and get a good night's sleep as you prepare for this surgery.** A narcotic may be prescribed for bedtime use.

**Do not bring medications into the hospital, unless instructed by POS nurse during the phone interview. If you have any concerns, please discuss the POS nurse.**

## Breathing Exercises

It is very important to take deep breaths both before your surgery when doing your pre-operative exercises and after surgery as you wake up from anesthesia and begin your recovery. Deep breathing will **increase oxygen flow to the lungs to prevent complications and also help you to stay relaxed to manage your pain level and enable you to begin using your new joint**. Practice taking a deep breath by using the following two (2) step technique:

1. Inhale deeply through your nose.
2. Exhale slowly through pursed lips while counting to five.

**Remember to take slow, deep breaths as you change positions during daily activities and also throughout your exercise routine.** Deep breathing will keep you relaxed and ease your discomfort as you move before and after your surgery.

While you are in the hospital, you will be asked to use an incentive spirometer to help you take deeper breaths and stimulate coughing. A member of our Respiratory Care department will instruct you in the use of this device.

If you have Obstructive Sleep Apnea (OSA), your length of stay in the Post Anesthesia Care Unit (PACU) may be prolonged. Bring your device or machine with mask and tubing into the hospital with you on the day of surgery. Upon arrival, the surgery center nurse will have the Biomedical department check your machine. It will be ready for use in the PACU and in your room.

## Nutrition

It's best to approach your surgery in a good nutritional state so that you are at your strongest. **Eating a well-balanced diet, consuming an adequate amount of lean protein, and increasing your fluid intake will help to reduce the chance of infection after surgery.**

If you have a tendency to be anemic, you may benefit from increasing your iron intake with your physician's recommendation.

The following foods are rich in Iron:

- Spinach
- Iron-enriched whole grain breads/cereals (oatmeal, cream of wheat, grits)
- Beans
- Calf and chicken liver, turkey, chicken and beef
- Oysters, clams, scallops and shrimp

Foods high in vitamin C (citrus juice and fruits, melons, dark green leafy vegetables, and potatoes) help your body to absorb iron. **Limit tea and coffee at meal times so as to not decrease iron absorption.**

If you take an Iron supplement, drink plenty of water and fruit juices to stay well-hydrated as Iron supplements can be constipating.

Pay attention to your elimination. Increase daily fiber and fluids to maintain regular bowel movements. You may take over-the-counter laxatives and/or stool softeners if needed to stay regular in the weeks prior to admission.

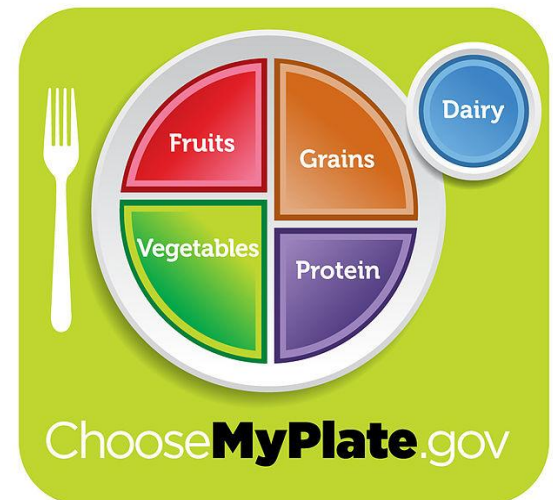
Limit your daily caffeine intake for one week prior to surgery, as caffeine tends to increase urination, potentially causing dehydration.

Alcohol consumption should be decreased or eliminated. Please discuss alcohol consumption with your primary care doctor.

**Drink 6-8 full glasses of water each day for three days prior to surgery.** This will prepare your body to be well-hydrated for surgery and will help you to eliminate the anesthetic agents. It may also minimize any dizziness or light-headedness when you get out of bed.

## Nutrition Tips based on the U.S. Dietary Guidelines (USDA)

- **Make ½ your plate fruits and vegetables.** Eat the color of the rainbow.
- **Make ¼ your plate lean protein** (beef—loin, round chuck, skinless chicken, turkey, beans or tofu).
- **Take your time.** Enjoy your food but eat less.
- **Avoid oversized portions.** Use a smaller plate, bowl and glass. Portion out foods before you eat.
- **Switch to fat-free or low fat (1%) milk.** They have the same amount of calcium and other essential nutrients as whole milk, but less calories and saturated fat.
- **Make half your grains whole grains.** Substitute a whole-grain product for a refined product—such as eating whole-wheat bread instead of white bread.
- **Compare sodium in foods.** Use the Nutrition Facts label to choose lower sodium versions of foods. Select canned foods labeled “low sodium”, “reduced sodium” or “no added salt”.
- **Drink water instead of sugary drinks.** Cut calories by drinking water. Soda, energy drinks and sports drinks are a major source of added sugar and calories in American diets.



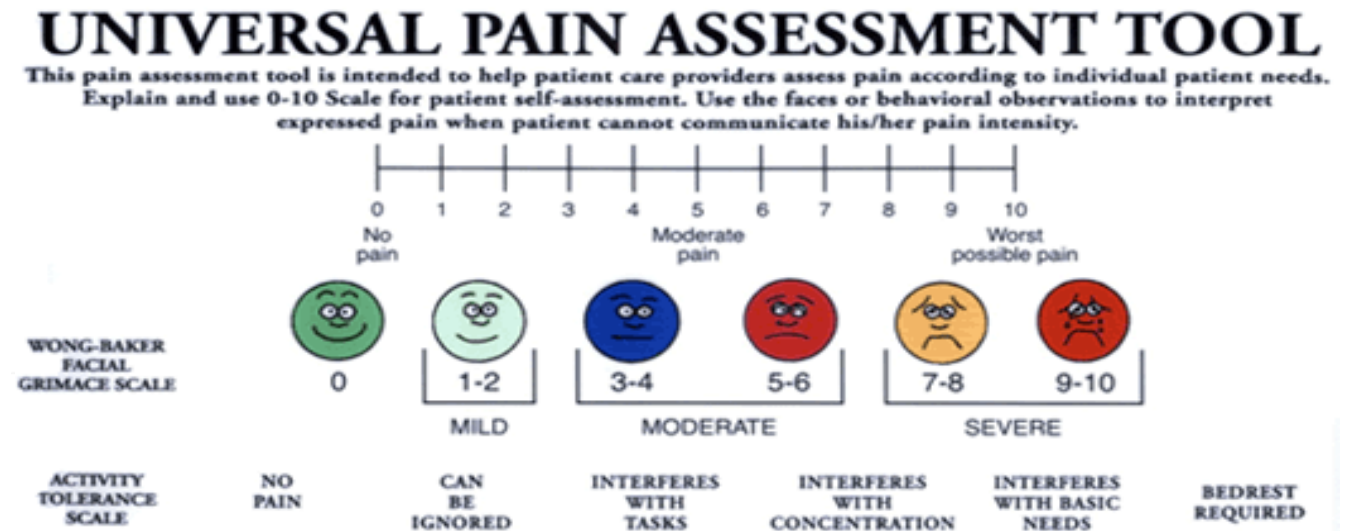
### On the day before your surgery:

- Avoid red meat, beans, nuts, fresh vegetables and whole grain products. This will reduce the amount of waste that moves through your intestine.
- Pay attention to your portions. Eat a light meal on evening prior to surgery.

Go to <https://www.virginiahospitalcenter.com/nutrition> for **Post-Operative Nutrition** information!

## Pain Management

You will experience surgical pain after your joint replacement. Pain is evaluated on a numeric scale. While everyone experiences pain differently, these descriptions will help you determine your level of pain on the scale. **Please begin to use this pain scale before surgery by assigning a number to your pain or discomfort as you move through your daily activities.** This will allow you to become familiar with using a number to describe your pain and will be helpful to you and the Total Joint Team in managing your surgical pain during your recovery.



- 0 = No pain.
- 2 = Discomfort or mild pain.
- 5 = Pain that interrupts your ability to relax and rest. Best described as: you'd like to take a nap, but can't because it hurts too much.
- 7 = Best described as pain that wakes you up from a sound sleep.
- 10 = Excruciating

**Zero to four is generally considered the reasonable range for post-operative pain.**

## Pre-Operative Knee Exercises

**Begin the exercises on the next page as soon as you receive this booklet.**

Exercises three through seven should be done while lying in bed. Please do not do these on the floor. **Stretch to comfort only and do the exercises with both the right and left legs.** The exercises should never cause pain or go beyond the normal movement of that joint. They are stretching exercises to keep your leg flexible and ready to accept a new joint.

Remember to **take slow deep breaths** as you do each exercise. This will provide oxygen to your muscle tissue and help you stay relaxed as you stretch your muscles. You may want to **count out loud slowly from one to ten as you hold each stretch.** This will prevent you from holding your breath during the stretch.

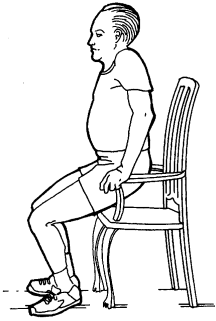
**If you have difficulty in doing your pre-operative exercises** please call the Physical Therapy department at 703.558.6191. A physical therapist will determine whether you need to schedule an appointment for a pre-operative physical therapy evaluation.

Go to <https://www.virginiahospitalcenter.com/tjr> for access to the pre-operative exercise video!

## Pre-Operative Knee Exercises

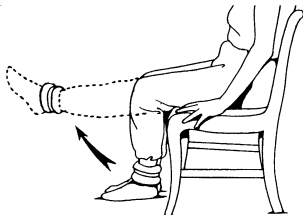
### 1. Arm Chair Push-up

Put hands on arms of chair and push body up out of chair. **Repeat: 10 times. 2-3 times daily.**



### 2. Long Arc Quad

Straighten your leg and try to hold it for 10 seconds. Slowly bend knee to return. Repeat with other leg. **Repeat: 10 times. 2-3 times daily.**



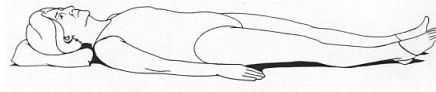
### 3. Heel Slide

Bend knee and pull heel towards buttocks. Hold for 10 seconds. Return. Repeat with other knee. **Repeat: 10 times. 2-3 times daily.**



### 4. Gluteal Squeezes

Squeeze buttock muscles as tightly as possible for 10 seconds. **Repeat: 10 times. 2-3 times daily.**



### 5. Quad Set

Slowly tighten muscles on thigh of straight leg, which will press the back of your knee down onto the floor or mat. Hold for 10 seconds.

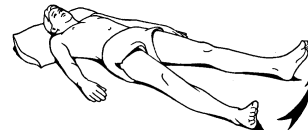
**Repeat: 10 times. 2-3 times daily.**



### 6. Knee Abduction

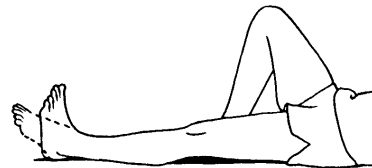
Slide one leg out to the side. Keep kneecap pointing toward the ceiling. Gently bring leg back to midline. Repeat with other leg.

**Repeat: 10 times. 2-3 times daily.**



### 7. Ankle Pumps

Bend ankles up and down alternating feet. **Repeat: 10 times. 2-3 times daily.**





## Home Preparation

Since you will initially experience limited movement after your surgery, please prepare your home for safety.

- Move things that you use frequently to waist level if they are down low in the kitchen, bathroom, bedroom, etc.
- Consider buying or preparing food ahead of time and freezing it so that only reheating is required.
- Note: insurance companies no longer cover durable medical equipment that is available over the counter. This includes but is not limited to: 3-in-1 commode and bathing devices (tub transfer bench or shower seat). Please check with your insurance company about your coverage for a walker or crutches.
- You may need adaptive equipment such as a reacher, sock aid, a long handled sponge, and a long handled shoe horn. This equipment may be purchased as a kit or separately in the Outpatient Pharmacy at Virginia Hospital Center (see inside flap for Pharmacy hours). Go to <https://www.virginiahospitalcenter.com/tjr> for access to the equipment videos!
- To maintain safety and independence on the stairs, consider having a stair railing installed on any stairwell you must use during your recovery.
- Items such as tub/shower seats and hand-held shower attachments should be purchased and installed before your surgery date.
- Assess the level of the following items to determine if they are at the appropriate height for use after surgery:
  - Bed
  - Chair with arms
  - Car you will be riding in
  - Toilet seat

## Home Preparation cont'd

This level can be measured by backing yourself up to each item. Check to see that the seat top of each item is at the level of the back of your knee crease or above your knee.

- Decide what chair you will use when you are recovering. If it is low, put a pillow in it to make it higher or use a higher chair. This will assist you to maintain comfort since you might not be able to bend your knee fully.
- Consider the car that will take you home. **A four-door sedan is usually preferable but a two-door car will do if the front seat can be pushed back and a pillow raises the seat high enough.** This will assist you to maintain comfort since you might not be able to bend your knee fully.
- Shoes need to be **supportive, secure** on your feet, **slip resistant** and not too tight fitting as your feet may be slightly swollen immediately after surgery. Clogs and Crocs are not appropriate.

### Schedule your Outpatient Physical Therapy Appointments

After you go home, you will receive two weeks of home physical therapy and then progress to outpatient physical therapy. Outpatient physical therapy centers fill up very quickly. To ensure a continuation of care you **MUST** schedule your outpatient appointments before surgery to begin three weeks after surgery. For recommendations, contact your insurance company or your surgeon's office.

If the outpatient center requires a prescription prior to scheduling your appointment:

- Make sure to have the center's name, phone and fax number.
- Contact your surgeon's office and ask them to fax the prescription.
- You will need to find transportation to these appointments as you will not be driving until cleared by your surgeon.

**Kaiser Members:** you will receive outpatient physical therapy at a Kaiser Facility of your choice.

## General Surgical Information

- Please arrive two (2) hours prior to your scheduled surgery. **Report to 1625 North George Mason Drive, 2<sup>nd</sup> Floor Surgery Center. Use the Parking Garage A.**
- Family and visitors are welcome to accompany you, but space is limited.
- Wear comfortable clothes. Wear into the hospital what you are going to wear home. Upon arrival, you will change into a hospital gown, robe and socks.
- Do not wear jewelry, including your wedding band, as absolutely no jewelry or metal objects may be worn during the operation.
- Contacts may not be worn during surgery. Consider wearing eye-glasses to the hospital. Bring a case to keep your glasses safe. Plan to leave your glasses with a family member while you are in surgery.
- Hearing aids may not be worn during surgery. You will be asked to remove them just prior to going to the operating room. Bring a container to keep your hearing aids safe. Plan to leave your hearing aids with a family member while you are in surgery.
- Remove eye makeup and nail polish before surgery.
- To reduce the potential risk of infection
  - Have all types of artificial nails removed before surgery.
  - Have tooth and gum problems treated before surgery. See your dentist prior to surgery to have a cleaning and to ensure you have no cavities or mouth infections.

## Day of Surgery Checklist

Date and Time of your Surgery: \_\_\_\_\_ Arrival Time: \_\_\_\_\_

### **Bring the Following:**

- Picture ID and Insurance Cards
- Overnight Bag with:
  - Personal toiletries
  - Shorts or pants that are one size larger than you normally wear with loose fitting legs
  - Slip resistant shoes
  - Case or container for eye glasses, dentures and/or hearing aids
  - Any sleep apnea equipment i.e. CPAP machine, mask and tubing
  - Cell phone charger
  - Cane, walker and/or crutches

### **DO NOT BRING:**

- Medications unless directed by Pre Operative Screening nurse.
- Valuables

## Day of Surgery

You will arrive two (2) hours before your surgical time and get changed into hospital clothing. Your blood pressure, pulse, temperature and oxygen level will be taken. The nurse will review your chart and answer any questions you or your family may have prior to surgery.

You will meet your surgeon and anesthesiologist to discuss and finalize the plans involved with your surgery. At this time please feel free to ask any questions you might have regarding your anesthesia. **You will be asleep during your surgery.** A member of the Anesthesia Department is always available should you have any issues or concerns about your anesthesia care during your hospital stay.

When it is time for your surgery you will travel to the operating room by stretcher and be placed on equipment to monitor your heart, blood pressure and oxygen level.

After surgery, you will be taken to the Post-Anesthesia Care Unit (PACU). You will be on oxygen and your vital signs will be watched carefully by a PACU nurse as you recover from anesthesia. Your pain level will be assessed and you will be given medication to keep your pain tolerable. When you meet the PACU discharge criteria, you will be moved to your room on the Total Joint Replacement Unit (5<sup>th</sup> Floor of the Hospital). Your family will be contacted for visitation once you are settled in your room. **The phone number for the Center for Total Joint Replacement Nursing Station is 703.558.6481.**

## Day of Surgery cont'd

An intravenous line (IV), placed during surgery to provide hydration, will continue to run until you are taking adequate amounts of oral fluid. The infusion will then be discontinued. The IV will remain in place until discharge. Prophylactic (preventative) antibiotics will be given to reduce the risk of infection in the artificial joint. You will be wearing anti-embolism stockings and compression stockings which are used to reduce your risk of developing blood clots.

You will leave surgery with a dressing to the knee area. An ice therapy device may be wrapped around your knee. It is a continuous icing machine to reduce inflammation and pain. This device may be given to you for use in your home.

The Orthopaedic nursing staff will continue to closely monitor your condition. Throughout your stay the nurses will coordinate your care, provide pain management, and assist in your daily activities.

You will actively participate in your plan of care with the nursing and multi-disciplinary staff and your goals will be reviewed each day. Your needs are important to us. Nurses and patient care assistants will ensure your safety and comfort, and will also assist with toileting and bathing.

You will get out of bed soon after surgery to begin physical therapy or dangle your legs (sit at the side of your bed) with your nursing care team.

## **Post Operative Care**

(Day of surgery through Discharge Day)

### **Nursing:**

- Your vital signs will be monitored.
- You will have blood tests.
- Your diet will be increased as you tolerate food.
- You will receive pain medications as needed. If you have any questions or concerns regarding the effectiveness of your pain medication, please contact a member of your nursing care team. With your cooperation, surgical pain can be safely and effectively managed.

### **Physical and Occupational Therapy:**

- You will be taught ankle and calf exercises that help prevent blood clots.
- You will practice using your walker or crutches and cane.
- You will practice walking the stairs.
- You will practice getting dressed.

### **Case Management:**

- Your case manager will visit you to begin discussing your discharge plans and your needs at home.

## Discharge Day

Some patients will go home on Post-operative Day One.

- If you have met your PT goals and are medically stable, you will be discharged home.
- Your case manager will visit you to finalize your discharge plans.
- Your nurse will provide education and discharge instructions prior to discharge. Please have your caregiver available to receive discharge instructions with you.

Go to <https://www.virginiahospitalcenter.com/videos> for access to our discharge instructions video!

### Bedside Pharmacy Program

As a service to our patients on discharge day, the Outpatient Pharmacy can fill and deliver your discharge medication(s) to your room.

If you wish to use this service, plan to have your insurance card and cash or credit card to pay your pharmacy co-pay. The pharmacist cannot accept checks. The bedside delivery program is only available Monday –Friday from 10am-4:30pm.



## Discharge Planning Information

During your stay, your Case Manager for the Total Joint Replacement Program will be working to help schedule your services at home. Should you have questions or concerns, please call the Case Manager at 703.558.6659.

The goal is to send every patient home directly from the hospital. The Case Manager will ask you a series of questions about your home environment prior to discharge to help plan for your needs. Questions include: “Do you live alone, or with a family member?” “Do you have stairs to get in to your home and do you have stairs inside your home?” “Are your bedroom and bathroom on the same level?” All of these questions will help determine your ability to go home safely.

### **Discharge options:**

1. Home Care – Depending on your surgeon’s preference and insurance coverage, you may have a skilled nursing visit, physical therapy and occupational therapy three times per week. The Case Manager will organize your home health agency, depending on your preference and your insurance coverage. If you have a preference please bring the name of your preferred provider. For a listing of homecare agencies in the area go to [www.guidetoretirementliving.com](http://www.guidetoretirementliving.com).

Live Alone?: Your Case manager can assist you with hiring help at home for as long as you need it. There may be additional cost to you.

Additional home care services are also available:

- Meals-on-Wheels is a non-profit organization which provides hot lunches and bag dinners for a small fee and a grocery delivery service
- Virginia Hospital Center Lifeline Program is a 24-hour personal emergency response and support service managed by Hospital staff and is free for all patients for two months after surgery. You can get more information by visiting [www.virginiahospitalcenter.com/lifeline](http://www.virginiahospitalcenter.com/lifeline) or call 703.558.6859.

## Discharge Planning Information cont'd

2. Short Term Rehabilitation/Skilled Nursing Facility – You must meet specific medical criteria to be admitted into this facility. Most of our patients are not eligible for this option. Should you decide that a short-term stay at a nursing care center is the best option for you, have two preferences available for your Case Manager.
3. Rehabilitation Hospital – You must meet specific medical criteria to be admitted into a rehabilitation hospital or facility. Due to changes in admission requirements for this type of facility, most of our patients are not eligible for this option; however, you may ask your Case Manager if you are qualified for that type of facility. Therapy is rigorous at this facility, approximately three hours every day.

### Transportation

Upon discharge, you may travel either by private car, wheelchair van or ambulance to your next destination. If you travel by car, you will want to use a large sedan. To utilize an ambulance service you must meet clinical criteria. Criteria and coverage will be discussed during your hospitalization. We can arrange wheelchair van transportation to your home at cost to you.

### Durable Medical Equipment

Please bring all walking assistive devices (crutches, cane or walker) that you intend to use during your recovery to the hospital. These should be brought to your hospital room after your surgery for the physical therapist to examine.

Additional Resources:

Total Joint Patient Line	703-558-6621
Pre-Operative Screening	703-558-6159
Case Manager	703-558-6659
Orthopaedic Department Nurse's Station	703-558-6482
Physical Therapy	703-558-6507
Outpatient Pharmacy	703-717-7750

*Located 1st floor next to cafeteria Hours: 8am-5:30pm*

Total Joint Class: Arlington Urgent Care Center

*601 South Carlin Springs Road, Arlington VA 22204*

<https://www.virginiahospitalcenter.com/tjr>

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**Notes:**

