

Post-op Day #3

- ✓ Early a.m. blood draw.
- ✓ Ask your Nurse or Patient Care Assistant about your discharge time. This way, you can plan your a.m. care and prepare for your discharge.
- ✓ Assistance with a.m. care.
- ✓ Physical Therapy will work with you today. Make sure you ask any questions you have regarding your continued therapy.
- ✓ Review your discharge instructions with your Nurse. This is important even if you are going to Rehab. Make sure all your questions have been asked and answered regarding your discharge before going home.
- ✓ Sign your discharge instructions.
- ✓ Prior to leaving, request pain medication. This will help to make your ride home or to rehab more comfortable.



Good luck with your ongoing recovery!

You may receive a survey in the mail. If you do, please fill it out and return it. We strive to meet your needs and expectations. This survey provides us with information on how we are doing.

Thank you!

**16 North / 16 South
Orthopedic Unit**

Contact information

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BGMC-486 7/12



Total Knee Replacement

YOUR HOSPITAL EXPERIENCE



Arrival to the Unit

- ✓ Your Nurse will complete an assessment before your family comes in the room.
- ✓ You will need to set up your phone and television service.
- ✓ Pain control is your goal for today.
- ✓ Your diet will start with liquids. If you tolerate the liquids, you will then be advanced to a regular diet.
- ✓ Turn and position every 2 hours to decrease the risk of pressure ulcers on your sacrum and heels. Your Nurse and Patient Care Assistant will assist you.
- ✓ Cough and deep breathe, use incentive spirometer every 1-2 hours while awake.
- ✓ If your physician ordered a CPM machine, it may be started in the Recovery Room.
- ✓ You may see the Physical Therapist for your first evaluation. The therapist may assist you to get out of bed.
- ✓ Do your exercises as instructed by the Physical Therapist.



Post-op Day #1

- ✓ Early a.m. blood draw.
- ✓ Patient Care Assistant will assist with a.m. care.
- ✓ Physical Therapy will assist you out of bed.
- ✓ Ambulate with Physical Therapy and sit in the chair. Do the exercises the therapist reviewed with you.
- ✓ View video, "Knee Replacement After Surgery." On your phone, dial 859-4688 and follow the prompts to select phone video #302.
- ✓ View video, "Pain Management." On your phone, dial 859-4688 and select the video #701.
- ✓ Cough and deep breathe, use incentive spirometer.
- ✓ Turn and position when in bed to prevent pressure ulcers.
- ✓ Meet with Discharge Planning to discuss discharge plans.
- ✓ If ordered, the CPM machine will be applied in the evening and continue until the morning.



Post-op Day #2

- ✓ Early a.m. blood draw.
- ✓ Assistance with a.m. care.
- ✓ IV and Foley catheter will be removed.
- ✓ You will need to notify the Nurse when you need to urinate.
- ✓ Pain medication will change to pill form and you will need to ask for your medication.
- ✓ Physical Therapy will continue to work with you. You will ambulate in the hall.
- ✓ Continue to perform exercises.
- ✓ Cough and deep breathe using the incentive spirometer.
- ✓ Turn and position when in bed to prevent pressure ulcers.
- ✓ If ordered, the CPM machine will be applied for 6 hours.
- ✓ View video, "Knee Replacement and Pain Management," if not done already.
- ✓ Confirm discharge plan and complete discharge education with your Nurse.

