

**Naval Hospital Jacksonville Department of Orthopedic
Surgery Joint Replacement Service**

Total Knee Replacement Patient Education Information



Naval Hospital Jacksonville

Orthopedic Surgery

Joint Replacement Service

2080 Child Street

Jacksonville, FL 32214

(904) 542-7370

(904) 542-7051 fax

Helpful Phone Numbers:

Naval Hospital Jacksonville (904) 542-7300

Orthopedic Surgery Clinic (904) 542-7365

Joint Replacement Nurse (904) 542-7370

Medical Surgical Unit 7th Floor (904) 542-7180

Physical Therapy Naval Hospital (904) 542-7375

Physical Therapy Mayport (904) 270-4265

Internal Medicine (904) 542-7276

Dental (904) 546-7100

Family Medicine Naval Hospital Jacksonville (904) 542-7963

Pharmacy (904) 542-7410 or Toll Free (800) 628-7427

Wellness Center Jacksonville (904) 542-5292

Wellness Center Mayport (904) 270-5251

Pastoral Care/Chaplain (904) 542-7531

Social Worker (904) 542-7354

Immunizations (904) 542-7810

Patient Relations (904) 542-9175

Central Appointments (904) 542-4677 Weekdays 7 a.m. – 4 p.m.

Mayport Appointments (904) 270-3248

Nurse Advice Line (800) 874-2273, option 1

Admissions (904) 542-7811

Equipment

There is standard equipment needed for everyone after surgery. A walker will be used immediately after surgery.

A walker will be provided or ordered for you prior to discharge. If you have a front wheeled walker, bring it with you labeled with your name. You will use the walker until Physical Therapy clears you to start using a cane.

Other items you may want to purchase include:

A long-handled sponge can help clean hard to reach places during bathing.

Safety bars can be installed by a handyman in the shower area and wherever else needed.

A sock aid to put on a pair of socks by you.

A tub bench/shower chair allows safe transfer and sitting on it in the shower or tub.

Move the most often used kitchen items to at least waist level counters or cupboards.

Make some meals that can be frozen and easily reheated.

Consider another option for laundry if your washer and dryer are not on the living level.

Place a rubber mat or non-skid adhesive on the floor of the tub or shower.

Have a night light located between bathroom and bedroom.

Medical Clearance

Internal Medicine performs a medical exam to make sure you are safe for surgery. This will be between 1-4 weeks prior to your surgery. The exam will include laboratory blood testing, urine specimen, and an electrocardiogram (EKG). The blood and urine testing needs to be performed **at least 3 days prior** to your Internal Medicine appointment. You should bring a list of current medications and a detailed account of prior medical, surgical and family history to **all** your appointments. Even if you receive your care at a military health care facility you should have a list of this important information.

If you have not updated your vaccinations for the year please stop by Immunizations. This is highly recommended since you will be around a medical environment for the next several months.

Preoperative Education Class

Attendance at a pre-op Joint Replacement Class is required prior to your surgery. The Joint Replacement Nurse will schedule you for this prior to surgery. You will receive information and have the opportunity to ask questions with physical therapy, occupational therapy, nutrition, pharmacy and the joint replacement nurse. This class is typically 90-120 minutes long.

Transportation

Confirm how you will get to and from the hospital. You are not allowed to drive yourself home from the hospital. Assure that the passenger seat reclines and can fully move backward.

Visitors

Family and friends are welcome to visit our inpatient ward (7th floor) daily, 10 a.m. - 8 p.m. If you need a different schedule, just talk to our nursing staff. To ensure privacy of our patients, please check with the nursing station before entering a patient room. Visiting children must be healthy and supervised by an adult at all times. In some cases, we may recommend the very young or elderly not visit so patients are not exposed to possible infection. The number of visitors may be restricted due to room size or patient condition. Patient privacy is very important to us, and we respect the patient's right to request limits.

Visitors without base access who visit Monday - Friday, 7:30 a.m. - 3 p.m. must first complete a security request through your sponsor with hospital security at (904) 542-7545. The pass can be picked up at Pass & ID (NAS Jacksonville Yorktown Gate, (904) 542-4529/4530, 7 a.m. - 3 p.m. daily). Bring a driver's license, proof of insurance, registration and a secondary official photo ID. All vehicle occupants need photo ID. If vehicle owner is not present, a signed letter from the owner authorizing vehicle usage is required. If your visitor is expected after-hours, work with your sponsor or hospital staff to complete a security request at least 24 hours prior.

Arrival Time for Surgery

You will be contacted by a pre-operative nurse or hospital corpsman **one business day prior** to the date of your surgery. You'll be provided with any final details to prepare you for your day of surgery.

If you have not received a pre-operative phone call 24 hours before your procedure, please call the Pre-operative clinic office at (904) 542-6540 from 8:00 a.m. to 3:30 p.m.

Day of Surgery

Daily Medications

Take your morning pills as instructed by the pre-operative nurse, anesthesia, or the internal medicine doctor with just a sip of water.

Please don't bring medicines (prescriptions or over-the-counter items such as vitamins). Your doctor will prescribe all medicines to be used while you are an inpatient. You should not take any other medicine—these can cause negative interactions.

Bring your list of current medications including the dosage and frequency so they can be confirmed prior to your surgery.

the PACU your family will be provided an update from the surgeon or nurse. To maintain privacy and reduce infection PACU visits are limited.

If you are staying overnight in the hospital you are cleared by the anesthesiologist and PACU nurse then transported to the Medical Surgical Unit on the 7th floor.

Your In-Hospital Recovery

A sterile bandage will be applied over your incision. This bandage should be removed on the **second day home after surgery**.

The nursing and corpsmen staff will help you turn and position you in bed until you are able to move on your own.

The inpatient team of nurses, corpsmen, physical therapists, pharmacists and physicians will plan, provide and monitor your recovery.

Exercises

After surgery start performing pumps with your feet. This will help improve your circulation and strength and decrease your stiffness.

Deep Breaths

You will be encouraged to take deep breaths and use an incentive spirometer to improve you lung capacity, reduce your risk for pneumonia, and rid your lungs of mucus. Use the incentive spirometer 10 times an hour while awake. Your inpatient nurse will educate you on the proper inhalation technique.

Managing the Pain

Recovering from any surgery involves some pain and discomfort. Pain management begins with you. Since no objective tests exist to measure what you are feeling, you must help the staff by describing the pain, pinpointing its location, and judging its intensity, as well as reporting any changes. Pain may be constant or sporadic, as well as sharp, burning, tingling, or aching. A pain scale is used to help you and the staff gauge the level of pain and effectiveness of treatment.

Your description will help us provide you with a plan of care. Your pain level may change at times. Be sure to tell your nurse if it becomes worse.

Pain control following surgery is an important part of your care. Here at Naval Hospital Jacksonville we use a multi-faceted approach to manage your pain. This may include a combination of non-medicine modalities and oral medications, injections, intravenous medications, and ice. The goal is to try to recognize and treat your pain quickly to a manageable level, which allows you to participate in physical therapy.

The plan is to transition you to oral pain medications. Usually the oral pain medication is an opioid or narcotic, but whenever possible, an anti-inflammatory medication will be ordered as well. This transition

4. Lean on the walker to give balance and support.
5. Take a step with your unaffected leg.
6. Move the walker forward one step.
7. Repeat the above until you've reached your target.

Rapid Response Team

If you have any concerns about yourself or a family member who is an inpatient, discuss them with your nurse. If you or your family is still concerned, ask the nurse to activate the Rapid Response Team (RRT). The Rapid Response Team is a team of doctors, nurses and health care specialists who assess the situation and help patients whose condition might be quickly worsening. If you feel you need to initiate the Rapid Response Team while in the hospital please call (904) 542-7878.

Preventing Blood Clots

You will be given an anti-coagulant medication while in the hospital that you will continue at home. These medications help prevent clots from forming. In addition to medications, blood clots are prevented with frequent exercises and ambulating. Frequent walking and ankle exercises can improve circulation and reduce blood pooling in your legs. Special stockings (TED Hose) are applied before your surgery and should be worn for one month after surgery to reduce blood clots, swelling and pain. Compression sleeves will be used while you are in the hospital to improve circulation. These sleeves compress and relax with air.

Diet

While you are in the hospital your surgeon will order a diet for you. Vitamin supplementation will be provided with your medications. Drink plenty of fluids to keep you hydrated but also to restore your normal bowel function.

Going Home

The majority of patients after a total knee replacement are discharged home the day after surgery. To help prepare for your return home members of your medical team are preparing your appointments, medications, equipment and discharge instructions.

Your incision

Always keep your bandage dry. Bandage change should be performed 2 days after discharge from hospital. You may leave the incision open to air if it is not long draining. You may shower after release from the hospital (no baths, pools, Jacuzzis or hot tubs for 6 weeks).

Gradually increase your walking distance and time. The best exercise for your knee is walking. It is recommended that you perform a daily walk that increases in time and distance as your endurance improves. Physical therapy will clear you to a cane as your walking improves. You should use the cane for the first 2-3 months as you increase your walking distance and ability to walk for longer times.

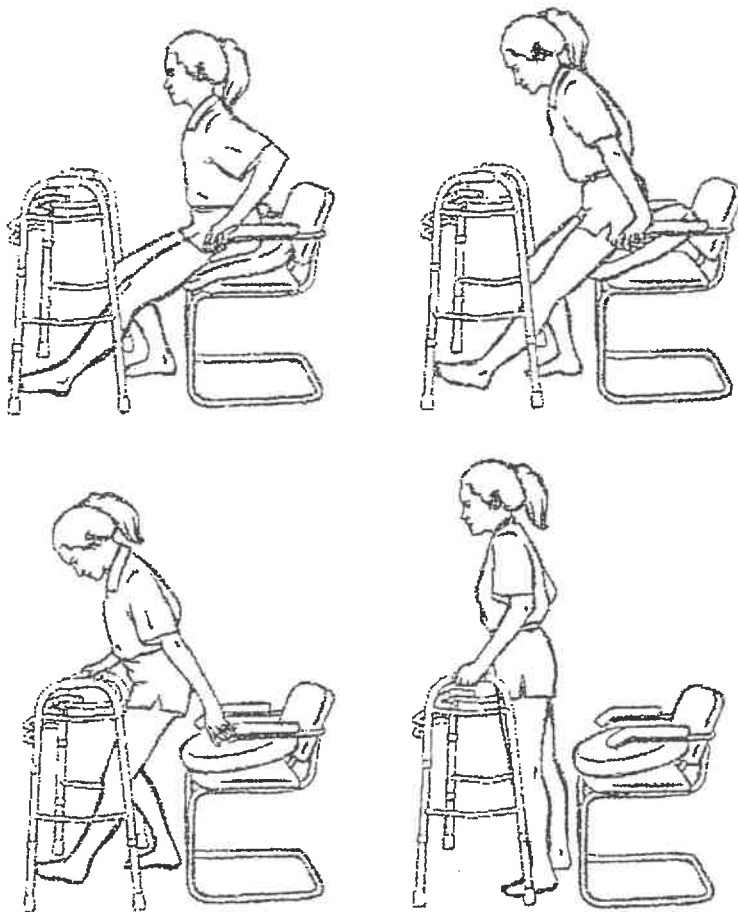
Traveling

To decrease your risk for blood clots it is not recommended that you fly for the first month after surgery.

When you return to flying inform the TSA officer that you have an artificial knee. You may tell the officer or provide the officer with the TSA notification card (located on the TSA website) or other medical documentation to describe your condition. Some patients do not alarm with the metal detector after surgery secondary to the deep placement of the implants.

feet.

- You may need to add pillows or cushions to a low or soft chair to raise the seat height.
- Always wait a few seconds after standing before starting to walk.



Technique for Bathtub Transfer

Getting into the tub

1. Place the tub seat in the tub facing the faucet.
2. Adjust your water temperature before you enter the tub.
3. Use your walker, cane or crutches for support as you back up and square your body to the tub seat.
4. Continue stepping backwards until the back of your legs touch either the tub seat or the edge of the tub.
5. Move your operated leg slightly forward and reach back for the back of the tub seat.
6. Slowly lower yourself onto the seat.
7. Once you are safely seated, scoot back across the seat and swing your legs into the tub one at a time.



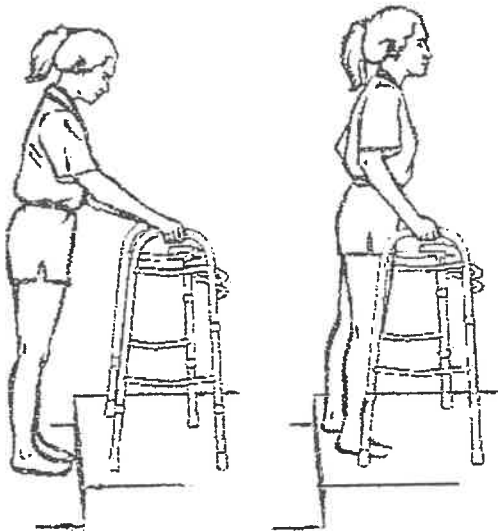
Getting out of the tub

1. Dry off as much as possible while sitting on the tub seat.
2. If someone is helping you out of the tub, put on a robe or shirt before you start to get out of the tub.
3. Swing your legs over the edge of the tub so that both feet are flat on the floor.
4. Push up from the back of the tub seat with one hand on the actual seat and with the other on the back of the seat.
5. Stand up and wait a few seconds before starting to walk with your walker, crutches or cane.

Car Transfers

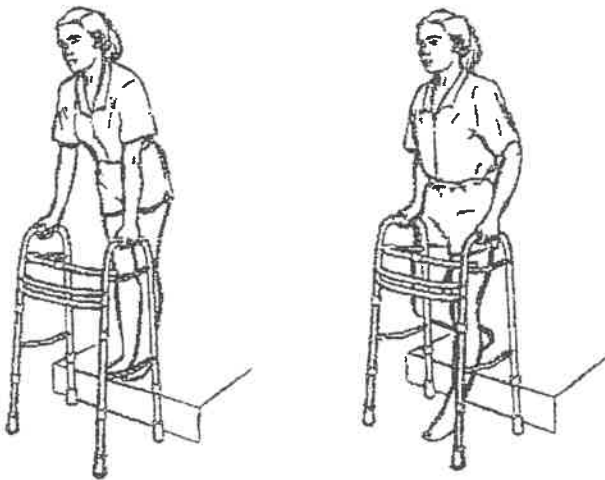
Front seat

1. Be sure to move the seat back as far as it will go. You may also recline the seat back to give you more room.
2. Park the car several feet away from the curb. Open the door and stand on the street, as close as you can get to the car.
3. Turn until your back is facing the seat and back up until you feel the car seat on the back of your legs.
4. You can place one hand on the back of the car seat or headrest and the other hand on the dashboard or car seat. Do not use the car door for support as it could move.
5. Carefully lower yourself to the seat, keeping your operated leg slightly out in front.
6. Slide back until your knees are on the seat then bring your legs around into the car one at a time. You can use your hands to help lift your legs.



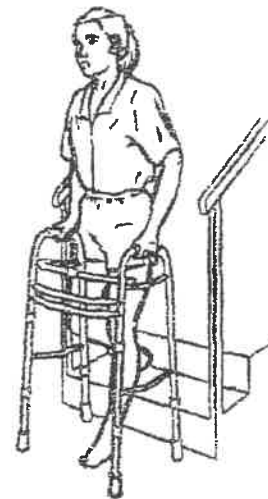
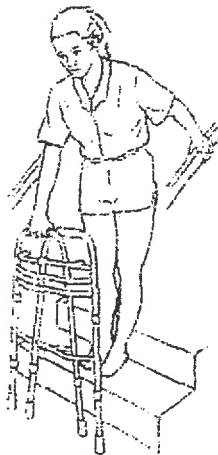
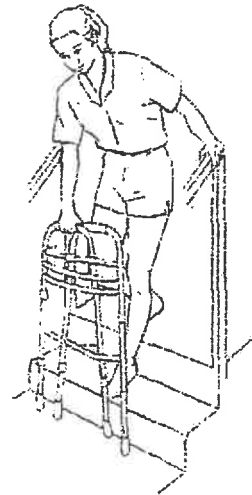
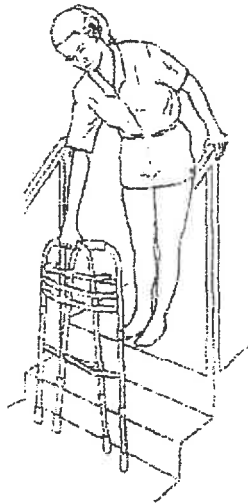
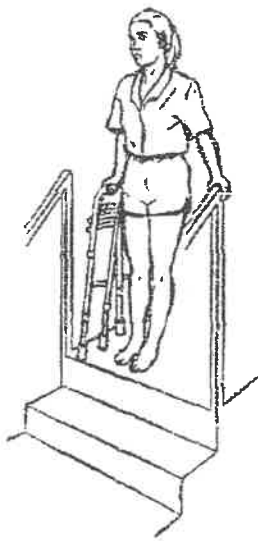
Going down the step

1. Walk up to the edge of the step/curb.
2. Place walker down to the next level. Make sure all four legs of the walker are firmly placed on the surface.
3. Step down with weaker leg first.
4. Follow with the stronger leg.

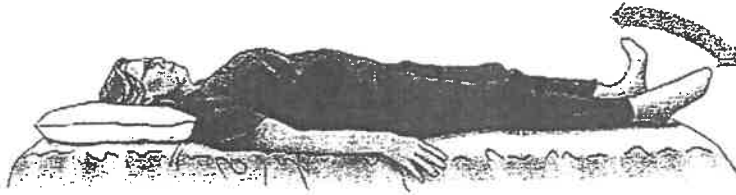


Going up the steps using walker – a walker must be folded to use it safely on consecutive steps!

1. Walk to the bottom of the stair case, placing your feet as close to the step as possible.
2. Fold the walker completely.
3. Grasp onto one rail and hold the center of the folded walker in your other hand.
4. Place the folded walker up on the first or second step.
5. Lift your stronger leg up to the first step.
6. Bring your weaker leg up to the same step.
7. Repeat, keeping the walker one step in front of your feet.

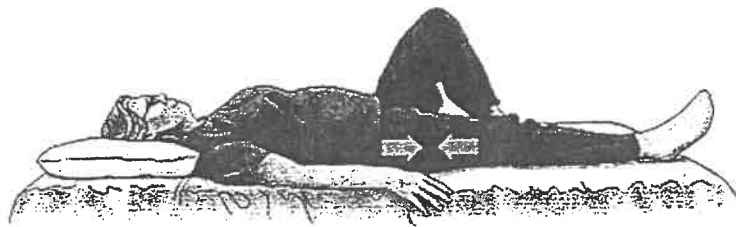


HOME EXERCISE PROGRAM:



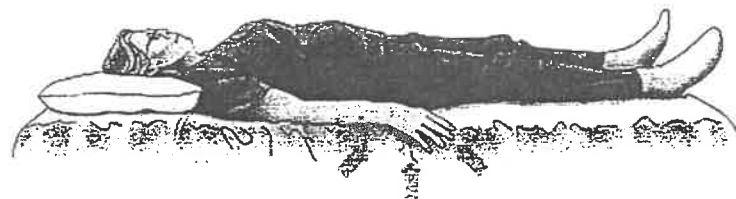
Ankle Pumps

Bend ankles to move feet up and down, alternating feet.
Repeat 20 times. Do 4 sessions each day.



Quad Sets

Slowly tighten muscles on thigh of straight leg pushing knee into bed while counting out loud to 5.
Repeat with other leg to complete set.
Repeat 20 times. Do 4 sessions each day.



Gluteal Squeezes

Squeeze buttock muscles as tightly as possible while counting out loud to 5.
Repeat 20 times. Do 4 sessions each day.

Slowly lift straight leg 3 inches from bed and hold 3 seconds. Lower it, keeping muscles tight until calf touches bed. Relax.

Repeat 20 times. Do 4 sessions per day.



Long Arc Quads

Straighten operated leg and try to hold it for 3 seconds. You may use your non-operated leg to assist your operated leg.

Repeat 20 times. Do 4 sessions each day.



Knee Slides

Slowly slide your foot forward in front of you until a stretch is felt in the knee and hold for 10 seconds. Then slide your foot back as far as you can and hold for 10 seconds. You may use your other leg to assist in sliding your operated leg.

Repeat 20 times. Do 4 sessions each day.