



Welcome Home!

Restore HOMEhealthCARE is honored to assist you on the road to recovery and independence following your joint replacement surgery. Your admitting clinician, with the direction of your physician, has enlisted you in the 'Joint Replacement Boot Camp.'

Restore HOMEhealthCARE's 'Joint Replacement Boot Camp' is a multidisciplinary approach to helping you achieve new personal heights in regards to functioning, safety, pain management, and quality of life. Our specialized staff is trained to provide clients with incision assessment and care, teaching safety, and instruction on complication prevention. In addition, our staff will monitor PT/INRs for Coumadin therapy and/or teach administration of Lovenox injections. Our therapists will evaluate and provide therapeutic exercise as ordered, as well as an assistive modality for healing muscles and tendons.

Your admitting clinician will review protocols and standards as set forth by your individual physician. Those protocols and standards will be incorporated seamlessly into Restore HOMEhealthCARE's 'Joint Replacement Boot Camp.'

Your successful completion of the 'Joint Replacement Boot Camp' is our highest priority and each and every staff member on our team takes your success very seriously. If you succeed, we succeed together!

Boot Camp Instructions:

Take your medicine as directed:

Call your primary healthcare provider if you think your medicine is not helping or if you have side effects. Tell him/her if you are allergic to any medicine. Keep a list of the medicines, vitamins, and herbs you take. Include the amounts, and when and why you take them. Bring the list or the pill bottles to follow-up visits. Carry your medicine list with you in case of an emergency.

- **Pain medicine:** You may need medicine to take away or decrease pain. Learn how to take your medicine. Ask what medicine and how much you should take. Be sure you know how, when, and how often to take it. Do not wait until the pain is severe before you take your medicine. Tell caregivers if your pain does not decrease. Pain medicine can make you dizzy or sleepy. Prevent falls by calling someone when you get out of bed or if you need help.
- **Antibiotics:** This medicine is given to fight or prevent an infection caused by bacteria. Always take your antibiotics exactly as ordered by your primary healthcare provider. Do not stop taking your medicine unless directed by your primary healthcare

provider. Never save antibiotics or take leftover antibiotics that were given to you for another illness.

- **Blood thinners:** This medicine helps prevent clots from forming in the blood. Clots can cause strokes, heart attacks, and death. Blood thinners make it more likely for you to bleed or bruise. Use an electric razor and soft toothbrush to help prevent bleeding.

Weight-bearing safety measures after joint replacement surgery:

Ask your caregiver about weight-bearing safety measures that you need to follow after surgery. Your caregiver may tell you to do any of the following general weight-bearing safety measures:

- Carefully follow your caregiver's instructions on how much weight you should put on your joints. Do not put more weight on your joints than your caregiver says is okay.
- Use a cane, crutch, or walker if your caregiver says to use one. Crutches are medical tools made of wood or metal. These tools will help you get around and keep weight off of your joints.

Stair climbing safety measures after joint replacement surgery:

Ask your caregiver about stair climbing safety measures that you need to follow after joint replacement surgery. Your caregiver may tell you to do any of the following stair climbing safety measures:

- Avoid going up and down stairs if you feel pain or cannot keep your balance.
- Climb stairs one at a time. Do not switch feet for each new stair. Ask your caregiver for instructions on how he wants you to climb stairs.
- Your caregiver may want you to use crutches when going up and down stairs.

Always follow your caregiver's instruction for using crutches.

Body position safety measures after joint replacement surgery:

Your caregiver may give you body position safety measures after joint replacement surgery. After hip or knee surgery, your caregiver may want you to sit in chairs that have seats as high as your knees. He also may want you to use a special extender to raise your toilet seat as high as your knees. Safety measures after hip replacement also may include:

- Do not cross your legs (putting your ankle on your knee) while sitting down.
- While lying down, do not cross one leg over the other.
- Avoid bending your hip. You may use a tool to help you reach or grab things. This may help you avoid bending or stooping to reach something you need.
- Avoid sitting for more than one hour at a time.
- Ask your caregiver how long you may stand or walk at one time.
- Avoid twisting the leg that had surgery.
- Do not lie down on the side of your body that had surgery.
- Follow your caregiver's instructions about using pillows to help position your body. Do not put a pillow under your knee when sitting or lying down.

Activity safety measures after joint replacement surgery:

Your caregiver may give you safety measures for certain activities after hip or knee replacement surgery. These safety measures may help protect your hip or knee while it is healing. Always follow your caregiver's instructions on how to use these safety measures.

- Ask your caregiver for instructions to help keep yourself from falling down.
- Do not do things that cause you joint pain.
- Ask your caregiver how much weight you can carry.
- Do not put heat on your joint, such as using a heating pad.
- Avoid crawling on your hands or knees.
- Do not climb a ladder until your caregiver says it is okay.
- Do not drive a car until your caregiver says it is okay.
- After hip replacement, do not have sexual intercourse (sex) until your caregiver says it is okay.

Exercise safety measures after joint replacement surgery:

Your caregiver may give you safety measures for certain exercises after hip or knee replacement surgery. Exercise safety measures may help protect your hip or knee while it is healing.

- Do not exercise or play sports, such as jogging and tennis, until your caregiver says it is okay.
- If certain exercises cause you pain; stop doing them until your caregiver says it is okay.
- Do not do exercises while lying down, such as lifting your leg, unless your caregiver says it is okay.
- Avoid running or jumping.
- Avoid walking for long periods of time.

Exercising after joint replacement surgery:

Your caregiver may give you exercises to do after your surgery. Exercises such as stretching can strengthen your muscles and help prevent your implant from becoming loose. As your body gets stronger, exercises may include walking on a treadmill and swimming. Do not exercise more than your caregiver says is okay.

CONTACT A CAREGIVER IF:

- You have a fever (high body temperature).
- You develop bruises.
- The area near your wound (surgery site) is red, warm, swollen, or painful.
- You have chest pain or trouble breathing that is getting worse over time.
- You have questions or concerns about your surgery or care.

SEEK CARE IMMEDIATELY IF:

- You fall.
- You have bleeding from your wound that does not stop.
- You suddenly feel lightheaded and have trouble breathing.
- You have new and sudden chest pain. You may have more pain when you take deep breaths or cough. You may cough up blood.
- Your arm or leg feels warm, tender, and painful. It may look swollen and red.
- You have signs of a stroke: The following signs are an emergency. Call 911 immediately if you have any of the following:
 - Weakness or numbness in your arm, leg, or face (may be on only one side of your body)
 - Confusion and problems speaking or understanding speech
 - A very bad headache that may feel like the worst headache of your life
 - Not being able to see out of one or both of your eyes
 - Feeling too dizzy to stand