



*Total Knee and
Hip Replacement*
SURGERY

P A T I E N T G U I D E



CHRISTUS[®] SANTA ROSA
Health System

As a faith-based organization,
it is the mission of **CHRISTUS**
Santa Rosa Health System to
extend the healing ministry of
Jesus Christ.



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Welcome!

Thank you for choosing **CHRISTUS Santa Rosa Health System** for your health care

We appreciate that you and your surgeon have selected us for your joint replacement surgery and we appreciate the opportunity to serve you with care that is extending the healing ministry of Jesus Christ. We hope the following information will help you better understand what to expect during this experience by answering many common questions. As a patient, you play an important role in your health care. Your participation in the decision-making process and your willingness to follow self-care instructions are vital to your complete recovery.

Please take the time to read this guide before your surgery. This first section will cover general information, including how to use the guide, how your surgery will be scheduled, how to access spiritual support, and who will be on your dedicated health care team. Bring this guide with you to the hospital, rehabilitation, outpatient therapy and all your surgical visits. Read all the sections and make notes in the guide for future reference.

Using this patient guide

Preparation, education and a pre-planned discharge are essential for optimum results in joint surgery. Communication is also an extremely important part of this process. This patient guide is a communication and educational tool for patients, family members, surgeons, physicians, therapists and nurses. It is also a reference tool for you to capture important information that you can review when needed.

It is designed to help you understand:

- What to expect during each step of the joint replacement process.
- What your responsibilities are.
- How to care for yourself before and after joint surgery.

Your surgeon, nurse or therapist may add to or change some of the recommendations. Always follow their recommendations first and ask questions if you are unsure of any information. Keep this guide as a handy reference for at least the first year after surgery.

Spiritual support

As a faith-based hospital, we understand that meeting your spiritual needs is just as important as meeting your physical and emotional needs. We have a variety of personnel from numerous departments including chaplains and prayer groups, all of whom are committed to supporting you and your family during your experience. For more information regarding spiritual support, please call:

210.294.8213 - CHRISTUS Santa Rosa Hospital - *Alamo Heights*

210.705.6089 - CHRISTUS Santa Rosa Hospital - *Medical Center*

830.606.3763 - CHRISTUS Santa Rosa Hospital - *New Braunfels*

512.753.3653 - CHRISTUS Santa Rosa Hospital - *San Marcos*

210.703.8563 - CHRISTUS Santa Rosa Hospital - *Westover Hills*

Surgery scheduling

Once you and your physician have made the decision to proceed with surgery, the surgeon's office will contact the hospital to schedule your surgery. The date and time of your surgery depends on multiple factors, but the most important considerations are the availability of you and your surgeon.

Before your surgery

Pre-registration/business office

CHRISTUS Santa Rosa Health System pre-registration department will call you before your surgery to review insurance information. If your insurance requires a co-payment, deductible or coinsurance, you will be notified by the pre-registration staff and asked to provide payment prior to or at the time of service. Pre-registration will provide an estimate of your total patient responsibility for your hospital stay. If you are not able to pay in full prior to surgery, we will partner with you to set up payment arrangements for the remaining balance. Please bring your insurance card(s) and a photo I.D. with you on the day of your surgery, as well as a copy of your advanced directive or durable power of attorney for health care. The pre-registration department can answer your questions, Monday - Friday, 8:30 a.m. - 5 p.m., by calling:

210.294.8021 - CHRISTUS Santa Rosa Hospital - *Alamo Heights*

210.705.6197 - CHRISTUS Santa Rosa Hospital - *Medical Center*

830.643.6185 - CHRISTUS Santa Rosa Hospital - *New Braunfels*

512.753.3760 - CHRISTUS Santa Rosa Hospital - *San Marcos*

210.704.4400 - CHRISTUS Santa Rosa Hospital - *Westover Hills*

Contact your insurance company

Non-Medicare patients will need to contact their insurance company directly. The phone number should be on the back of your insurance card. You will need to find out if pre-certification, a second opinion or a referral form is required. It is very important that either you or your surgeon's office verify this information, as failure to clarify these questions may result in a reduction of benefits. Also remember to verify coverage and benefits for the following:

- Durable medical equipment such as a walker, commode and shower bench/chair.
- Home health care services and outpatient therapy services. Inquire about any co-payments or out-of-pocket costs that you will be responsible for, the number of visits allowed for physical therapy, occupational therapy and nursing, and over what period of time (often per calendar year).
- If you have a long-term care insurance policy, find out if you have a benefit for additional assistance at home through a private duty agency (generally companionship and personal care assistance). Please schedule these services in advance.
- If you and your physician agree that you may need to be discharged to a skilled-nursing facility or an inpatient rehabilitation facility, verify coverage and benefits for these services and obtain a list of in-network facilities for consideration. Most private insurance companies require prior authorization for this level of care, and will not approve these services until your medical record, including therapy evaluations, have been reviewed following surgery. Tour a few facilities, if possible, and have an idea of which facility you prefer.



FOR YOUR REFERENCE:

Surgeon's name and phone number:

_____ Phone: _____

Insurance carrier's name and phone number:

_____ Phone: _____

Select a care partner

CHRISTUS Santa Rosa Health System Care Partner Program was developed to involve family and friends in your care during your stay and when you return home. A care partner is whomever you choose. It can be a family member or a friend who is interested and available to participate in your care.

This person will be viewed by the staff as an integral member of your health care team and should accompany you to as many of your physician and hospital visits as possible. They will also be given a badge to wear so that staff knows they are part of your care team.

If you live alone, it is best to make arrangements with family members or friends who can stop by and spend some time with you each day.

They can assist you with meal preparation, laundry and other daily activities that you will be unable to perform when you first return home.

Before you leave the hospital, the team will help you determine if it is safe and you have enough support to go home, or they may suggest a short stay at a skilled facility for therapy.

Use this space to record the name and contact information for your care partner, or to list potential care partners if you haven't selected one yet.



Care partner:

_____ Phone: _____

Potential care partners:

_____ Phone: _____

_____ Phone: _____

_____ Phone: _____

Joint surgery education classes

If you are a joint replacement candidate, it is highly recommended that you attend one of our joint surgery education classes, which is provided FREE of charge. Our experience has taught us that patients who attend are more prepared for surgery and have a better recovery experience than those who do not attend. Having your care partner and/or spouse attend is just as important. The class provides information on what you can expect before, during and after surgery, and you can have all your questions answered by our experienced staff.

How does class enrollment work?

Once your surgeon has scheduled your surgery at a CHRISTUS Santa Rosa hospital, you will be sent a link to view our Prep class video online.

Schedule and attend your pre-anesthesia testing session

The pre-anesthesia testing (PAT) center will contact you by phone as soon as possible before your surgery date to discuss your personal medical information, including previous illnesses and surgeries, and your current medications. Based on your history and orders from your surgeon, the PAT may need to schedule you for a visit to do testing such as an electrocardiogram (EKG), lab work or X-rays.

Record your medication list

In addition to specific testing, the PAT staff will review your current medications. Please bring a list of your medications and any over-the-counter supplements, including the medication name, dosage, how often you take them and why you are taking them. The staff will also begin your pre-operative teaching, which includes instructions regarding bathing, items to bring with you to the hospital and where and when to arrive on the day of your surgery. This information can be noted on the inside of the cover page of this book for easy reference. We understand that many patients are taking medications for pain relief. It is extremely important that you relay this information to your health care team so we may effectively treat your pain post-operatively.

Perform pre-operative exercises

It is important to strengthen your muscles before undergoing surgery. This will help with your recovery. Perform the exercises at least twice daily, but skip any exercise that is painful.

Smoking cessation

If you smoke, try to stop or at least decrease the frequency for several weeks before surgery. This will enhance your healing abilities and lessen the chance for lung problems or infections after surgery. If you need help, please visit or speak with your primary care physician. Please note that **CHRISTUS Santa Rosa Health System** is a tobacco-free campus.

Weight loss

Obese patients are at higher risk for complications following joint replacement surgery. Slower wound healing, higher infection rates and a longer rehabilitation process are just three of the possible problems a person with a weight issue may experience. You may have time to lose weight before your joint replacement surgery. Even losing a few pounds can lower the risk of complications and encourage a timely recovery. Please speak with your physician about making an appointment with a dietitian.

Participate in your discharge planning

Our goal for joint replacement patients is to discharge to home when your physician deems it is safe. You may continue to require help from your support system, which may include care partners or other family, friends, neighbors, co-workers or church members.

When you go home

Our shared goal is for you to return home after your surgery. Going home and participating in home health therapy or outpatient therapy is the customary process for elective joint replacements.

It is very important to identify a care partner/team to provide assistance and support at home for the first week, including transportation home. Following the first week, communicate with those who can provide additional assistance at several times throughout the day. For example, plan to have someone prepare your meals, and/or to provide assistance as necessary in the evening. Identify someone to provide transportation to any follow-up appointments, and outpatient rehabilitation therapy if ordered by your physician.

NOTE: Private duty home care services are also available and may be covered under long-term care insurance or through private pay. Home health care services or outpatient rehabilitation will be arranged during your hospitalization by your Case Manager, and generally begin 24-48 hours after discharge.



Ten days before surgery

Prepare your home ahead of time by using the following checklist:

- Remove throw rugs to prevent slipping or falling.
- Install night lights.
- Reduce pet traffic and remove small objects on the floor (have pets stay with other family or friends for the first two weeks, if possible).
- Designate a firm chair with armrests. It will make it easier to raise and lower yourself. You can raise the seat height by placing a foam cushion (not pillows) on the seat.
- Make sure shoe soles are non-slip and have good support with a back across the heel (no backless shoes/flip flops).
- Place important and frequently used items where they can be easily reached (preferably close to your body and between eye and hip height) in the kitchen, bathroom, closet and dresser.
- Your bed mattress should be at a height so that your feet can easily touch the floor.
- In the bathroom, you may need to place a toilet seat riser or commode over the toilet to increase height.
- A bath bench/chair may be beneficial for safety and conserving your energy.
- Use grab bars around tub/shower to assist with your balance as you enter and exit.
- Use non-skid rubber mats in the tub.
- Place liquid soap within easy reach.
- Be certain all stair handrails are secured and safe for use.
- Make a healthy meal plan for your recovery. Prepare ahead or ask for help from friends and family.

Equipment needs

Your rehabilitation team will make recommendations for home and self-care equipment which may include an elevated toilet seat, grab bars, commode or self-care equipment with long handles such as a reacher, sockaid or a long-handled sponge or shoehorn. This equipment will help you maintain your joint precautions during basic daily tasks.

Locate and clean any previously used equipment such as a walker, commode or shower bench/chair prior to surgery so it will be ready for your use when you return home. Don't change your assistive device or walk without an assistive device until cleared by your surgeon or physical therapist.

Adhere to hip precautions if present and have been discussed by your physician and your rehabilitation staff. If you own a walker, plan to have a family member or care partner bring it to the hospital the day after surgery to ensure correct adjustments.



Three days before surgery

Eating and drinking

You will want to have plenty of easy-to-prepare meals and nutrition-rich snacks available when you return home. It can be very helpful to prepare meals ahead of time and freeze in individual serving containers. Eating a well-balanced diet that includes ample amounts of protein will help with healing. You may also want to give special consideration to fiber intake.

A high-fiber diet can help prevent and treat constipation. This is important because decreased mobility and many pain medications can cause constipation. The foods that supply the most fiber are whole grains, fruits and vegetables. It is also extremely important to keep yourself hydrated (drink lots of fluids) before your joint replacement. Dehydration slows metabolism, which can slow healing. It can also lead to fatigue, decreased blood pressure and constipation. Unless a physician has told you to restrict your fluid intake, you should begin drinking eight ounces of water for every 20 pounds of your weight every day for three days prior to surgery.



Final home preparations

Revisit the home safety checklist on page 9. Be able to explain details of your home setting to your therapists. It helps to take photos, measure toilet/chair heights, and select an appropriate height chair with firm seat and armrests. Pack loose fitting, washable clothing (for example, athletic shorts) to bring to the hospital.

The day before surgery

Eating and drinking

DO NOT EAT, DRINK, CHEW GUM OR HAVE CANDIES OR MINTS after midnight the night before your surgery, unless otherwise instructed, except for a small sip of water to take medications.

Bathing and medications

Instructions and special soap for bathing will be given to you in the joint surgery education class or by the pre-anesthesia testing (PAT) nurses during your pre-operative visit. Medication will be discussed at the PAT visit.



The day of surgery

Admitting and registration

On the day of surgery, you will be asked to come to the hospital approximately two hours before your surgery so that we have adequate time to safely prepare you for the procedure.

CHRISTUS Santa Rosa Hospital - *Alamo Heights* | 403 Treeline Park | San Antonio | TX 78209

CHRISTUS Santa Rosa Hospital - *Medical Center* | 2827 Babcock Road | San Antonio | TX 78229

CHRISTUS Santa Rosa Hospital - *New Braunfels* | 600 North Union Avenue | New Braunfels | TX 78130

CHRISTUS Santa Rosa Hospital - *San Marcos* | 1301 Wonder World Dr. | San Marcos | TX 78666

CHRISTUS Santa Rosa Hospital - *Westover Hills* | 11212 State Highway 151 | San Antonio | TX 78251

Surgical preparation

You will be taken to your room in outpatient services, where we will prepare you for surgery.

Generally, this takes 90 minutes and includes reviewing your home medications, doing a physical assessment, starting an intravenous line (IV) and administering any preoperative medications. You may have your family with you during this time, or we can bring them to your room when you are ready. Prior to surgery, an anesthesiologist will evaluate your medical history, lab values and test results to form an anesthesia plan. They will discuss the risks and benefits as well as any complications or side effects that might occur.

For your safety, we will repeatedly ask the same questions concerning your identity, medications and allergies, scan your wristband before giving medications, and keep the side rails of your bed in the raised position. Because your privacy is important to us, we will close your private room doors, draw privacy curtains and limit discussion of your personal information to caregivers involved in your surgery. It is our goal to keep you as comfortable as possible before, during and after your procedure.

While it is normal to expect some discomfort after surgery, we will work with you, the anesthesia team and your surgeon to find the quickest and safest pain relief possible. While we will do our best to prevent delays in surgery, these are sometimes unavoidable for a variety of reasons. For example, your physician may be in another surgery going longer than expected, or a previous operation in your scheduled operating room may take longer than anticipated. We understand that delays cause anxiety for you and your family. We will keep you updated so that you know what to expect.

Approximately 30 minutes before your scheduled surgery, anesthesia personnel and an operating room nurse will help you to the surgery suite for preparation. Your family will be directed back to the family waiting area. There is a gift shop with a variety of items for your convenience.

Surgery family support area

CHRISTUS Santa Rosa Health System will provide your family with updates and ensure they are available to speak with the surgeon after the procedure is complete. In addition, a nurse will provide timely updates to your family during the operation and recovery phases. Visitor policies differ based on facility and COVID 19 protocol.

Consultation with the surgeon

When your surgery is complete, the surgeon will meet with your family and let them know how you're doing. You will remain in the operating room for approximately 30 more minutes while postsurgical bandages are applied and you begin to wake up from the anesthesia.

Recovery after surgery

After surgery, you will be taken to the recovery room, where dedicated nurses will monitor you closely for approximately one to two hours to ensure a safe, comfortable recovery. The exact length of stay in this area is specific for each patient. For the safety and privacy of all of our patients, visitors are not allowed in the recovery room. Once safely recovered, you will be transferred to the medical/surgical floor and your family will be notified so they can join you there.

After your surgery

Plan of care

Your nurse will orient you to your room and continually assess how you are doing. The staff will review and implement a plan of care ordered by your surgeon that meets your individual needs. Some things you can expect your health care team to perform or ask you to participate in immediately following surgery are listed below:

- Monitor your vital signs (blood pressure and temperature).
- Ask about your pain level and giving pain medications as needed.
- Inform you that anesthesia may cause numbness/weakness in your leg temporarily.
- Administer and teach you about the medications ordered by your surgeon.
- Assess your surgical site and maintaining drainage tubes (if applicable).
- Monitor fluid intake/elimination, inquire about your last bowel movement and discuss constipation prevention.
- Help you to progress from a clear liquid diet to solid foods as you are able.
- Instruct you on the use of your incentive spirometer (breathing exercise device) to ensure deep breathing and to help prevent pneumonia.
- Continue support hose and compression devices to your lower extremities to prevent blood clots.
- Instruct and encourage ankle pump exercises.
- Administer an antibiotic soap scrub while in the hospital to prevent infection.
- Apply ice to the surgical site to prevent swelling and assist with pain control as needed.
- Deliver and monitor blood thinners as prescribed by your physician.
- Draw blood for certain lab tests.
- Assess and address safety concerns throughout your stay.
- Mobility beginning on the day of surgery and then physical therapy twice daily until you are discharged from the hospital.
- Physical therapy goals: To get in and out of bed independently and walk household distances; up/down stairs, if necessary - while maintaining total joint precautions.
- You will use a front-wheeled walker for a minimum of two weeks. You can bring one from home, if you have one. If you do not have a front-wheeled walker, please contact your surgeon's office for a prescription prior to surgery. During your hospital stay, please bring your walker with you so that the therapist can make sure it is adjusted correctly for your height.
- Occupational therapy may begin one time daily starting the day after surgery. Occupational therapy's role is to train you and your care partner in post-operative total joint precautions, if you have any, including instructions to maintain your precautions during activities of daily living.
- Your goals for occupational therapy are to demonstrate independence with functional activities and basic tasks such as dressing, toilet hygiene and transferring in and out of car, tub or shower.
- Your therapist will make recommendations for home and self-care equipment which may include an elevated toilet seat, commode, grab bars and long-handled adaptive equipment such as a reacher, sockaid or long-handled sponge.
- Continuation of the discharge planning process.

Pain management

Pain is a natural occurrence with surgery; therefore, pain management is very important to your recovery. It is important to control your pain to be able to participate in your post-operative care and to move around in therapy. You will be asked to set a realistic pain relief goal each day.

Your goal is the level where you can comfortably and successfully perform your daily activities. Your pain should not interfere with your ability to breathe deep, cough when needed, sleep, talk with your family and caregivers and participate in activities that assist with your recovery.

There are many pain treatment options. Your surgeon will prescribe pain medication to help keep you comfortable following your surgery. In the hospital, you may have intravenous (IV) pain medications, a pain pump or a

combination with oral medications.

Other pain management methods include elevating or compressing the area of discomfort, the use of cold therapy, relaxation, distraction, exercise and therapy services. Your health care team will do everything it can to make you feel as comfortable as possible. Inform your nurse when you are having uncontrolled pain or the pain is not relieved by your method of pain management.

Discharge planning

As an ongoing process from before surgery, your discharge planning will continue throughout your stay in the hospital. Our goal for joint replacement patients is to discharge to home when your physician deems it safe with home health care or outpatient rehabilitation services.

You may be able to go home and start participating in outpatient rehabilitation immediately. If this is the case, your surgeon will provide a prescription and the hospital can help set up your initial appointment.

If your level of function allows you to go directly home from the hospital, but not immediately to outpatient rehabilitation, your case manager will help arrange home health services. These services include therapy and nursing in your home.

If you are unable to walk distances similar to those you walk at home, if you have limited assistance available or have not met your rehabilitation goals, you may need to be discharged to an inpatient or skilled-nursing rehabilitation facility for additional therapy.



Going home

Discharge instructions

- DO remember to balance periods of exercise with periods of rest.
- DO change positions and move about frequently (at least once per hour).
- DO always use a walker or crutches, as prescribed by your therapist and/or surgeon, for walking or moving from one place to another.
- DO observe weight-bearing precautions as instructed by the physical therapist and/or surgeon.
- DO avoid bending and stretching by keeping frequently used objects at eye and hip level when standing and close to your chair when seated.
- DO wear low-heeled, non-skid shoes any time you are on your feet.
- DO wear your support stockings, if instructed by your nurse or surgeon.
- DO take all medications exactly as ordered by your surgeon.
- DON'T cross your legs or ankles.
- DON'T stand in one place for more than 5-10 minutes.
- DON'T sit on low, soft chairs or beds.
- DON'T use a whirlpool, bath tub, hot tub, swimming pool, exercise bike or bicycle until instructed by your physical therapist or surgeon.
- DON'T drive a car until your surgeon gives approval to do so.
- DON'T take chances. Ask for help when you need it.



Precautions

Preventing Blood Clots: Blood clots are serious and most often occur in people who can't move around well or who have had recent surgery. Blood clots that form in the veins in your legs, arms and groin can break loose and move to other parts of your body, including your lungs, which can be life threatening. It is important to know the signs and get treated right away.

The signs and symptoms of a deep vein thrombosis (blood clot) include:

- Swelling, usually in one leg (or arm).
- Leg pain or tenderness often described as a cramp or "charlie horse."
- Reddish or bluish skin discoloration.
- Leg (or arm) warm to the touch.

Alert the nurse or physician as soon as you can if you have these symptoms, because you may need treatment right away.

You can help prevent blood clots if you:

- Wear loose-fitting clothes, socks or stockings.
- Raise your legs six inches above your heart from time to time.
- Do ankle pump exercises 10 times every hour throughout the day.
- Wear special stockings (anti-embolism) if your physician prescribes them.
- Do exercises your physician gives you.
- Change your position often, especially during a long trip.
- Do not stand or sit for more than one hour at a time.
- Eat less salt.
- Try not to bump or hurt your legs, and try not to cross them.
- Do not use pillows under your knees.
- Take all medicines the physician prescribes you.

Call 911 right away if you have:

- Chest pain.
- Shortness of breath.
- Any severe, unexpected pain or tenderness in your calf or arm.

Notify your physician if you notice:

- New swelling in your arm or leg.
- Skin redness.
- Soreness or pain in your arm or leg.
- A warm spot on your arm or your leg.



Precautions to protect your new joint:

KNEE:

- Do not twist your knee.
- Do not kneel.
- Do not cross your legs.
- Do not place a rolled up towel or pillow under your knee for comfort (only for exercises as instructed by your therapist).

HIP: (During the first three months, there is a greater risk of dislocation)

- For anterior and lateral approaches, the greatest risk is with extension (straightening of hips) and external rotation (turning leg/foot outwards).
- For posterior approach, the greatest risk is with excessive hip flexion (bending more than 90 degrees) and internal rotation (turning leg/foot inwards).
- Other risk for dislocation are age, bone loss, rheumatoid arthritis, and cognitive function.

Precautions

Sexual activity

Generally, most people can resume sexual activity four to six weeks after surgery. Healing of your incision will have occurred by that time and healing of soft tissues will be in process. You may begin sexual activity when you feel physically and mentally ready to have a clear understanding of the precautions necessary to protect your new joint.

Diet

Your appetite could be diminished for a while so drink plenty of fluids to prevent dehydration and constipation. Since good nutrition plays an important role in the healing process, it is to your benefit to eat a well-balanced diet. If your appetite is poor, it may be beneficial to eat small, frequent meals or to add a nutritional supplement such as Ensure, Boost or Resource until you are back to eating normally.

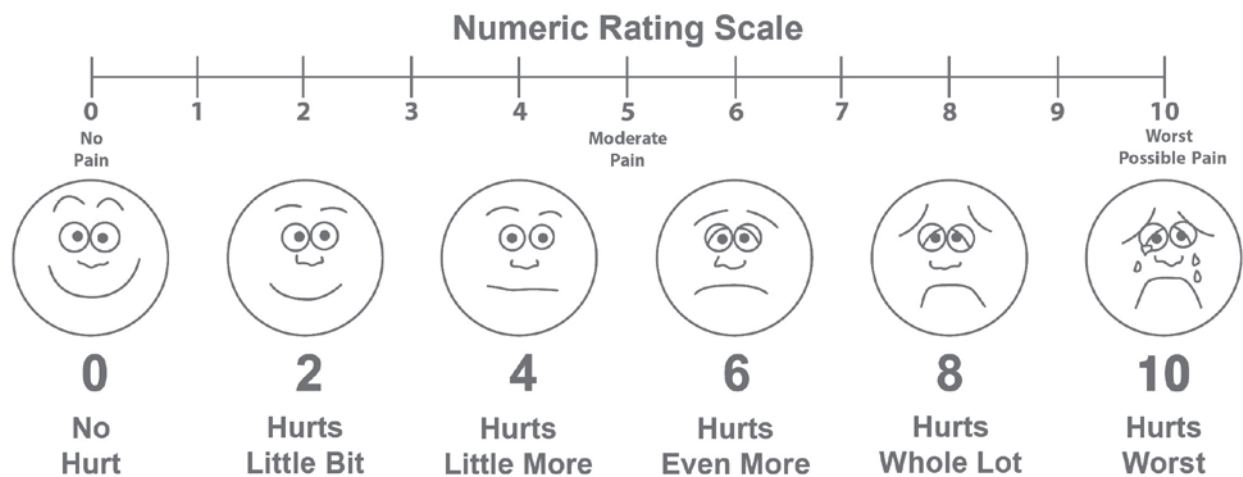


Medications

Your surgeon will instruct you on when to resume the medications you were taking at home before your surgery. The nursing staff or pharmacist will also instruct you on any new medications that have been ordered. Your surgeon may prescribe an anticoagulant medication, also called a blood thinner. This type of medication is frequently used following joint replacement surgery to help prevent the formation of blood clots. Your surgeon will determine if this type of medication is appropriate for you.

Pain management at home

When you return home, you will most likely be taking oral medications for pain control. Taking your medications as prescribed is very important for controlling your discomfort. It is a good idea to time your therapy or exercise sessions so that they begin about 30 to 45 minutes following your dose of pain medicine. This will enhance your ability to fully participate in your exercises. The use of cold packs will also help to alleviate discomfort.



Wong-Baker FACES® Pain Rating Scale
©1983 Wong-Baker FACES® Foundation. www.WongBakerFACES.org
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Caring for your incision(s)

Proper care of your surgical incision sites is important to help prevent infections.

Home care

- Do sponge baths until your physician advises you that you can get the incision wet.
- When you are allowed to shower, carefully wash your incision with soap and water. Rinse the incision well. Then gently pat it dry. Don't rub the incision or apply creams or lotions. Your discharge nurse will discuss with you and your care partner in detail how to care for your incisions and bandages.

Support stockings

You will be discharged from the hospital with support (anti-embolism) stockings. The stockings provide compression and are designed to prevent blood clots and should be taken off for no more than 30 minutes every 12 hours. Check skin for irritation. When washed, these stockings should be line dried or air-only dried in the dryer as heat can break down the compression components.

Call your physician immediately if you have

- Fever of 100.4°F (or higher) or shaking chills.
- Stiffness or inability to move the knee.
- Increased swelling in the leg.
- Increased redness, tenderness or swelling in or around the knee or hip incision.
- Drainage from the knee or hip incision.
- Increased knee or hip pain.



Post-surgery exercises



ANKLE PUMPS



HAM SETS



SHORT ARC QUAD



QUAD SETS



GLUTEAL SETS

Hip replacement exercises



HIP FLEXION - ASSISTED



HIP ABDUCTION - ASSISTED

Knee replacement exercises



STRAIGHT LEG RAISES



KNEE FLEXION & EXTENTION - ASSISTED

Knee replacement exercises



KNEE FLEXION
- SITTING



LONG ARC
QUADS



BRIDGING KNEE
EXTENSION



DROP & DANGLE
KNEE FLEXION

Your dedicated care team

It is normal to feel a little anxious about coming to the hospital for surgery, but remember you are not alone. You will have an entire health care team focused on your safety and comfort. All team Associates are required to wear picture I.D.'s and introduce themselves to you/your family.

Surgeon

Your surgeon will meet with you to explain the process and answer any questions you may have prior to performing your procedure. After your surgery is completed, the surgeon will speak with your family to update them on your condition.

Nurses

Many nurses will be involved in your care during your hospitalization. A registered nurse (RN) is responsible for initial and ongoing assessments and direct care. The RN will also prepare a plan of care for your hospital stay and your recovery after you leave.

Anesthesiologist

Prior to surgery, an anesthesiologist will discuss your anesthesia plan and pain management concerns.

Certified registered nurse anesthetist

CRNA's are registered nurses who have completed additional training specific to anesthesia and work in conjunction with anesthesiologists to administer anesthesia and monitor patients during and after surgery.

Certified nursing assistant

Nursing assistants provide basic level care, which includes but is not limited to hygiene care needs, vital signs, dressing changes and certain testing procedures.

Physical therapists

Physical therapists have training specific to joint replacement patients. They will instruct you in an exercise program designed to improve mobility and strength around your new joint.

Occupational therapists

Occupational therapists are trained to assist patients to improve function and regain the ability to perform activities of daily living at the highest level.

Case manager

Case managers will be available to assist you in identifying specific post-discharge plans based on your particular situation and needs. Case manager resources are also available for questions regarding insurance coverage for services needed upon discharge or other financial coverage questions.

Dietitian

The dietitian performs nutritional screening and assessments to implement a nutritional plan of care. They are available for nutrition education, patient consultations for allergies, preferences and concerns.

Respiratory therapists

Respiratory therapists are breathing specialists who give oxygen and breathing treatments if necessary.

Frequently asked questions

Outlined below are a set of frequently asked questions related to the entire process of your surgery, including pre-surgery, day of surgery, your hospital stay and the discharge process.

Q. When can I shower?

A. This is surgeon specific and will be communicated to you during your hospital stay.

Q. How long will I need to use a walker?

A. Typically for approximately two weeks. When appropriate, you will progress to using a cane.

Q. Will I be limited in what I can do when I get home?

A. You will need to maintain specific precautions for a minimum of four to six weeks, as recommended by your surgeon.

Q. Am I going to have to stay on the first floor of my house because I have stairs to my bedroom?

A. If you have stairs in your home, your physical therapist will instruct you and have you demonstrate safety on stairs.

Q. Do I need to go somewhere for rehabilitation?

A. Some form of rehabilitation is necessary for every joint replacement patient in the weeks after surgery. The options include outpatient rehabilitation, in-home rehabilitation (home health), inpatient or skilled nursing rehabilitation. Your specific needs and the progression of your therapy will be directed by your surgeon and the health care team.

Q. Will someone show me how I should perform activities of daily living before I leave the hospital?

A. Your occupational therapist will instruct you on daily tasks and have you demonstrate all of those things.

SURGERY INSTRUCTIONS SHEET

Name: _____

Surgery date: _____ Surgery time: _____ Arrival time: _____

CHRISTUS Santa Rosa Hospital - *Alamo Heights* | 403 Treeline Park | San Antonio | TX 78209

CHRISTUS Santa Rosa Hospital - *Medical Center* | 2827 Babcock Road | San Antonio | TX 78229

CHRISTUS Santa Rosa Hospital - *New Braunfels* | 600 North Union Avenue | New Braunfels | TX 78130

CHRISTUS Santa Rosa Hospital - *San Marcos* | 1301 Wonder World Dr. | San Marcos | TX 78666

CHRISTUS Santa Rosa Hospital - *Westover Hills* | 11212 State Highway 151 | San Antonio | TX 78251

Sometimes it is necessary for a surgeon to make changes to his/her schedule. If the time of your surgery changes, we will notify you as soon as possible.

DO NOT EAT OR DRINK, CHEW GUM, OR HAVE CANDIES OR MINTS AFTER MIDNIGHT ON _____ . It is important to have an empty stomach when undergoing any surgical procedure requiring anesthesia, as this helps prevent pneumonia caused by aspiration (regurgitation) of stomach contents and acids into your lungs.

You may have 8 oz. of clear liquid prior to _____ .

Please take these medications with sips of water the morning of your surgery: _____
_____ .

DO NOT TAKE these medications/supplements fourteen days prior to the day of your surgery: Aspirin, Ibuprofen, Aleve, herbals, _____ .

Please check with your surgeon or prescribing physician to see if you should stop _____
_____ .

Follow bathing instructions given to you by Pre-Surgery Clinic staff. Bathing/showering using this method helps reduce the chance of acquiring post-operative wound infections.

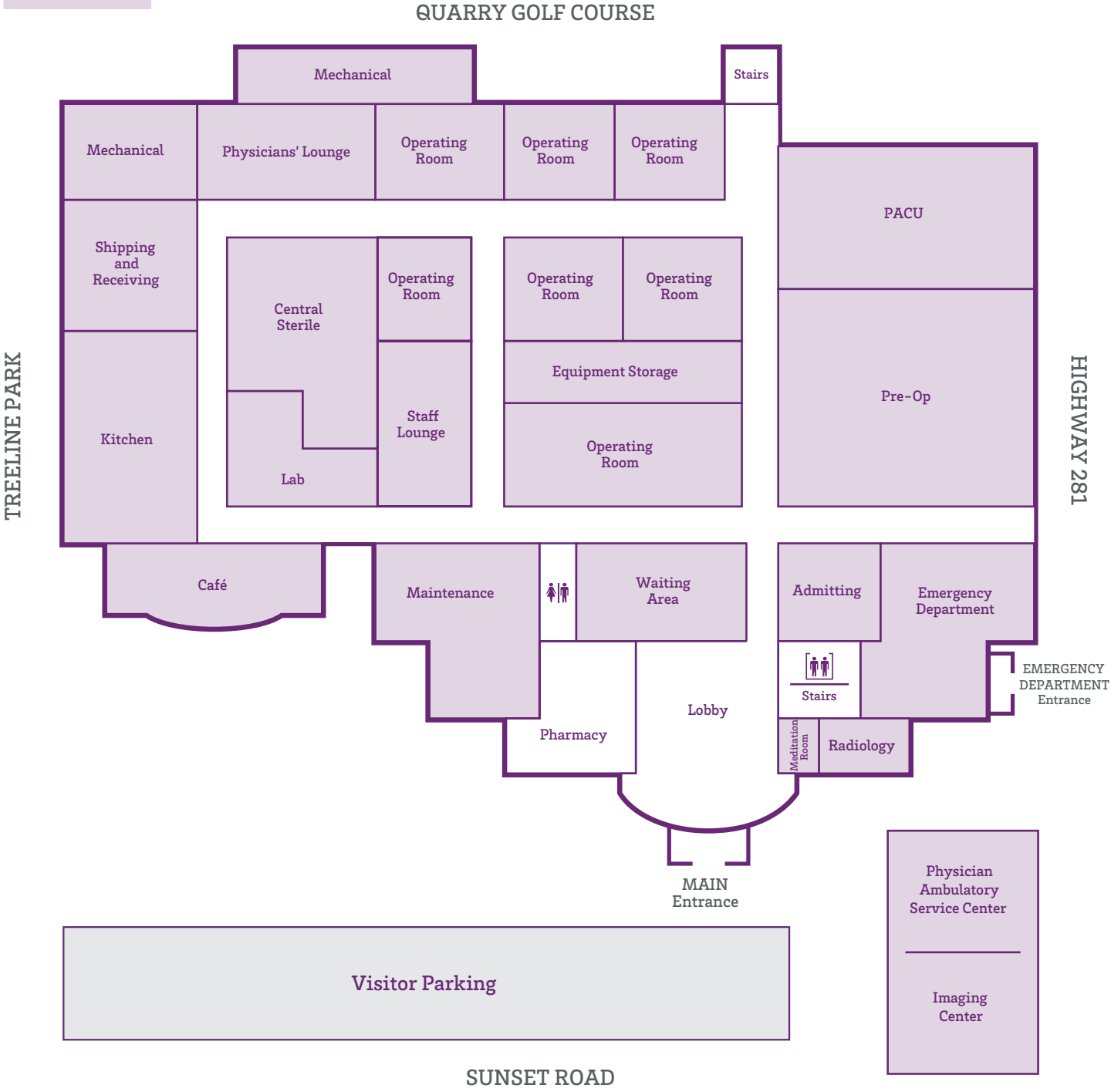
DIABETIC PATIENTS: Please talk to your physician about how to take any diabetic medications (oral and/or injectable). If you have an insulin pump, please refer to your endocrinologist for instructions.

LEGEND

 Restrooms

 Elevators

Second Floor	Third Floor
Administration	Med/Surg Unit
Med/Surg Unit	CT



PhysicianFinder: 877.250.DOCS | ChristusSantaRosa.org/AlamoHeights

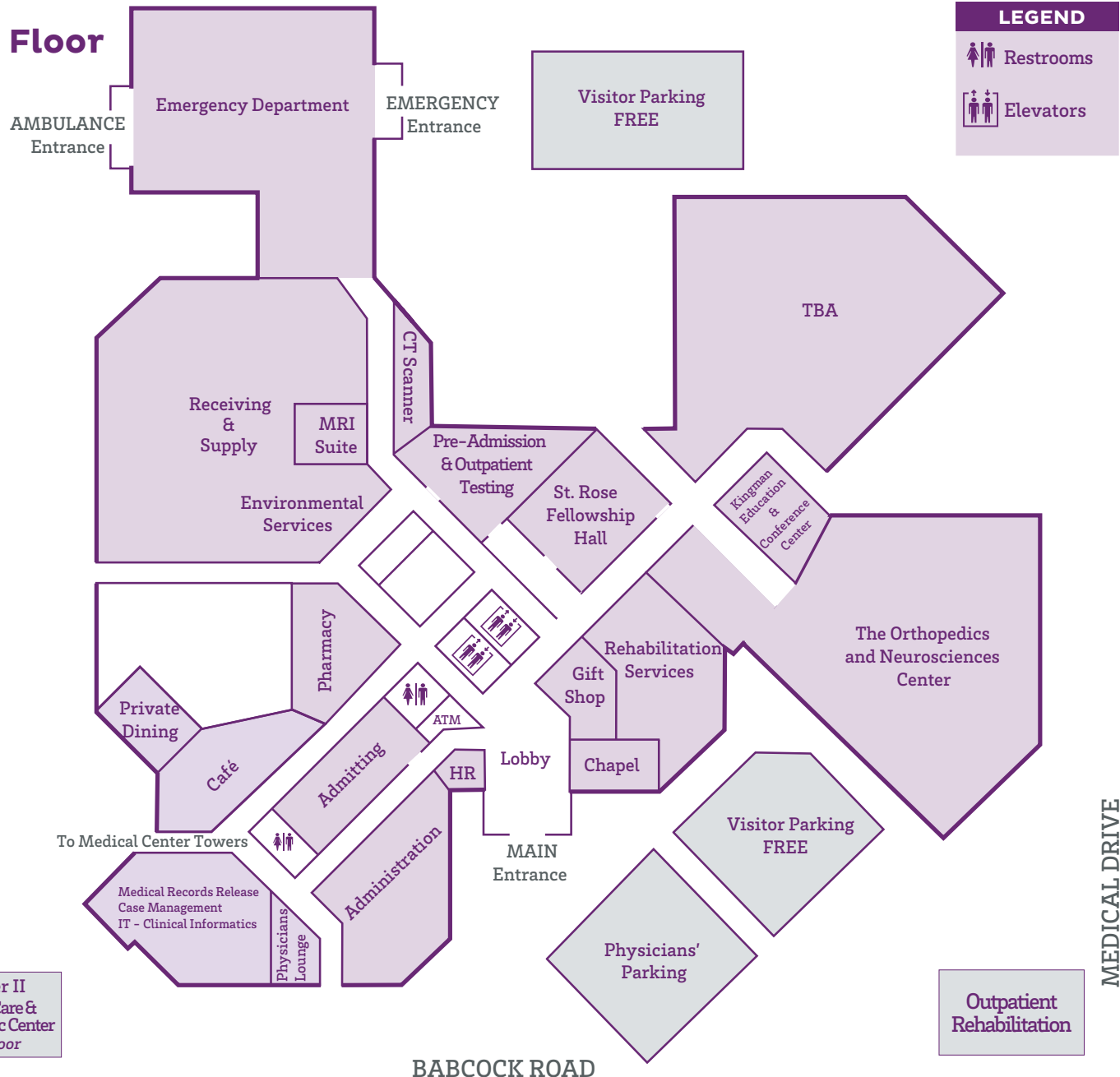
Our Mission: To extend the healing ministry of Jesus Christ.

First Floor

LEGEND

Restrooms

Elevators






Second Floor	Third Floor	Fourth Floor
Cardiopulmonary EKG/EEG Radiology Special Procedures Sterile Processing	Cardiac Cathererization Lab Surgical Intensive Care Unit Medical Intensive Care Unit Surgery (Operating Rooms) PACU (Recovery Rooms) Surgical Waiting Rooms Pre-op/ Phase 2 Recovery Unit	Gastroenterology Lab Laboratory 4 West Telemetry/IMCU 4 North Telemetry/IMCU
Medical/Surgical Unit 2 West Medical Surgical/Dialysis 2 North Medical Surgical Surgery (Operating Rooms) Pre-Operative and Phase 2 Recovery Unit		



PhysicianFinder: 877.250.DOCS | ChristusSantaRosa.org/MedicalCenter

Our Mission: To extend the healing ministry of Jesus Christ.

LEGEND

-  Restrooms
-  Elevators
-  Stairs



CHRISTUS® SANTA ROSA
Hospital - *New Braunfels*

PhysicianFinder: 877.250.DOCS | ChristusSantaRosa.org/NewBraunfels

Our Mission: To extend the healing ministry of Jesus Christ.

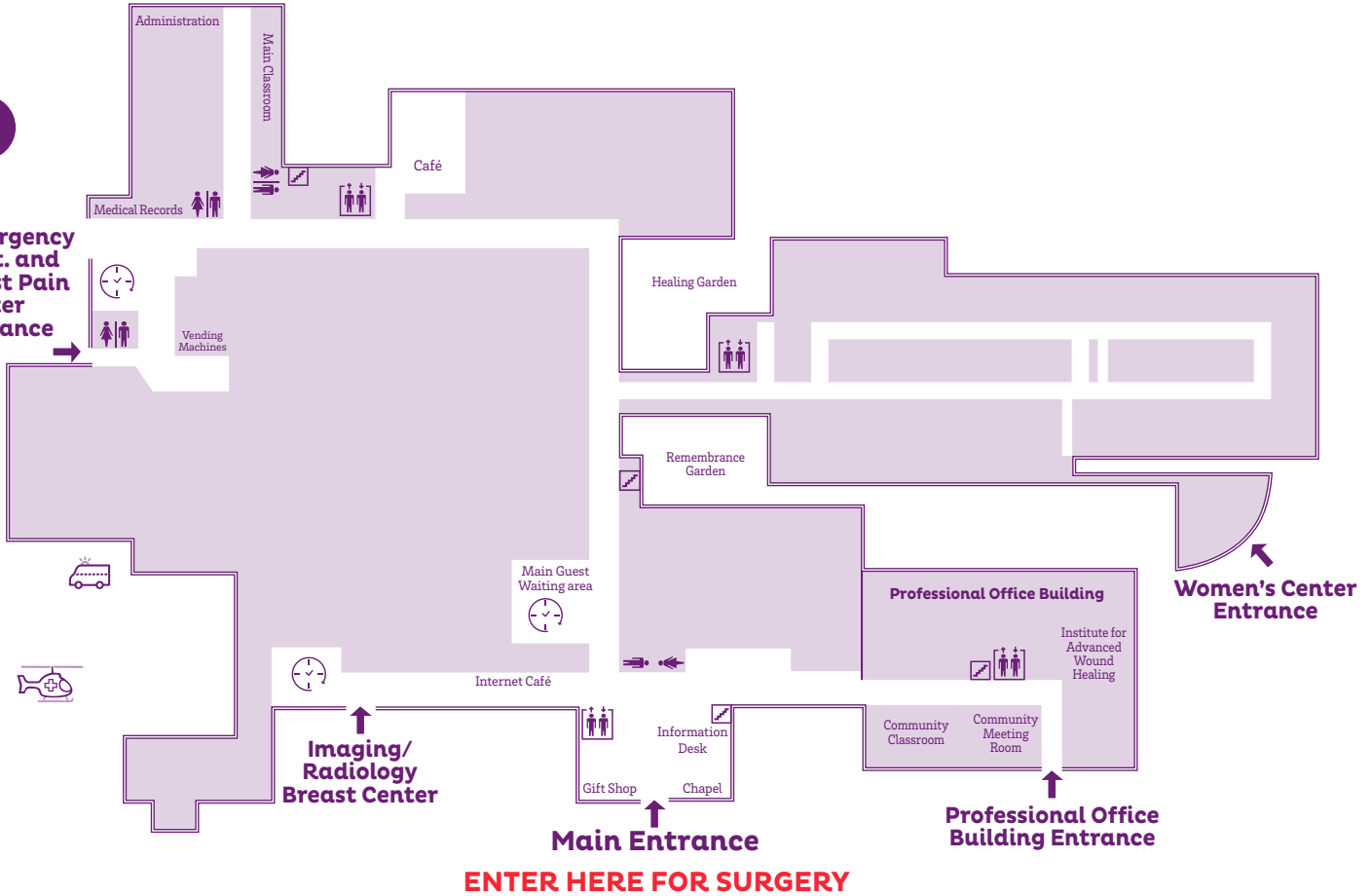
LEGEND

 Restrooms

 Elevators



Emergency Dept. and Chest Pain Center Entrance



Wonder World Drive

Wonder World Drive



CHRISTUS[®] SANTA ROSA
Hospital - *San Marcos*

PhysicianFinder: 877.250.DOCS | ChristusSantaRosa.org/SanMarcos

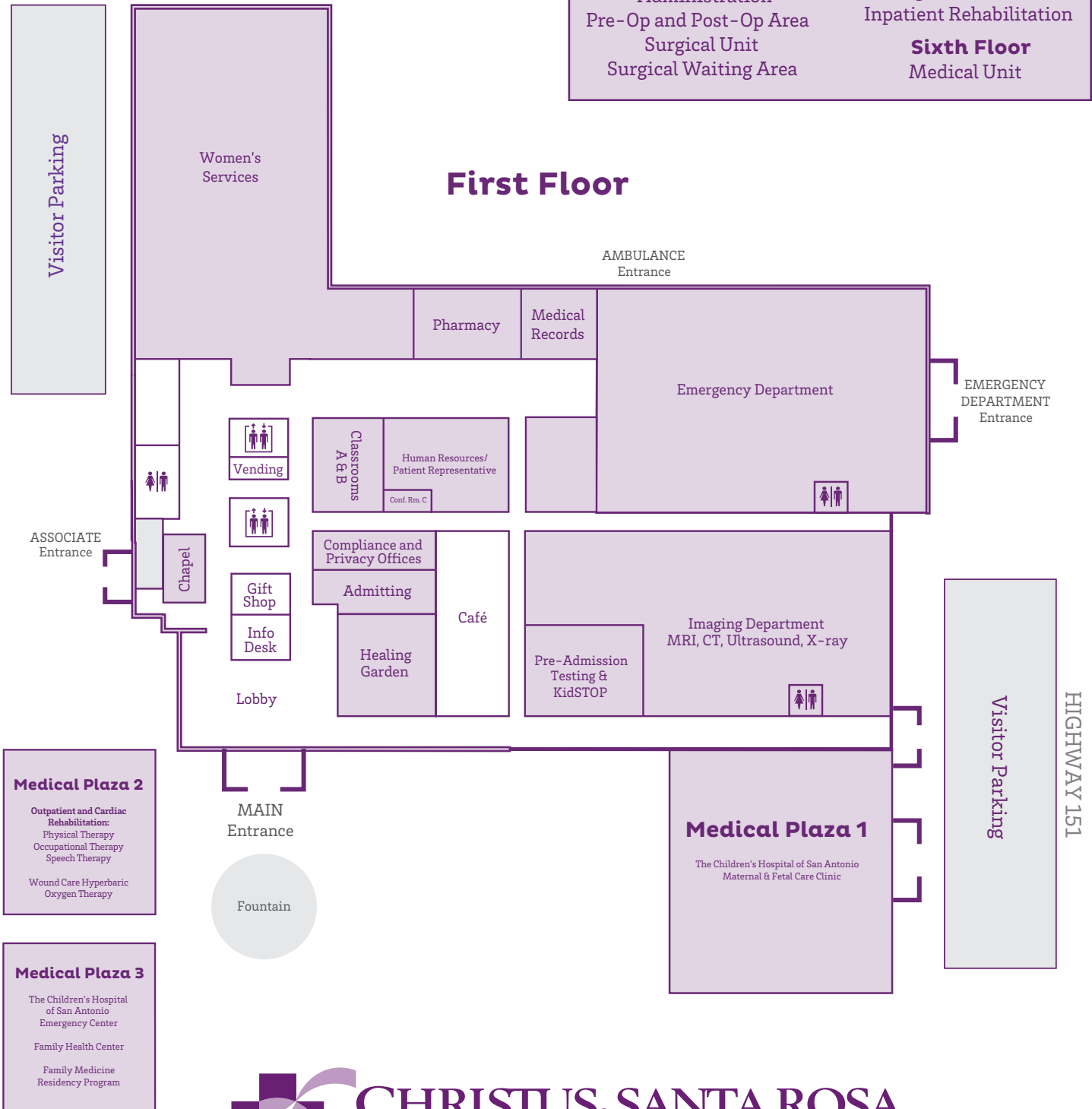
Our Mission: To extend the healing ministry of Jesus Christ.

LEGEND

 Restrooms

 Elevators

<p>Second Floor</p> <ul style="list-style-type: none"> Cardiac Cath Lab Conference Room E GI Lab Intensive Care Unit (ICU) ICU Waiting Area Administration Pre-Op and Post-Op Area Surgical Unit Surgical Waiting Area 	<p>Third Floor</p> <ul style="list-style-type: none"> Intermediate Care Unit <p>Fourth Floor</p> <ul style="list-style-type: none"> Telemetry Unit <p>Fifth Floor</p> <ul style="list-style-type: none"> Surgical Care Unit Inpatient Rehabilitation <p>Sixth Floor</p> <ul style="list-style-type: none"> Medical Unit
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Medical Plaza 2

Outpatient and Cardiac Rehabilitation:
Physical Therapy
Occupational Therapy
Speech Therapy

Wound Care Hyperbaric
Oxygen Therapy

Medical Plaza 3

The Children's Hospital of San Antonio
Emergency Center

Family Health Center

Family Medicine
Residency Program



PhysicianFinder: 877.250.DOCS | ChristusSantaRosa.org/WestoverHills

Our Mission: To extend the healing ministry of Jesus Christ.

On the day of your surgery

- Leave valuables, including all jewelry, at home.
- Please leave any luggage in your car until after surgery.

In order to make your admission as seamless as possible, we ask that you bring the following with you on the day of your surgery:

- Insurance card
- Picture I.D.
- Co-pay (if required)
- A copy of your Living Will and/or Durable Power of Attorney
- C-pap or Bi-pap machine for sleep apnea if you use it at home
- Reading glasses, hearing aids, dentures
- Assistive devices as necessary
- Bring this guide with you on the day of surgery

A list of your current medications, dosages and schedule including (prescription and over-the-counter vitamins and supplements). Also, include the date and time of your last dose: _____

_____.

List any medications you have stopped in preparation for this surgery and the date of your last dosage: _____

_____.

Day of surgery notes

Appendix

Hospital information:

Santa Rosa Hospital – *Alamo Heights*

Phone numbers

Main number	210.294.8000
Pre-admission and testing.....	210.294.8021
Patient pre-registration	844.469.2778
Billing	800.877.8623
Nurse Navigator	210.294.8167

Phones

Every room is equipped with a bedside telephone. To dial a local number outside of the hospital, dial nine and then the phone number. Phone lines are always open.

Financial counseling and billing

Financial counselors are available to answer any questions you may have about your hospital bill. These counselors may be reached by calling 822.877.8623.

Patient meal times

CHRISTUS Santa Rosa Hospital – *Alamo Heights* offers room service to each patient. Room service may be reached by dialing 5MEAL (48080) from your room. Hours of operation are from 6:30 a.m. to 5 p.m. Boxed lunches and snacks are available by request after hours. You will be given a menu and may choose from a variety of foods and snacks from the diet that your physician orders. You may call at any time during the operating hours to order. It is recommended you call one to two hours before your meal to ensure your tray arrives on time. This reduces the likelihood of you having to wait for your meal.

Registered dieticians

Registered dieticians are nutrition experts. If you have any questions about your diet or want to know more about healthy eating habits, please call 210.294.8084.

Cafeteria

The cafeteria is located on the first floor of the hospital. Signs are posted throughout the hospital to direct guests. The cafeteria is open at 6:30 a.m. for breakfast and closes after dinner at 5 p.m. Guests may dine in the cafeteria area or carry-out containers are available for guests who wish to take their meals up to the patient rooms.

Vending machines

For times when the cafeteria is not serving, there are vending machines located throughout the hospital. These machines are accessible 24 hours per day.

Visiting hours

Visiting hours and limitations may vary depending on hospital, department and floor. Please contact the front desk for information on visitor policies.

Visiting regulations

General guidelines for visitors:

- All CHRISTUS Santa Rosa Health System hospitals are tobacco free. Smoking is not allowed on any of our property.
- Those with colds, sore throats, or any contagious diseases should not visit patients.
- Wash hands or use waterless hand cleanser before interacting with patients.
- Keep visits brief.
- Please keep noise to a minimum.

For after hours entrance access, please speak with you nurse for information.



Appendix

Hospital information:

Santa Rosa Hospital – *Medical Center*

Phone numbers

Main number	210.705.6300
Pre-surgical unit	210.705.6197 (Pre-op interview nurse)
Patient pre-registration	210.705.6197
Billing	800.756.7999 or 866.774.8077
Home health	210.785.5200
Outpatient rehab services	210.705.6560

Phones

Every room is equipped with a bedside telephone. To dial a local number outside of the hospital, dial nine and then the phone number. Phone lines are always open.

Financial counseling and billing

Financial counselors are available to answer any questions you may have about your hospital bill. These counselors may be reached by calling 800.756.7999 or 866.774.8077.

Patient meal times

CHRISTUS Santa Rosa Hospital – *Medical Center* offers room service to each patient. Room service may be reached by dialing 5MEAL (48080) from your room. Hours of operation are from 6:30 a.m. to 5 p.m. Boxed lunches and snacks are available by request after hours. You will be given a menu and may choose from a variety of foods and snacks from the diet that your physician orders. You may call at any time during the operating hours to order. It is recommended you call one to two hours before your meal to ensure your tray arrives on time. This reduces the likelihood of you having to wait for your meal.

Registered dietitians

Registered dietitians are nutrition experts. If you have any questions about your diet or want to know more about healthy eating habits, please call 210.705.6325.

Cafeteria

The cafeteria is located on the first floor of the hospital. Signs are posted throughout the hospital to direct guests. The cafeteria is open at 6:30 a.m. for breakfast and closes after dinner at 6:30 p.m. Guests may dine in the cafeteria area or carry-out containers are available for guests who wish to take their meals up to the patient rooms.

Vending machines

For times when the cafeteria is not serving, there are vending machines located throughout the hospital. These machines are accessible 24 hours per day.

Visiting hours

Visiting hours and limitations may vary depending on hospital, department and floor. Please contact the front desk for information on visitor policies.

Visiting regulations

General guidelines for visitors:

- All CHRISTUS Santa Rosa Health System hospitals are tobacco free. Smoking is not allowed on any of our property.
- Those with colds, sore throats, or any contagious diseases should not visit patients.
- Wash hands or use waterless hand cleanser before interacting with patients.
- Keep visits brief.
- Please keep noise to a minimum.

For after hours entrance access, please speak with you nurse for information.



Appendix

Hospital information:

Santa Rosa Hospital – *New Braunfels*

Phone numbers

Main number	830.606.9111
Pre-admission and testing.....	830.606.2191
Billing	800.756.7999
Spiritual care	830.606.3763
Patient pre-registration	830.643.6185
Nurse navigator	830.643.5198
Dietician	830.643.8675

Phones

Every room is equipped with a bedside telephone. To dial a local number outside of the hospital, dial nine and then the phone number. Phone lines are always open.

Financial counseling and billing

Financial counselors are available to answer any questions you may have about your hospital bill. These counselors may be reached by calling 800.756.7999.

Patient meal times

CHRISTUS Santa Rosa Hospital – *New Braunfels* offers room service to each patient. Room service may be reached by dialing 5MEAL (63663) from your room. Hours of operation are from 6:30 a.m. to 6:30 p.m. You will be given a menu and may choose from a variety of foods and snacks from the diet that your physician orders. You may call at any time during the operating hours to order. It is recommended you call one to two hours before your meal to ensure your tray arrives on time. This reduces the likelihood of you having to wait for your meal.

Registered dietitians

Registered dietitians are nutrition experts. If you have any questions about your diet or want to know more about healthy eating habits, please call 830.643.8675.

Cafeteria

The cafeteria is located on the first floor of the hospital. Signs are posted throughout the hospital to direct guests. The cafeteria is open at 6:30 a.m. to 7:30 p.m. Guests may dine in the cafeteria area or carry-out containers are available for guests who wish to take their meals up to the patient rooms.

Vending machines

Vending machines are accessible 24 hours per day and located in the cafeteria.

Visiting hours

Visiting hours and limitations may vary depending on hospital, department and floor. Please contact the front desk for information on visitor policies.

Visiting regulations

General guidelines for visitors:

- All CHRISTUS Santa Rosa Health System hospitals are tobacco free. Smoking is not allowed on any of our property.
- Those with colds, sore throats, or any contagious diseases should not visit patients.
- Wash hands or use waterless hand cleanser before interacting with patients.
- Keep visits brief.
- Please keep noise to a minimum.
- Standard COVID-19 policy.

For after hours entrance access, please speak with you nurse for information.



Appendix

Hospital information: Santa Rosa Hospital – *San Marcos*

Phone numbers

Main number	512.353.8979
Pre-admission and testing.....	512.753.3558
Billing	512.753.3796
Patient pre-registration	512.753.3760
Patient experience coordinator or nurse navigator	512.753.3526
Dietician	512.753.3511

Phones

Every room is equipped with a bedside telephone. To dial a local number outside of the hospital, dial nine and then the phone number. Phone lines are always open.

Financial counseling and billing

Financial counselors are available to answer any questions you may have about your hospital bill. These counselors may be reached by calling 512.753.3796.

Patient meal times

CHRISTUS Santa Rosa Hospital – *San Marcos* offers room service to each patient. Room service may be reached at 512.753.3521 or ext. 3521 from your room. Hours of operation are (Breakfast 7 – 9:30 a.m.), Lunch (11:30 a.m. – 1 p.m.), Dinner (5 – 6:30 p.m.). You will be given a menu and may choose from a variety of foods and snacks from the diet that your physician orders. You may call at any time during the operating hours to order. It is recommended you call one to two hours before your meal to ensure your tray arrives on time. This reduces the likelihood of you having to wait for your meal.

Registered dietitians

Registered dietitians are nutrition experts. If you have any questions about your diet or want to know more about healthy eating habits, please call 512.753.3511.

Cafeteria

The cafeteria is located on the first floor of the hospital. Signs are posted throughout the hospital to direct guests. The cafeteria is open at Monday - Friday (Breakfast 7:15 – 9 a.m.), Lunch (11 a.m. – 1:30 p.m.). The cafeteria is closed for dinner and weekends. Guests may dine in the cafeteria area or carry-out containers are available for guests who wish to take their meals up to the patient rooms.

Vending machines

For times when the cafeteria is not serving, there are vending machines located in the Emergency Department.

Visiting hours

Visiting hours and limitations may vary depending on hospital, department and floor. Please contact the front desk for information on visitor policies.

Visiting regulations

General guidelines for visitors:

- All CHRISTUS Santa Rosa Health System hospitals are tobacco free. Smoking is not allowed on any of our property.
- Those with colds, sore throats, or any contagious diseases should not visit patients.
- Wash hands or use waterless hand cleanser before interacting with patients.
- Keep visits brief.
- Please keep noise to a minimum.
- Standard COVID-19 policy.

For after hours entrance access, please speak with you nurse for information.



Appendix

Hospital information:

Santa Rosa Hospital – *Westover Hills*

Phone numbers

Main number	210.703-8001
Pre-admission and testing.....	210.703-8577
Patient pre-registration	210.704-4400
Billing	800-756-7999

Phones

Every room is equipped with a bedside telephone. To dial a local number outside of the hospital, dial nine and then the phone number. Phone lines are always open.

Financial counseling and billing

Financial counselors are available to answer any questions you may have about your hospital bill. These counselors may be reached by calling 822.877.8623.

Patient meal times

CHRISTUS Santa Rosa Hospital – *Westover Hills* offers room service to each patient. Room service may be reached by dialing 38665 from your room. Hours of operation are from 6:30 a.m. to 6 p.m. Boxed lunches and snacks are available by request after hours. You will be given a menu and may choose from a variety of foods and snacks from the diet that your physician orders. You may call at any time during the operating hours to order. It is recommended you call one to two hours before your meal to ensure your tray arrives on time. This reduces the likelihood of you having to wait for your meal.

Registered dietitians

Registered dietitians are nutrition experts. If you have any questions about your diet or want to know more about healthy eating habits, please call 210.294.8084.

Cafe

The cafeteria is located on the first floor of the hospital. Signs are posted throughout the hospital to direct guests. The cafe is open 7-days per week from 7:15 a.m. – 8 p.m. Breakfast is served from 7:15 a.m. – 9 a.m. Lunch is served from 11 a.m. – 2 p.m. Guests may dine in the café or carry-out containers are available for guests who wish to take their meals up to the patient rooms.

Vending machines

For times when the cafeteria is not serving, there are vending machines located throughout the hospital. These machines are accessible 24 hours per day.

Visiting hours

Visiting hours and limitations may vary depending on hospital, department and floor. Please contact the front desk for information on visitor policies.

Visiting regulations

General guidelines for visitors:

- All CHRISTUS Santa Rosa Health System hospitals are tobacco free. Smoking is not allowed on any of our property.
- Those with colds, sore throats, or any contagious diseases should not visit patients.
- Wash hands or use waterless hand cleanser before interacting with patients.
- Keep visits brief.
- Please keep noise to a minimum.

For after hours entrance access, please speak with you nurse for information.







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