

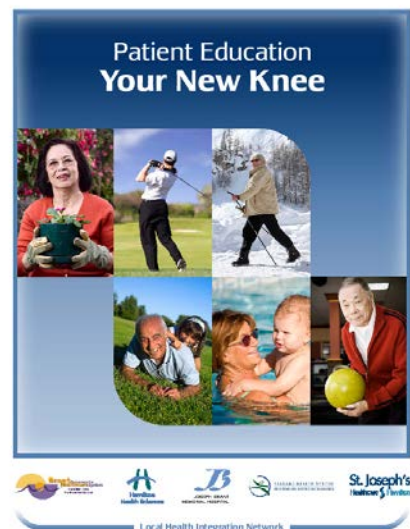
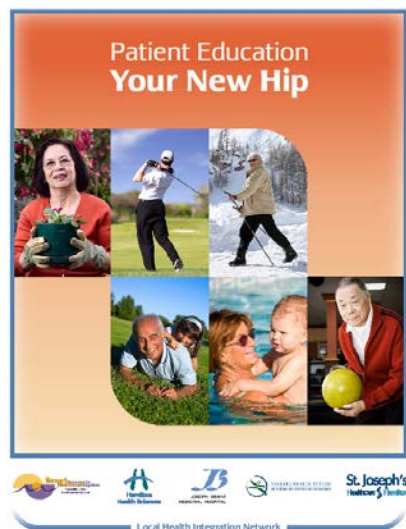
After surgery for your new hip or knee

E2
Juravinski Hospital
Hamilton Health Sciences
905-521-2100, ext. 43293

Welcome to the Joint Arthroplasty Unit. The information provided is to help you:

- have a successful hospital stay
- prepare for going home

During your stay, a team of health care providers will help you learn how to care for yourself and your new hip or knee. We encourage you and your family to participate in your care. Please refer to the book “Your New Hip” or “Your New Knee” during your hospital stay.



If you have any cultural or religious practices that may need our help, please let your nurse know.

Meal times

| | |
|----------|-----------|
| 7:10 am | breakfast |
| 12:30 pm | lunch |
| 5:00 pm | supper |

Meals served are foods high in protein, calcium and fibre. These meals help with healing and recovery after surgery. Please check with your nurse before family/friends bring in special foods.

Visiting hours

There are no set visiting hours. We ask that visitors be respectful of other patients in the room, especially if they are not feeling well.

Falls prevention

Please use your call bell if you need help to get out of bed. Your therapist or nurse will let you know when you are safe enough to get in and out of bed on your own.

Review the “**Tips for reducing your risk for falls**” handout provided in your package of information.

Going home

- You should be ready to go home by 2 to 3 sleeps after surgery.
 - You and your family need to plan for your return home before your surgery.
 - You need to make sure that your home is safe. Your equipment for your recovery must be in your home before your surgery.
 - Please make arrangements to have someone pick you up before your surgery.
 - Make sure that your walker is in the car. You will need it to get to the car from the wheelchair.
 - Your driver must bring up a wheelchair from the entrance of the hospital.
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Activity

You will be sitting up at the side of the bed and may even get up the day of surgery.

Before you go home, you will know how to:

- get in and out of bed
- walk safely with your walker
- dress yourself
- get in and out of a bath and car
- climb stairs

To help you prepare for after surgery:

1. We encourage you to be physically active and build your strength before you come in for surgery to help you with your recovery.
2. Arrange to have all equipment needed in your home before your surgery date. This equipment includes a walker, a cane, a raised toilet seat or commode, a reacher and a shoe horn.
3. Make arrangements for your ride home before you come in for your surgery. Please make sure that your driver will be available to pick you up in the morning at 10:00 a.m. on the day you leave the hospital.
4. If this is not possible, other plans to get home will need to be arranged such as taxi, DARTS or Ontario Patient Transport (OPT). Transportation fees will need to be paid for. They are not covered by OHIP or the hospital.
5. We suggest that for 2 to 3 weeks, you have a support person that can help you with chores at home such as the laundry, grocery shopping and cooking. You may also feel safer having someone with you.
6. You will need to have a support person take you to your follow up appointments.

Discharge time

Your discharge from hospital and your plans at home will be discussed while you are in the hospital.

On the day you go home, your discharge time will be confirmed by 9:00 am. You will need to call your driver so that you are picked up after your discharge time is confirmed. Your driver should be here to pick you up by 10:00 am.

Please make sure that you take some pain medication before you leave for the ride home.

We are smoke-free

Hamilton Health Sciences is smoke-free. This means that smoking is not allowed anywhere on the grounds, including parking lots, garages and vehicles.

For support or help to stay smoke-free:

- talk to a member of your health care team at Hamilton Health Sciences
- contact Smokers' Helpline toll free at 1-877-513-5333 or www.smokershelpline.ca