

Six to eight weeks before surgery

Review this binder in its entirety!

Dental work

- Your surgeon would like you to have any dental work completed one month prior to your scheduled surgery. Following your surgery, you should wait three months to have any non-emergency dental work completed, this includes a cleaning.

Pre-admission physical

- The clinic will assist in scheduling a pre-operative physical appointment from your regular physician. You will need to have this completed about 2 weeks prior to your scheduled surgery, in order to clear you medically for surgery. Please contact your orthopedic surgeon if you have any specific questions about this. Lab work may need to be completed as part of the surgery clearance.

Contact your insurance company (questions on page B-2)

- Before surgery, it is recommended to contact your insurance company to find out if a pre-authorization, a pre-certification, a second opinion or a referral form is required. It is very important to make this call.
- Ask your insurance company about possible needs for coverage of nursing home, home care and outpatient therapy coverage.

Stop smoking

- Smoking can cause poor oxygen circulation and this can slow healing.
- Smoking can increase the chance of lung problems such as pneumonia.
- St. Cloud Hospital is **tobacco free**. Tobacco use of any kind is prohibited indoors or outdoors.

Verify your immunizations

- Keep immunizations up to date including influenza and pneumococcal vaccines. **DO NOT** get these immunizations during the two weeks prior to or just after your surgery.

Determine a plan for work

- Consider the time you will need to recover at home. Please speak with your surgeon about his or her recommendation.

Complete an advanced health care directive (HCD)

- A HCD is a way in which you can communicate to all caregivers what your wishes are regarding health care. There are different types of advanced directives so you may wish to consult your attorney concerning the legal implications of each. Options include living wills, appointment of a health care agent and also health care instructions.
- If you currently have an advanced health care directive or other similar document, make sure this is updated. Please also plan to bring a copy to the St. Cloud Hospital if it is not already on file. You will be asked about this topic during your pre-admission phone call (1-5 days prior to surgery) and again when you arrive to the hospital.

Insurance and Medicare

If you have private or supplemental insurance benefits:

Read the written information you have about your insurance coverage. Call the number on the back of your insurance card if you have any questions. Let the insurance representative know that you will be having hip/knee replacement surgery. Take into account that the person answering your questions is a service representative and will speak in general terms.

There may be a difference between the benefit and qualifying for the benefit. Qualifying for the insurance benefit is not a surgeon or primary care doctors decision. Your insurance company will determine your qualification for benefits based on their standards and policies.

The following are some questions you may want to ask regarding your benefits after discharge:

Write down the name/ext. of the person you are talking with:

Do I have outpatient therapy benefits
If yes, what are they?
Is there a preferred provider?

Yes No

Do I have home health benefits (therapy and blood work)?
If yes, what are they?
Is there a preferred provider?

Yes No

Do I have durable medical equipment (walker, crutches) benefits?

Yes No

Do I have inpatient rehabilitation benefits?
If yes, what are they?

Yes No

Do I have subacute (skilled nursing home) benefits?
If yes, what are they?
Is there a preferred provider?

Yes No

How will I be billed for services?

Is there a deductible or co-pay for any of these services?

Medicare benefits

Health care benefits change constantly; therefore, it is important for you to review your insurance benefits and/or any alternative plans for payment before you come into the hospital. The medical team will work with you to decide which options are most appropriate for you.

Medicare A & B provides benefits for the following services:

Home Care: Medicare may cover home care at 100% if you meet the following criteria:

- The home care needed is skilled in nature. This means you require a nurse and/or therapist.
- You must be homebound. This means that you are unable to leave your home except for doctor appointments.

Outpatient therapy benefits:

- Medicare provides benefits for outpatient services based on skilled care needs at the time the service is provided. This may cover 80% of the charge.

Durable medical equipment:

- You **may** have to pay a portion or all of the cost, depending on your insurance benefits for a walker, crutches or cane.
- Items **not** covered include raised toilet seats, grab bars, shower transfer bench or chair, reacher, long handled sponge, sock aid and shoe horn.

Two weeks before surgery

- A Center for Surgical Care (CSC) RN will call you 1-5 days prior to your surgery to ask questions about your medical history. This RN will instruct you as to whether or not to take your normal medications on the morning of surgery. Please be prepared with your medication list for this nurse. Please anticipate this call to take at least 20 minutes. This is done to better prepare us and be ready to have you and your family as our guests.
- Continue normal activity unless your surgeon tells you otherwise.
- Please begin your iron pills and your iron supplement diet as directed by your surgeon. Your surgeon or regular physician may also have instructed you to take multi-vitamins.
- Arrange a plan for someone to help you at home when you are discharged if you haven't done so already. This plan would be determined between you, your surgeon and healthcare team at the hospital. Please let our Total Joint Specialist as well as your nursing staff know of any specific questions you may have about your transition from the hospital or if you have intentions to be discharged to a rehabilitative center.
- Report signs or symptoms of a cold or infection to your surgeon. We need you as healthy as you can be!
- Pay all of your bills to make sure they will not be late, then you don't have to worry about missing them while you are recovering.
- Attend Total Joint Class! You should have registered for a time when you initially scheduled surgery. If you are not registered or have questions, please contact Gina Anderson-Malum, Total Joint Specialist at 320-251-2700 extension 54671.**

Making arrangements before your surgery allows you to focus on your recovery when you return home. Simple changes in furniture arrangement, housekeeping and lighting can cut your risk of falls in half. In addition, arranging a network of friends, family and neighbors ahead of time can provide added support when you need it most. The following information will help you make these changes.

Fall prevention

- Tape loose edges of room size rugs or remove them.
- Do not use bath oils while in the shower or tub.
- Wear proper footwear with non-skid bottoms (no scuffs or heel-less shoes).
- Remove dirt, dust & lint from rubber tips of walker, crutches or cane.

Stairs and steps

- Remove throw rugs.
- Provide enough light to see each step and landing.
- Install handrails on both sides of the stairway (if possible).
- Do not leave objects on the stairs.
- Prepare a temporary living space on the ground floor (if possible) because walking up and down steps is difficult in early recovery.

Kitchen

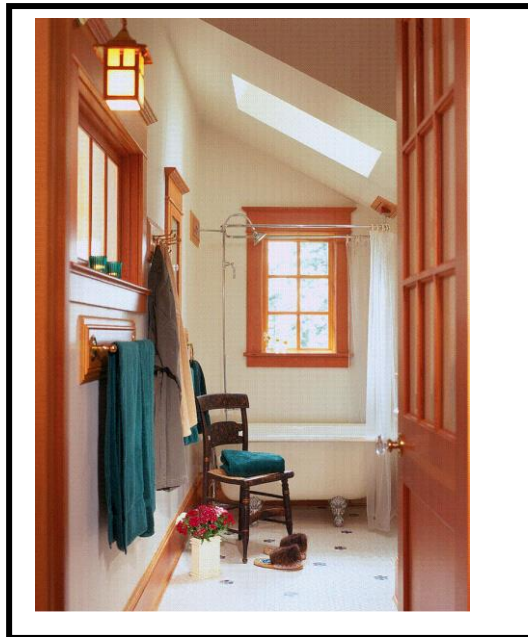
- Remove throw rugs.
- Immediately clean up any spills (liquid, grease, food, etc.).
- Store food, dishes and cooking equipment at easy-to-reach waist level.
- Place frequently used items on upper shelf of refrigerator.
- Group similar items together for easier access.
- Plan easy meals.
- Prepare extra meals and freeze them for return home.
- Clear countertops to allow for sliding items from one location to another.

Bathroom

- Remove throw rugs.
- Store items at easy-to-reach waist level.
- You may need an elevated toilet seat.
- Your method of bathing/showering may need to be modified. Your therapist will help you determine the safest choice for you.
- Special equipment will be discussed during class and your hospital stay.

Bedroom

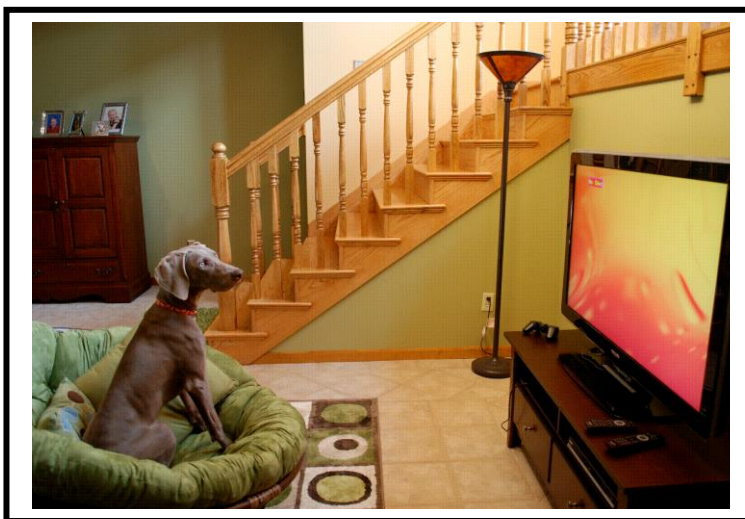
- Remove throw rugs.
- Remove clutter from floor.
- Make wide paths to allow for moving with walker, cane or crutches.
- Place a lamp or flashlight near your bed.
- Install night lights along the route between the bathroom and the bedroom.
- Sleep in a bed that is high enough to easily enter and exit.
- Keep a telephone near your bed.
- Place a solid arm chair (if room) so you can sit to get dressed.



PATIENT POINT – Avoid the rush. Make plans now!

Living area

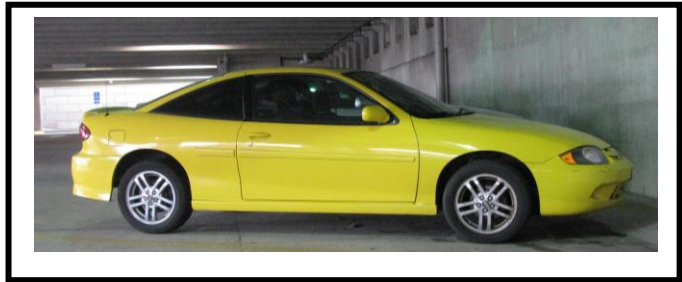
- Remove throw rugs.
- Arrange furniture to create easy traffic patterns between rooms.
- Sit in chairs with arms and no wheels.
- Place a firm blanket or pillow in low chairs or sofas to make the seat higher and getting up easier.
- Do not run wires or extension cords under rugs or runners – remember to remove throw rugs. This is a tripping and fire hazard.
- Remove or tape down any cords or wires.



More things to consider

- Have comfortable clothes to wear.
- Schedule haircut/styling to make you feel more comfortable.
- Arrange for pet care (walking, feeding, etc.) during and after your hospital stay.
- Prepare a space for indoor pets so they can be out of your way while you are healing and regaining mobility.
- Store pet foods in small, manageable containers at easy-to-reach waist level.
- Arrange for someone to get your mail, groceries and take you to appointments.
- Pay bills.
- Prepare ice packs.
- Refill medications you take on a regular basis to avoid trips to pharmacy.

- Consider what type of car you will go home in and how easily you will be able to get in and out of it. You may want to add a pillow or blanket in the car to use for positioning when coming home.



General housekeeping items











- Move things you might need (medications, magazines, phone, cooking utensils, laundry items) to areas where you can reach them easily.
- Carry a portable phone or cell phone with you at all times.
- Have telephone numbers of people that could help you in case of emergency readily available.
- Make sure adequate lighting is provided in each room (overhead and task lighting) to increase safety.
- Avoid vacuuming, mopping floors, carrying laundry and changing bed linens.











PATIENT POINT – Did you remove the throw rugs?

Occupational Therapy Department Adaptive Equipment Vendor List

1406 Sixth Avenue North
St. Cloud, MN 56303
Phone: 320-251-2700/ Toll Free: 800-835-6652
Occupational Therapy Extension: #54130
Fax: 320-255-5773

The following is a list of vendors that has been compiled for your convenience as a resource to begin your search for the recommended ASSISTIVE DEVICES to allow greater safety and independence at home.
Your therapist has recommended the CIRCLED items below. Please feel free to research your own resources in your community.

Vendors in the St. Cloud Area	 Walker	 Raised Toilet Seat/Commode	 Toilet Aid	 Reacher / Dressing Stick	 Elastic Laces	 Long Shoe Horn	 Sock Aid: Rigid or Soft	 Long Handle Sponge	 Bath Chair / Extended Bath Bench	 Wheelchair Knee Scooter
Corner Medical 2958 W. Division St. St. Cloud, MN 320-257-6184 M-F 8:30am-5pm No weekends Some Rentals	X	X	X	X	X	X	X	X	X	X
Health North, Inc 1320 32 nd Ave N, Suite 140 St. Cloud, MN 888-535-5751 M-F 8:30-4:30	X	X	X	X	X	X	X	X	X	X
Reliable Medical Supply 440 Great Oak Dr. Waite Park 320-259-5900 M-F 8:30am-5pm No weekends Some Rentals	X	X	X	X	X	X	X	X	X	X
St. Cloud Hospital Pharmacy 320-255-5670 M-F 9am-5:30pm Sat. 9am-3pm No Rentals		X	X	X	X	X	X	X	X	
Freedom Medical 1119 2 nd St. S. Waite Park 320-258-4055 M-F 9am-5pm On call 24/7 emergencies Some Rentals	X	X	X	X	X	X	X	X	X	X
Walgreens Drug 10 S. Benton Dr. Sauk Rapids 320-253-6601 Daily 8am-10pm No Rentals	X	X	X	X		X		X	X	
Care Medical Supply 1000 S Benton Dr. #418 Sauk Rapids 320-251-8261 M-F 9am-5pm No weekends Some Rentals	X	X	X	X	X	X	X	X	X	X

Vendors outside the St. Cloud Area	Walker 	Raised Toilet Seat/ Commode 	Toilet Aid 	Reacher / Dressing Stick 	Elastic Laces 	Long Shoe Horn 	Sock Aid: Rigid or Soft 	Long Handle Sponge 	Bath Chair/ Extended Bath Bench 	Wheelchair Knee Scooter 
LinCare- St. Cloud 3900 Roosevelt Rd. Suite 103 St. Cloud 320-654-1747 M-F 8am-5pm On call 24/7 emergencies Some Rentals	X	X	X	X	X	X	X	X	X	X
Cold Spring State Bank 401 Main St. Cold Spring, MN 320-685-8655 M-Th 8am-3pm F 8am-5pm No weekends FREE	X	X		X					X	X
LinCare – Little Falls 211 1 st St SE Little Falls, MN 320-632-3661 M-F 8am-5pm On call 24/7 emergencies Some Rentals	X	X	X	X	X	X	X	X	X	X
Specialty Home Medical 7938 S. College Rd., Suite 100 Baxter, MN 218-828-4710 M-F 8am-4pm No weekends Some Rentals	X	X							X	X
Brainerd Medical Supply 206 W. Washington St Brainerd, MN 218-829-2100 M-F 8am-5:30pm Sat 9am-12pm On call 24/7 emergencies Some Rentals	X	X	X	X	X	X	X	X	X	X
Reliable Medical Supply 1630 Anderson Ave. Suite #200 Buffalo, MN 763-684-1778 M-F 8:30am-5pm No weekends Some Rentals	X	X	X	X	X	X	X	X	X	X
Rice Home Medical Locations: Willmar, Madison, Alexandria, Redwood Falls, Fergus Falls, MN 1-800-637-7795 M-F 8:30am-5pm No weekends Some Rentals	X	X	X	X	X	X	X	X	X	X
Foley Medical Supply 130 Norman Ave S. Foley, MN 320-968-7797 M-F 8am-5pm No weekends No Rentals		X		X	X	X	X	X	X	

Night before surgery

You are allowed to drink water, apple juice or black coffee-no cream or milk, up to 4 hours prior to your scheduled surgery time. Your surgery time will be reviewed with you when the CSC RN calls you a couple (1-3 days) before surgery. No other food or beverages are allowed after midnight. Do not smoke after midnight, or drink alcohol 24 hours before surgery. You may also be instructed to take your home medications at a different time. If you are unsure, or have any questions, please contact your physician.

****See Home Medication handout in Reference section (F-1)***

Important things to pack:

- ID card
- Pacemaker card and information (if applicable)
- C-PAP or Bi-PAP (if applicable)
- comfortable clothes (sweats, pajamas); walking shoes
- reading material
- glasses and case; phone charger
- personal toiletries and undergarments
- please bring a list of your most current medications
- please **DO NOT** bring any money, jewelry, valuables

PATIENT POINT – Pack this binder with you to bring to the hospital!

Morning of surgery

Please note that your surgery time is an estimate and not a promise. Unfortunately, emergency or unexpected circumstances may cause your surgery to start later than estimated. The surgery staff make every effort to keep your surgery as close to the estimated time as possible. To help pass the time we encourage you and your visitors to bring a book, magazine, crossword, etc.

Center for Surgical Care (CSC): The CSC is an area in the hospital that gets you prepared for your surgery. Upon arrival, locate the computer “kiosk” in CSC and enter your name. A registration specialist will escort you and one family member to a

comfortable room. For your privacy we will complete registration at the bedside. Here, you will work with a Registered Nurse (RN) and Patient Care Assistant (PCA).

They will:

- Help you get dressed into a surgery gown.
- Discuss your medical history including any implanted devices you may have such as a defibrillator and review allergies.
- Double check your consent, place a name band on you, verify correct procedure.
- Check your vital signs including a weight and height.
- Place an IV line so you can get medications and IV fluids.
- Discuss any questions or concerns you may have .
- Explain an incentive spirometer- this is to assist you with taking deep breaths while you are in the hospital (see page C-13). This device is used to prevent pneumonia.
- Clip hair from your surgical area and scrub (hip or knee) with soap.
- You will have the hip or knee area prepared and marked with initials by the surgeon or his/her assistant.
- You may have special white stockings placed to decrease swelling.
- Do not wear makeup or nail polish on the day of surgery.
- When the operating room is ready for you, you will go to another waiting area called pre-op holding on a transport cart. At this time, your family and/or friends will move to a waiting lounge. They will be updated throughout the surgery.
- If you wear contacts or dentures, be prepared to take them out prior to going to surgery. Bring holding cases and solutions for storage.
- Remove all jewelry, rings, and piercings.
 - Your hands have a tendency to swell after surgery, which is a normal response, but when a ring is present it can restrict blood flow to your fingers. This can be a very serious situation.
 - Another real possibility is that a burn near the ring can occur when your surgeon uses electro-cautery to control bleeding.
 - Please leave your rings at home. We don't want to take responsibility for something that is so important to you.
- An anesthesiologist will meet with you prior to going to the operating room. You will have the opportunity to ask questions and to discuss the type of anesthesia that is right for you.