

Total Joint Class Information:

The surgeons at St. Cloud Orthopedics are requesting you attend the pre-operative total joint preparation class at the St. Cloud Hospital.

This class will prepare you for the following:

- What to expect prior to surgery, during your hospital stay, and after discharge
- Treatments for pain or discomfort that you may experience after surgery
- Learn how to prevent complications of surgery recovery
- Meet with the Total Joint Specialist RN who specializes in the care of patients who receive a joint replacement
- Physical Therapist will discuss therapy exercises while in the hospital and when you go home.



You will have the opportunity to ask questions about your patient experience.

Bring your Total Joint Patient Education binder with you to class.

*Please bring a family member or friend to the class who will be assisting you with your care during your hospital stay and after your discharge from the hospital.

Your class is scheduled for:

Date: _____

_____ **Tuesday from 9:00 a.m. – 10:30 a.m.**

_____ **Wednesday from 3:00 p.m. – 4:30 p.m.**

**ON-LINE REGISTRATION
AVAILABLE!
centracare.com
click on "classes and events"
choose "Joint Replacement"**

**The Total Joint classes are held at St. Cloud Hospital on the
Bone and Joint Unit.**

If you need to reschedule at any time, please contact the Total Joint Specialist (320) 251-2700 extension 54671.

Directions to Total Joint Class:

Please park in the North parking lot or North ramp. Enter through the revolving door at the North entrance. Take the North elevator to 6th floor. A volunteer is available to assist you in finding the elevator or provide a wheelchair if needed. Please follow the red signs in the building to direct you to Total Joint class.

Skin Preparation Instructions

An antiseptic cleansing shower can reduce your risk of infection following your surgery. Your physician would like you to use 4% chlorhexidine gluconate (CHG) antiseptic soap (also called Hibiclens) solution for cleansing the skin surface prior to your surgery. You will either get a bottle from the clinic or a script to pick up the soap at your local pharmacy.

Process: Use Chlorhexidine Soap 4%; ONE-THIRD of the bottle each day

2 days before surgery _____

1. Shower as you would normally and use your own shampoo on your hair.
2. Place chlorhexidine soap onto a clean wet washcloth and turn shower off.
3. Scrub operative area first, and then scrub the rest of your body with the antiseptic soap from your neck down for a total of 5 minutes.
4. Add additional chlorhexidine soap to your washcloth as needed.
 - **DO NOT allow the soap to come into contact with the eyes, ears, or mouth. If you accidentally get some of the soap on those areas, rinse immediately.**
 - **Note: If you have any burning or irritation on the skin, rinse immediately and do not reapply.**
5. After a total of 5 minutes rinse or shower off the soap.
6. Do not apply lotion or deodorant after the shower. This is for all 3 showers.

1 Day before surgery (repeat process) _____

Morning of surgery (repeat process) _____

**PLEASE TRY TO INCLUDE SOME OF
THESE FOODS IN YOUR DIET, UNLESS
YOU HAVE RESTRICTIONS.**

SUGGESTIONS FOR A DIET HIGH IN NATURAL IRON CONTENT

To get the most benefit from your iron pills and the iron content in your food:

- Take vitamin C (ascorbic acid) or drink orange juice with your pills.
- Steam vegetables to help them retain iron content.

Other helpful hints:

- The intake of high fiber, cellulose foods (celery), caffeine (coffee, tea, cola), and anti-acid medication decrease iron absorption.
- Absorption of the iron occurs within 4 hours after eating.
- The best rule is to eat regular nutritionally balanced meals and drink plenty of fluids.
- If you mix some lean meat, fish or poultry with beans or dark leafy greens at a meal, you can improve absorption of vegetable sources of iron up to three times. Foods rich in vitamin C also increase iron absorption.

**In some people, iron supplements can cause stomach discomfort, nausea, diarrhea, constipation, and black stool. Iron is best absorbed if taken on an empty stomach, but if you are having stomach problems, you may need to take your iron pills with food.

The following is a list of 4 BASIC FOOD GROUPS and the foods which are high in iron content or are helpful in iron absorption.

GROUP I: Meat and Meat Substitutes

- Excellent Sources of Iron
LEAN RED MEATS (Beef, Lamb, Pork, Veal)
Organ Meats (Liver, Gizzards)
Poultry (Chicken, Turkey)
Eggs (especially Egg Yolks)
Seafood (Salmon, Tuna, Oysters, Clams, Shrimp, Sardines, Anchovies)
Nuts (Almonds, Brazil Nuts, Cashews, Pumpkin Seeds)
Bean (Dried Peas, Dried Beans)

GROUP II: Vegetables/Fruit Groups

- Good Sources of Iron
Vegetables (Dark Leafy Green Vegetables)
Broccoli, Kale, Collards, Asparagus, Dandelion Greens
Beans (Green, Lima, Peas, Soy, Kidney Beans)
Roots (Beets, White Potatoes)
Cauliflower
Sprouts (Bean, Alfalfa)
Artichokes
Fruits (Dates, Prunes, Raisins, Apricots, Peaches)

- Good Sources to Increase Iron Absorption:
Citrus Fruits: Oranges, Lemons, Limes, Grapefruit
Other Fruits: Cantaloupe, Strawberries
Vegetables: Broccoli, Brussels Sprouts, Tomatoes, Potatoes, Peppers
White Wine
- Iron Absorption Inhibitors:
(these decrease absorption of iron)
Red Wine, Coffee, Tea

GROUP III: Breads and Cereals

- Enriched, fortified and whole grain breads and cereals are often high in iron content (check package contents)
Examples: Cream of Wheat, All-Bran Cereal, Malt-O-Meal, Total Cereal, Special K
- Grains (Wild Rice, Brown Rice, Oats, Wheat, Bran, Macaroni)

GROUP IV: Milk and Dairy

- Good Sources of Iron
Molasses (Blackstrap)
Brewers Yeast (Dried)
Chocolate
- Poor Sources of Iron*
Milk
Cheeses
Ice Cream
Yogurt

*While these foods hinder the absorption of iron, they are good sources of calcium. **Foods containing calcium and calcium supplements (TUMS) should not be used one hour before or one hour after the ingestion of iron supplements.**

GROUP V: Miscellaneous Iron Rich Foods

Ground Thyme
Curry Powder
Ground Cinnamon
Rosemary
Sesame Seeds
Liquorice



My Appointments

Surgery

Patient name _____
 Surgery date _____ Procedure _____
 Surgeon _____ Office contact _____

What to Bring

- This book
- Family member/ caregiver
- C-PAP machine (if applicable)

Discharge Plan

Home Home with Home Care Rehab/Skilled Nursing Facility

Top 2 Choices for Skilled Nursing Facility

1. _____ 2. _____

Other Appointments

Appointment with: _____
 Date _____ Time _____
 Location: _____

Appointment with: _____
 Date _____ Time _____
 Location: _____

***Patients
 Personal Goal***

Important Phone Numbers

St. Cloud Orthopedics.....320-259-4100
 Bone and Joint Center.....320-251-2700 x55744
 Gina Anderson-Malum, RN Total Joint Specialist.....320-251-2700 x54671
 Pre-Operative Nurse (PASS Nurse).....320-656-7182 or 800-835-6652 x57617

Bone and Joint Center website:
www.centracare.com, keyword "bone"



Section A - Welcome and clinic

- Introduction ----- A 1
- Maps ----- A 3-4
- Common causes of joint replacement ----- A 5-7



Section B - Preparing for surgery

- Six to eight weeks before surgery ----- B 1
- Insurance and Medicare ----- B 2-3
- Two weeks before surgery ----- B 4
- Preparing my home ----- B 5-8
- Equipment needs ----- B 9-10
- Night before surgery ----- B 11
- Morning of surgery ----- B 11-12



Section C - Surgery and my hospital stay

- Safety in surgery ----- C 1-2
- Surgery and anesthesia ----- C 3-4
- After surgery and pain expectations ----- C 5-10
- Preventing blood clots ----- C 11-12
- Rehabilitation ----- C 14-17



Section D - Getting back to my life

- Getting around after surgery ----- D 1-3
- Care at home ----- D 4-6
- Getting into a car ----- D 6-7
- Lifetime care ----- D 8-11
- My joint replacement experience ----- D 11-12



Section E - Exercises

- Exercise information ----- E 1
- Knee exercises ----- E 2-6
- Hip exercises ----- E 7-11
- Equipment ----- E 11
- Vendors ----- E 12-13



Section F - References

- Home medications ----- F 1
- The Role of Hand and Respiratory Hygiene in Infection Prevention ----- F 3
- Pain management ----- F 5-6
- Pathway home ----- F 7
- Our commitment to safe skin ----- F 9
- Preventing falls/ Safe Patient Handling ----- F 11-12
- Surgical site infections ----- F 13-14
- Sexual positions after total joint surgery ----- F 15
- Prayer before surgery ----- F 17
- Questions for your nurse and surgeon ----- F 19