

Preoperative Hip and Knee Replacement Orientation: Take Home Points

- You will receive two preoperative phone calls.
 - **Social Work**: to discuss your aftercare plans, possible home health needs, physical therapy and insurance concerns. Typically within 1 week of surgery. If you have not received a call and have questions for the social worker, please call (206) 668-1308, or orthopreop@nwhsea.org
Calls are returned Monday through Friday, often prioritized by date of surgery.
 - **Surgical Nurse**: to discuss your overall health, medications and allergies. Typically within a few days of surgery.
- The clinic will confirm your preoperative lab work, swab your nose for MRSA/MSSA, give you pre-operative bathing instructions and answer any questions you may have.
- You should schedule your outpatient physical therapy appointment (at the facility of your choice) prior to having surgery. Some clinics are booked 3-4 weeks out.
- Use the following as a guideline:
 - Knee Replacement
 - Dr. Fernando: 2 weeks home physical therapy, then outpatient
 - Dr. Sassoon: 2 weeks home physical therapy, then outpatient
 - Dr. Leopold: 2 weeks home physical therapy, then outpatient
 - Dr. Manner: outpatient physical therapy (within 3 days of discharge)
 - Hip Replacement
 - Dr. Fernando: no outpatient physical therapy.
 - Dr. Sassoon: outpatient physical therapy
 - Dr. Leopold: no outpatient physical therapy
 - Dr. Manner: outpatient physical therapy within 3 days of discharge
- **You should expect to stay only one or two nights (at most) in the hospital. Please have your care partner available starting on post-operative day one. Transportation should also be arranged .**
- You will be provided prescriptions at the time of discharge. Because narcotics are included, we are unable to call or fax in prescriptions.
- Pain management will include both non-narcotic and narcotic medications.

- All patients will receive 24 hours of IV antibiotics (prophylaxis) and 6 weeks of a blood thinning medication to prevent blood clots (typically aspirin, apixaban or Coumadin).
- During your hospital stay, you will be seen by your surgeon, Katie Moore, ARNP or Kirsten Dahlberg, ARNP and the UW Orthopaedic Resident Physician working with your surgeon.
- It is anticipated that if you arrive to your hospital bed by 5:00pm, you will be seen by Physical Therapy on the day of your surgery.

Clinic Contact: My-Linh Huyen, RN or Elizabeth Gosselin, RN (206) 368-6360

Hospital Contact: Katie Moore, ARNP katiesw@u.washington.edu

After Surgery: Clinic (206) 969-9615 or after hours (206) 364-0500 for on-call physician.

Resources

Lodging for out of town patients:

www.uwmedicine.org/uw-medical-center/patient-resources/lodging

Information about Skilled Nursing Facilities

www.medicare.gov

Locating an outpatient Physical Therapist

www.ptwa.org

Options for hiring household help

<http://woundgenerations.org> (formerly senior services). (206) 448-3110 or 1-888-435-3377.