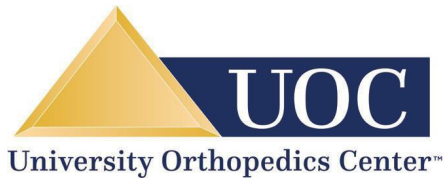


Total Joint Replacement Guide





Welcome to University Orthopedics Center

At UOC, our goals are to reduce your pain, increase your mobility, and help you enjoy a better quality of life. We offer comprehensive care through our team approach that includes expertly skilled orthopedic surgeons, physician assistants and allied health professionals. Our physicians provide quality and compassionate care, ensuring that you receive the best results our region has to offer. It's the dedication of our doctors and clinical staff who work diligently to provide you with an uncompromising joint replacement experience with a special focus on you as an individual patient.

This directory is intended to be an important source of information. I encourage you to read it and familiarize yourself with our services and policies. Should you have any questions, the staff caring for you will be happy to answer them before and after your joint replacement surgery.

We're committed to do everything we can to make your UOC experience as pleasant and comfortable as possible.

Again, welcome!

Sincerely,

A handwritten signature in black ink, appearing to read "C. Meier" or similar, with a long, sweeping underline.

UOC Physicians

How to Use This Handbook



Please review the information in this book to help prepare you for your procedure and beyond. Feel free to bring it with you to any preoperative or postoperative appointment.

Surgery can be performed at a local hospital of your choosing; Conemaugh Nason, PennHighlands Tyrone, Penn Highlands JC Blair, Penn Highlands State College, and UPMC. If you qualify for outpatient surgery, you may have your scheduled surgery at Advanced Center for Surgery (ACFS).

This book is intended to cover general instructions. If your surgeon has given you instructions that are different, then follow those specific instructions individualized for you and your needs. If you have questions or concerns, please call or ask. We're here to help you.

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Preparing For Your Surgery And Beyond

Before Your Surgery

Medical Clearance: This is scheduled, patient specific, with your primary healthcare practitioner prior to surgery along with blood work, chest x-ray and possibly Cardiology clearance as indicated.

These appointments are scheduled for you by our surgery scheduling staff.

Blood Thinners: If you take blood thinners such as Warfarin, Lovenox, Coumadin, Aspirin, NSAIDS (Advil, Ibuprofen, Motrin, or Aleve), please refer to your pre-operative instruction sheet for directions on their use. If you have been instructed to stop your blood thinner(s), you should consult your primary care physician two weeks prior to surgery for instructions on how to take these special medications. Please inform our clinical staff of any recent changes to your medication regimen or if you have any questions.

Smoking: If you are a smoker, you should stop smoking at least 24 hours prior to your surgery. Be sure to notify those accompanying you that some hospitals and surgery centers are entirely smoke-free.

Pre-operative Physical Therapy:

Our surgeons **highly recommend** patients to schedule a pre-operative physical therapy visit in preparation for elective surgery. This visit is to determine your pre/post-operative therapy/ safety needs. This is an opportunity to increase muscle strength and endurance, and assist with a successful post-operative rehabilitation outcome. Our therapy staff will also provide you with an easy to follow exercise program that you can practice at home to strengthen your legs and core as you prepare for your joint replacement surgery.

At Home Preparation: If your plan is to return home following your joint replacement surgery, take a moment to ensure that your surroundings are free from tripping hazards and are clutter free. Remember you will need to walk throughout your home using a wheeled walker for at least two (2) weeks postoperatively.

Skin Cleansing Routine: This is individualized based on your surgical facility's protocol. Follow those individual instructions.

The Day of Your Surgery

Plan to arrive at the time given to you by the hospital/ACFS staff; you will need to complete some paperwork upon your arrival. Bring any prescription medications needed as indicated by anesthesia. If you use inhalers or a C-PAP machine, bring them with you. Also bring your walker and brace if issued to you at the time of your surgery scheduling.

You will see your surgeon and meet the anesthesia provider at this time,

Be sure the clothes you wear and choose to bring are loose-fitting, comfortable, and easy to put on and take off.

Please plan an appropriate vehicle used to transport you home after surgery.

Immediately after recovery from your surgery, you will be brought to a designated hospital room. The staff will assist you to stand at the bedside with bathroom privileges as per their discretion for safety while ambulating with a walker, you will be weight-bearing as tolerated.

Preparing For Your Surgery And Beyond

Same Day Surgical and Advanced Center For Surgery (ACFS) Patients:

You may receive a package of medical supplies for your designated responsible driver to transport home with you the day of your surgery. Personnel from designated home agencies will meet you at your home to set up the supplies. Again, please plan to have an appropriate vehicle to transport you home after surgery.

The Day After Your Surgery

The day after your surgery, the expectation is you will participate in therapy. You will ambulate with your wheeled walker. If you are medically stable, you will be discharged home.

Some patients need additional days in the hospital to recover or in-patient stays at Rehabilitation hospitals such as Encompass Health, or other Nursing rehab facilities/Skilled Nursing Facilities (SNF). This is based on individual needs. Arrangements will be made patient-specific.

All total joint replacement patients who are discharged home directly after surgery will have up to two (2) weeks of home Physical Therapy and/or Home Nursing as designated by the hospital/UOC unless indicated otherwise at discharge.

All incisions will have a dressing in place. The Silverlon or PICA dressing is designed to stay in place for seven (7) days. It may be changed due to excessive soiling. You may shower with this in place in two (2) days following surgery unless you are sent home with a drainage tube (see hospital discharge instructions). No tub bathing.

If you experience excessive drainage from your incision, please call our office at: 800-505-2101

Answering service after hours at: 814-317-1179

Total Knee Replacement

Do's and Don'ts

Below is a list of instructions for you to follow once discharged after your knee replacement. We tried our best to include all common questions and concerns following surgery.

DO – Get up and walk several times daily. This is important for muscle recovery and also to help prevent blood clots. Walking is encouraged as long as the muscles are not becoming too sore.

DO – Find a comfortable sleeping position. You may sleep on either side or on your back. You do not need to put a pillow between your legs; however, some find this more comfortable.

DO – Use your walker/cane until you feel you can ambulate safely without it. This may take days or weeks, depending on your lifestyle.

DO – Wait until you are completely comfortable using your cane before driving a vehicle.

DO – Elevate your operative leg several times daily. You should lay flat so your leg is HIGHER than your HEART. This will significantly help swelling.

DO – Apply ice to the knee for 4 -6 weeks after returning home. After that, most people find moist heat to be more beneficial. Use ice on the knee, calf, thigh, anywhere on your leg that is sore. You can not overdose on ice.

DO – Take a shower. You are permitted to shower 2 days after surgery. Use only mild soap and water when cleaning your incision once the dressing has been removed. If you have a PICO dressing, please follow the instruction sheet that was given to you in the hospital.

Preparing For Your Surgery And Beyond

DO – Participate in physical therapy.

DO – Continue your home exercises. Make this part of your daily routine.

DO – Take an antibiotic before any invasive procedure (mostly dental, bowel, or bladder procedures.) If you have a procedure scheduled and are not sure if antibiotics are needed, always double-check. Dental cleaning is most important.

DO – Expect some bruising and swelling for 8 -12 weeks. This is where ice and elevation are most important. In some cases, bruising may go all the way to your toes. Don't be alarmed, gravity will take it to the most dependent position.

DO – Watch for signs of infection near your incision. These include redness, increased swelling or pain, drainage or temperature greater than 101°F. If any of these occur, please call the office and ask for your Surgeon, Physician Assistant.

DO – Follow up with the Physician Assistant. This appointment is usually 2 weeks after surgery. At 6 weeks after surgery, your appointment will be with your surgeon. Make a list of questions and concerns.

DON'T – Take a tub bath until your follow-up appointment. Baths will increase your risk for infection until your incision is fully healed.

DON'T – Be alarmed if you have pain in your upper thigh area. It is your Hamstring, Quadricep, and IT Band, and they are angry.

DON'T – Be afraid to take pain medication if you need it. Pain management is a very important part of your recovery.

DON'T – Wait until you are out of medication to request a refill. Be sure to allow 24 hours for your medication to be refilled by our office.

DON'T – Get discouraged if you are not getting better “fast enough.” You will continue to see improvements for up to a year.

Total Hip Replacement

Do's and Don'ts

Below is a list of instructions for you to follow once you are discharged after your hip replacement. We tried our best to include all common questions and concerns following surgery.

DO – Get up and walk several times daily. This is important for muscle recovery and also helps prevent blood clots. Walking is encouraged as long as the muscles are not becoming too sore.

DO – Find a comfortable sleeping position. You may sleep on either side or on your back. You do not need to place a pillow between your legs, however, some find this comfortable.

DO – Use your walker/cane until you feel you can ambulate safely without it. This may take days or weeks, depending on your lifestyle.

Please call the answering service at 814-317-1179 if you are having issues. Most things are easily resolved over the phone.

If you are having a true emergency, go to the ER or call 911.

Preparing For Your Surgery And Beyond

Hip Replacement Do's And Don'ts (Continued)

DO – Elevate your operative leg several times daily. You should lay flat so your leg is HIGHER than your HEART. This will significantly help with swelling.

DO – Apply ice to the hip for 3 -4 weeks after returning home. After that, most people find moist heat to be more beneficial.

DO – Take a shower. You are permitted to shower 2 days after surgery. Use only mild soap and water when cleaning your incision once the dressing has been removed.

DO – Participate in physical therapy.

DO – Continue your home exercises. Make them part of your daily routine.

DO – Take an antibiotic before any surgical or invasive procedure (mostly dental, bowel, or bladder procedure.) If you have a procedure scheduled and are not sure if antibiotics are needed, always double check. Dental cleaning is the most important.

DO – Expect some bruising and swelling for 8 -12 weeks. This is where ice and elevation are most important. In some cases, bruising may go all the way to your toes. Don't be alarmed, gravity will take it to the most dependent position.

DO – Watch for signs of infection near your incision. These include redness, increased swelling or pain, excessive drainage or temperature greater than 101°F. If any of these occur, please call the office.

DO – Follow up with the Physician Assistant. This appointment is usually 2 weeks after surgery. Six weeks after your surgery, your appointment will be with your surgeon. Make a list of questions and concerns.

DON'T– Take a tub bath until your incision is fully healed. Baths will increase your risk for infection.

DON'T – Do anything that feels uncomfortable. Most movements are permitted as long as they are comfortable. You may ride in a car, use a regular toilet seat, tie your shoes, cross your legs, sit in low chairs, etc, as long as they are COMFORTABLE. These things may be difficult at first and you should use caution in these positions.

DON'T – Force your hip.

DON'T – Be afraid to take pain medication. Pain management is a very important part of recovery.

DON'T – Wait until you are out of medication to request a refill. Be sure to allow at least 24 hours for your medication to be refilled by our office.

DON'T– Get discouraged if you are not getting better “fast enough.” You will continue to see improvements for up to a year.

Please call the answering service at 814-317-1179 if you are having issues. Most things are easily resolved over the phone.

If you are having a true emergency, go to the ER or call 911.

Preparing For Your Surgery And Beyond

Post-Operative Physical Therapy

It is strongly recommended by your surgeon and required by most insurance companies that you participate in out-patient physical therapy after your joint replacement surgery. At your two-week follow up visit, you will receive a prescription for out-patient physical therapy to begin as soon as in-home physical therapy is complete. You can participate in out-patient therapy here at our office.

We have our own Rehabilitation Team specializing in our total joint replacement protocols with a 98% patient satisfaction rate. To speak with our therapy department, call 800-505-2101.

Risks Of Surgery

Although rare, there are risks with any type of surgery. Complications can be unexpected and even occur in a person thought or assumed to be in good health. It is important that you understand the most common risks: infection, bleeding, nerve injury, blood clot(s) heart attack, stroke, allergic reactions, and pneumonia. These risks can be serious and cause permanent debilitation.

These risks can also be fatal. It is essential to communicate with your doctor, anesthesia providers, and nursing staff about any health problems that you know of prior to surgery.

Please be proactive in establishing/maintaining a healthy lifestyle to assist with your positive outcome. Be mindful that Smoking, Recreational Drug Use, Obesity, Poor Nutrition and Poorly Controlled Blood Sugar can delay healing and increase your risk of infection.

No Guarantee

Although our surgeons are dedicated to achieving the best surgical outcome possible for each patient, there is no guarantee or assurance with the results of your joint replacement surgery or procedure.

Patient Rights And Responsibilities

At UOC, we are committed to protecting the privacy of your medical information. In addition to being our policy, this is also required by state and federal law. The term "information" means health matters, treatment, and payment information that identifies you.

Our Notice of Privacy Practices explains how we meet this commitment. The Privacy Notice also explains your legal rights about the information that is in your medical record. Each of our doctors and employees is required to follow the Privacy Practices of UOC. A full copy of our Patient's Rights and Responsibilities To Privacy is available at our reception desk.

Please call us at 800-505-2101 if you have any questions.

Joint Replacement Education Videos

Be sure to take advantage of our educational videos posted on our website at **UOC.com** under the **Patient Resources** section, click on **Joint Replacement Education** to find the appropriate video or scan the QR code.



Meet The Surgeons



William A. Tyndall
MD PHD

Specialties

General Orthopedics, Knee, Sports Medicine, Hip, Elbow, Shoulder Replacement
Arthroscopy of the shoulder



Christopher S. McCellan
DO

Specialties

Sports Medicine, Primary Hip/ Knee Replacement, Revision Hip/Knee Replacement, General Orthopedics



Joshua Port
MD

Specialties

Orthopedic Surgery, Sports Medicine, Shoulder Reconstruction



Jonathan P. Van Kleunen
DO

Specialties

Joint Replacement Surgery, Hip Surgery, Sports Medicine



Robert J. Singer
DO

Specialties

Joint Replacement Surgery, Shoulder, Hip, Elbow
Hand & Wrist Surgery, Fracture Care



Joshua R. Greenleaf
DO

Specialties

Primary Hip/Knee Replacement, Revision Hip/Knee Replacement, General Orthopedics



Gregory M. Kanski
M.D.

Specialties

General Orthopedics, Sports Medicine, Joint Replacement Surgery



University Orthopedics Center
(814) 231-2101 or
800-505-2101

www.UOC.com
Connect with UOC:

