

The HSS logo is a blue square with the letters 'HSS' in white. The background of the entire slide is a photograph of an elderly couple smiling and embracing on a beach. A wooden pier with railings extends from the left side of the frame into the ocean under a cloudy sky.

**HSS**

# **Your Pathway to Recovery**

**Hip Resurfacing Surgery**

**Pre-Operative Patient Education Webinar**



# Welcome

The HSS logo consists of the letters "HSS" in white, bold, sans-serif font, centered within a solid blue square.

**Meet your patient education team member (presenter).**

**Webinar will be a presentation followed by a Q&A.**

**Grab a pen to write down questions or take notes.**

**A copy of the presentation material is available on myHSS in care journey.**

**Thank you for attending!**

**Patient Education Team - 212.606.1263**

# Webinar Outline

## Highlight topics to prepare you for surgery, your hospital experience, and recovery.

- Typically, patients are sent home within a few hours after surgery or stay for a short time in the hospital or Ambulatory Care Center (ASC).

## Identify ways to lower possible risks.

- Your safety and avoiding falls
- Preventing infection and blood clots
- Managing pain to keep you moving

## Discuss ways to manage your recovery.

- Be a partner in your recovery!
- We **highly encourage** patient and family/friend involvement.

# About HSS

HSS



**US #1 in  
Orthopedics for  
16 years in a row**



**Committed to  
Quality**



**Patient-centered  
care**



**Magnet  
Designation**



# MyHSS and Patient Resources on HSS.edu

HSS

## MyHSS

online portal and app

**HSS website** [HSS.edu](https://www.hss.edu)

[www.hss.edu/preparing-for-surgery.asp](https://www.hss.edu/preparing-for-surgery.asp)

Click on **HSS Patient Guides**

- A Patient's Guide to Total Joint Replacement Surgery (Hip and Knee)
- Surgical Patient Guides
- HSS Neighborhood Directory
- Procedure Animations

**Your personal connection to world-class care.**

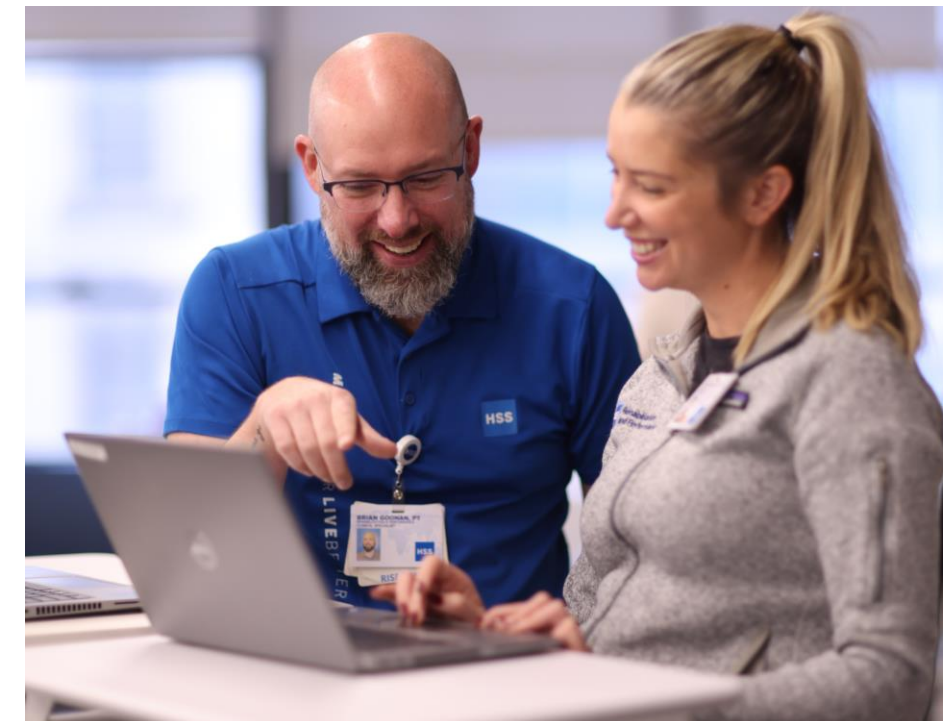
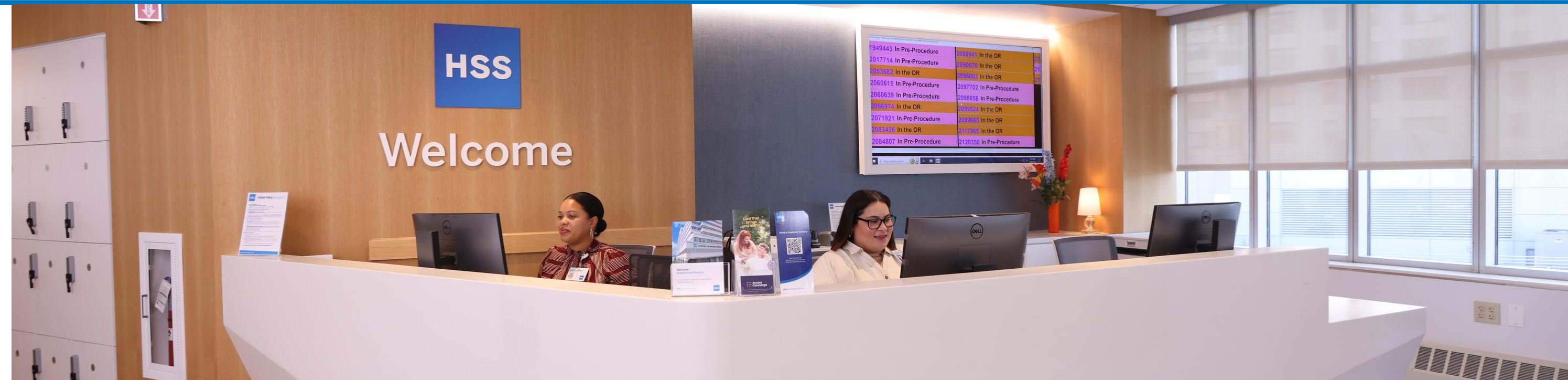




# Meet Your Care Team

HSS

- Surgeon
- Medical Doctor
- Anesthesiologist
- Physician Assistant
- Nurse
- Physical Therapist (PT)
- Support Staff
- You and your support person!





# Your Safety:

HSS is committed to ensuring your well-being and safety.

HSS

## All Patients

are at risk for falls after surgery in the hospital and at home.

Medications



Hospital Environment

Use of walker, cane, or crutches

SAFETY FIRST AT HSS



Call Don't Fall

## Ways to Avoid Falls

- ALWAYS use your call bell and ask for help before getting up and walking (to the bathroom, to a chair, back to bed)
- **CALL DON'T FALL**
- **GO SLOW** when changing your position
- **USE NONSLIP FOOTWEAR**
- HSS policy requires a staff member **remain in the bathroom with you at all times** to help prevent you from falling.

# Your Safety:

HSS is committed to ensuring your well-being and safety.

HSS

## Speak Up

- Ask questions
- Good communication with the healthcare team benefits everyone!



## Identification Checks

- Your Name
- Date of Birth





# Pre-Surgical Screening (PSS)

Pre-Admission Testing (PAT) HSS Main Campus 3rd Floor or HSS regional locations

HSS



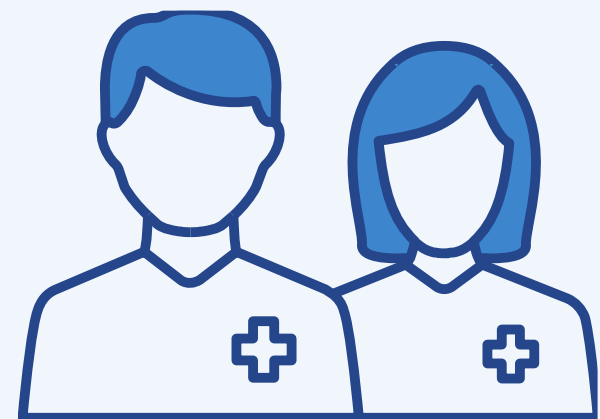
## Meet with Medical Doctor

- Reviews your health history & daily medications
- Completes a physical exam



## Get Testing

- Bloodwork (non fasting)
- May also include EKG, X-ray, CT scan



## Meet with Nurse

- Completes health screenings
- Reviews your information
- Reviews Pre-Op Dietary Guidelines
- Gives instructions



## Pre-surgery Cleanliness

- Wash your entire body with soap and water the night before surgery; wear clean pajamas and sleep on clean linens
- Wear clean clothes on the day of surgery
- **DO NOT** shave below your waist or around surgical site on the day of surgery and 2 day before



# Pre Operative Physical Therapy

A physical therapist (PT) from HSS meets with you and give you information and instruction on your rehabilitation **after** surgery and **post-discharge plans**. This session may be done virtually or in person.

## Physical Therapist

- Teaches you an independent walking and home exercise program.
- Teaches you proper body mechanics, positioning for sitting and sleeping.
- May review how to accomplish daily activities, i.e. showering, using the toilet, getting in and out of a car.
- Reviews stairs with you, if you will need to use them after surgery.
- Discuss and give instructions for walking equipment and orders for you if you need.

### Rolling Walker



### Crutches



- Have it in the vehicle that will be transporting you home.
- You can bring it to the hospital if it needs to be adjusted for proper fit and function.



## Ankle Pumps



You can view videos on how to do exercises and other tips from the HSS Rehabilitation Team by going to the <https://www.hss.edu/patient-care/rehab-guides> or by scanning the QR code.

Click on the type of surgical procedure you are having and then “view tips and videos.”



# Call Center

A nurse will call you between **1pm-7pm** on the 1-2 business day(s) before surgery, informing you of final instructions:

HSS



## Arrival on the Day of Surgery

- Learn the time your surgery is scheduled
- Arrival is generally **2-3 hours** before your scheduled surgery time
- 5:00am or 5:30am is the earliest possible arrival time



## Medication Review

- Which medications to take the morning/day of surgery before you come to the hospital



## Food & Drink Reminder

- Please note when to stop drinking clear fluids on the day of surgery and hydrate before that time.



## Plan for Your Departure

- Who will take you home after surgery? You need an adult to go along with you.



# What to Bring/Wear on the Day of Surgery

## Please Bring:

- **Wear loose-fitting clothing and walking or athletic shoes.**
- A small bag you can carry (shoulder or duffle bag).
- Photo ID; a copy is acceptable
- Cell phone with charger
- Dentures, eyeglasses (with case), hearing aids
- Change of underwear, deodorant, hairbrush
- A book, magazine or hobby item to occupy time
- Health Care Proxy Forms, etc.
- Contact info for your pharmacy
- Settings for sleep apnea device, if needed
- Walker or crutches, if you received or have prior to surgery

## Please DO NOT Bring:

- **No luggage with wheels.**
- Valuables, cash
- Food
- Jewelry (wedding rings & body piercings)
- Your own medications unless the HSS pharmacy asks you to do so
- Sleep apnea device



# Day of Surgery

- When you arrive, please come to the  
**HSS Main Hospital Entrance at 535 East 70<sup>th</sup> St.**  
**HSS ASC of Manhattan at 1233 2nd Avenue at 65th St**  
**HSS West Side ASC at 610 West 58<sup>th</sup> St**  
**HSS Northern NJ Surgery Center 400 Franklin Turnpike, Suite 200**
- Check in at Patient Access Services next to the Main Lobby
- Go to the Family Atrium
- Communication Status Board
- Patient and Family Resource Line **212.774.7547**



Our latest Visitor Policy is available at  
[www.HSS.edu/visitor](http://www.HSS.edu/visitor) or scan the QR code



Your Patient's  
Identifier is:

## PATIENT STATUS BOARD COLOR CODES

In Atrium	Patient arrived to the <b>Unit</b>
In Pre-procedure	Patient is in the <b>Pre-op area</b>
In the OR	Patient is in the <b>Surgical area</b>
In Recovery	Patient is in the <b>Recovery room</b>
✓	Patient is ready to <b>Transfer</b>

- The color and location on the tracking board represent the patient's physical location.
- The tracking board does not indicate whether a patient's surgery has begun or is complete.

*Patients may be in the OR for some time before and after their surgery.  
For any questions, please see the Patient Liaison at the Family Atrium Desk.*



# Preoperative Holding Area

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- Time to prep for surgery
- Change into a hospital gown and make sure your belongings are secured
- Your nurse will check your skin, health status, start your IV, and apply a broad-spectrum antiseptic through a nasal swab
- Your surgical site is cleaned
- Meet your anesthesiologist
- Visit with your surgeon
- Participate in safety checks



[FAQs for anesthesia/pain management for hip/knee patients](#)





# The Operating Room (OR)

## Infection Prevention

- Surgical team wears special surgical clothing, including hoods, to keep environment sterile
- IV Antibiotic given before surgery

## Surgical Time

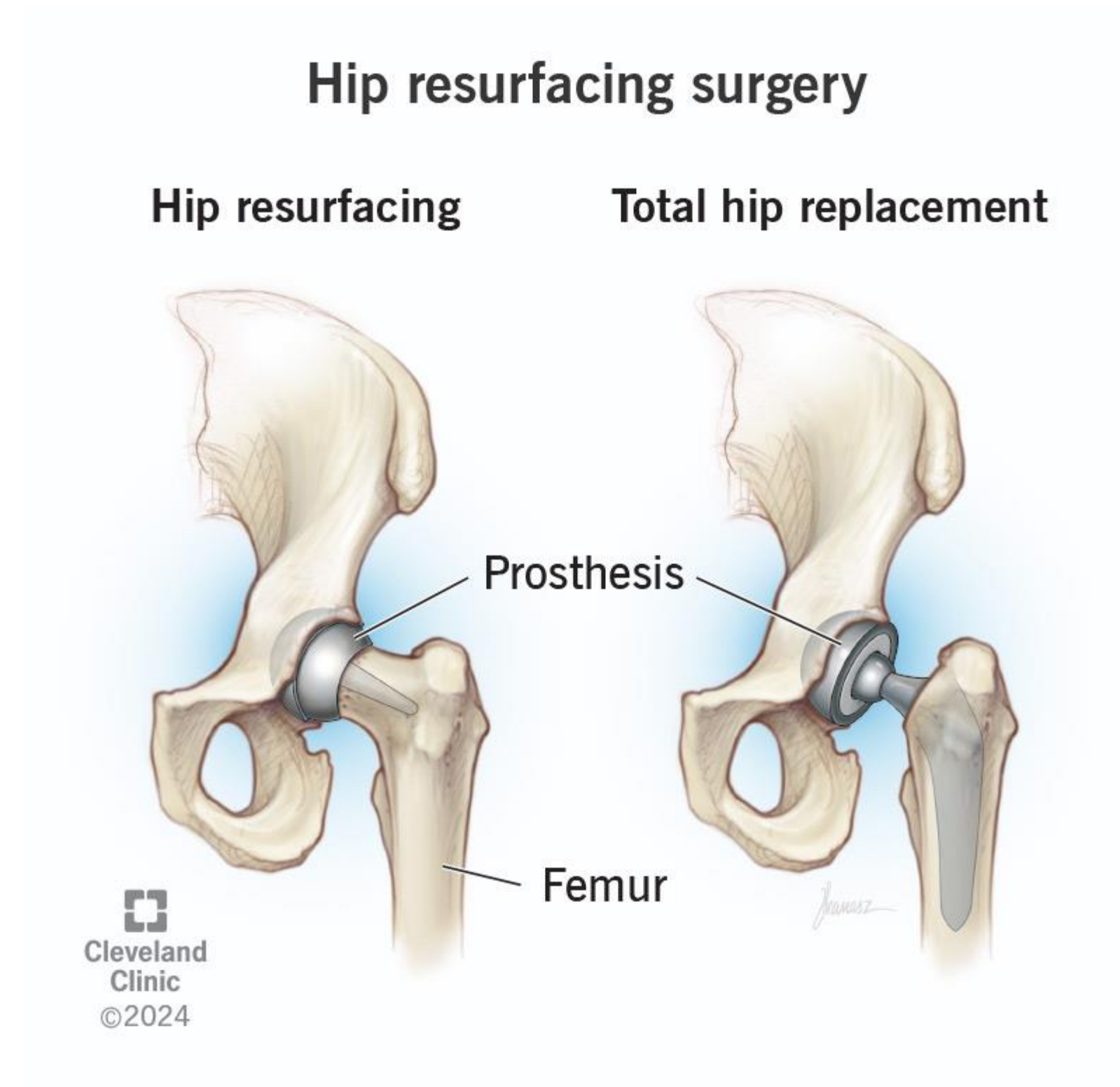
- Most surgeries take 1 to 1 1/2 hours.
- Actual time in the OR is usually 2 hours.

## Surgery

- Surgeon makes incision (cut) in skin
- Surgery completed and incision closed
- Method of closure depends on skin condition/health needs
- Instructions for home care will be given before you leave







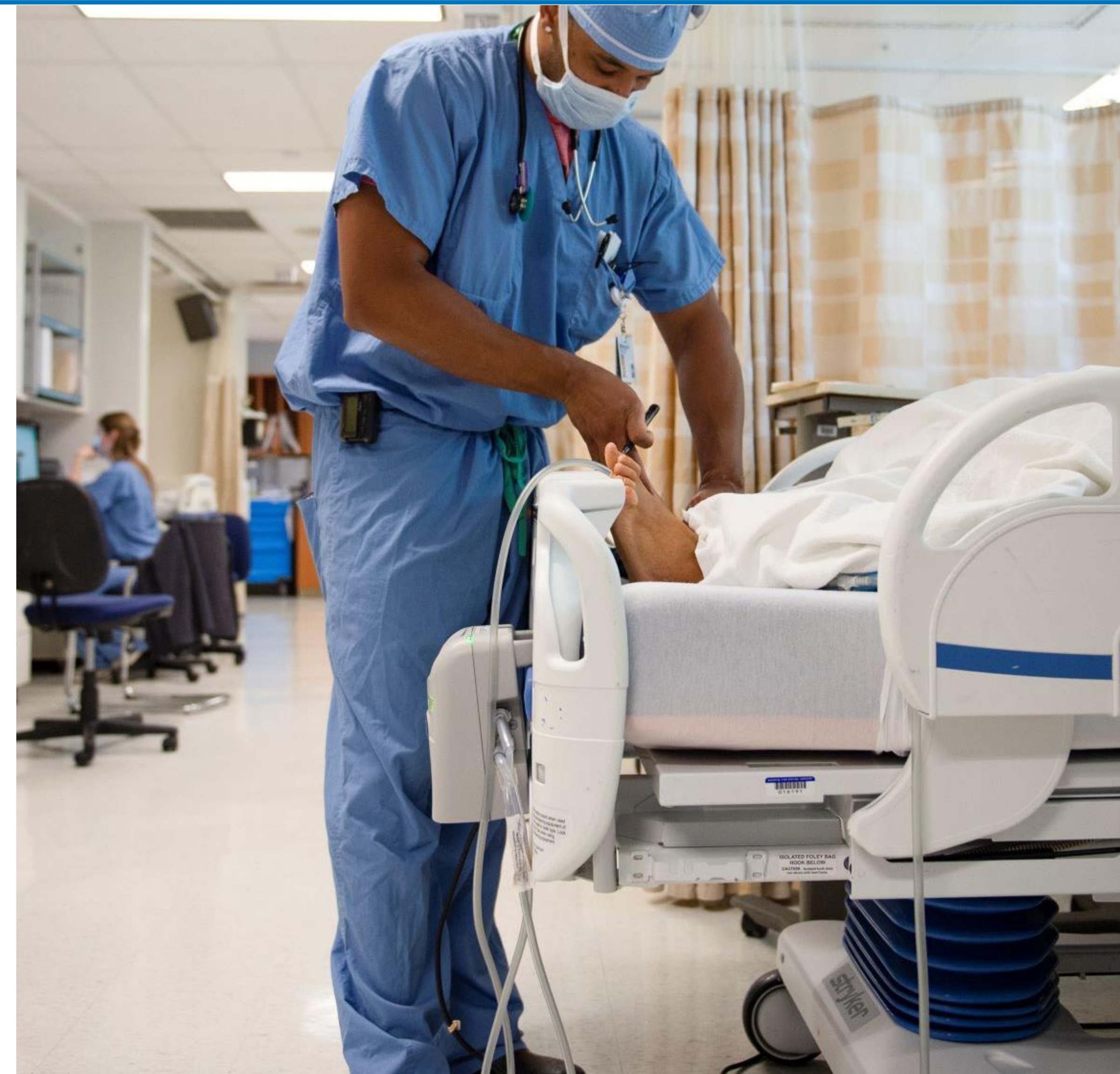
## Hip Resurfacing



# Post Anesthesia Care Unit (PACU)

HSS

- Wake up from anesthesia
- Expect to feel numb from waist down initially
- Your vital signs are monitored
- Pain medication given
- Start your breathing and leg exercises (ankle pumps)
- Start drinking and eating
- You will get out of bed with your care team, either your nurse or a PT and they will help you move and walk with a walking device.
- Once you reach your movement and health milestones, you will be able to go home with your support person.







# Extended Stay Unit or Inpatient Unit



Hourly comfort rounds



Vital signs

■ Today's Date:	■ Expected Discharge:
■ Doctor:	■ Room #:
■ Nurse:	■ Room Phone #:
■ PCA:	■ TV Activation #:
Today's Plan:	Therapy 
We will check on you <i>hourly</i> and as needed to anticipate your needs.	■ Therapist:
	■ Activity Level:
Pain management is our priority. <span>PAIN GOAL</span> <input type="text"/>	
■ Pain Medication:	■ Last Dose:
■ Side Effects:	■ Available Dose:
<div><div>0 NO HURT</div><div>2 HURTS LITTLE BIT</div><div>4 HURTS LITTLE MORE</div><div>6 HURTS EVEN MORE</div><div>8 HURTS WHOLE LOT</div><div>10 HURTS WORST</div></div>	
■ Case Manager:	
■ Discharge Plan:	

Communication Board  
(on the wall)



Visiting hours

# Pain Management

## Our goal is to keep you comfortable.

- We use a numeric rating scale when we ask about your pain level (0 to 10) and the goal is to keep your pain manageable.
- We use many different approaches when treating pain, including various medicines and other therapies.

## Some ways to manage pain

- IV medications
- Local anesthetic injections by the surgeon
- Peripheral nerve blocks (lasts for approximately 24 hours)
- **Pain Pills (take with food)**
  - Anti-inflammatory medications
  - Non-opioids and/or opioids



## Pain management is our priority.

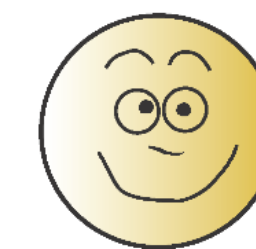
PAIN GOAL

■ Pain Medication:

■ Last Dose:

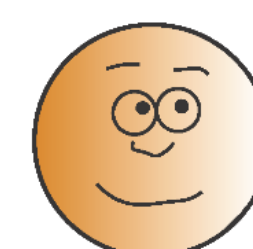
■ Side Effects:

■ Available Dose:



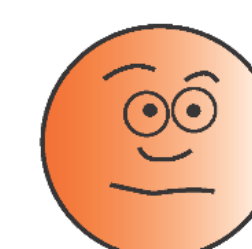
**0**

NO  
HURT



**2**

HURTS  
LITTLE BIT



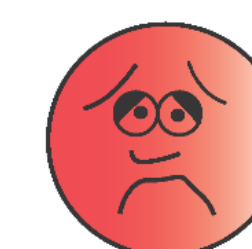
**4**

HURTS  
LITTLE MORE



**6**

HURTS  
EVEN MORE



**8**

HURTS  
WHOLE LOT

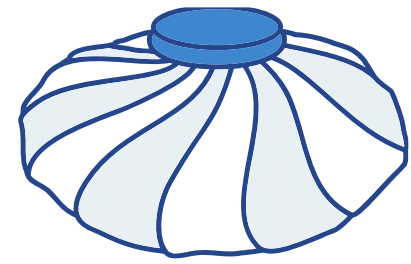


**10**

HURTS  
WORST

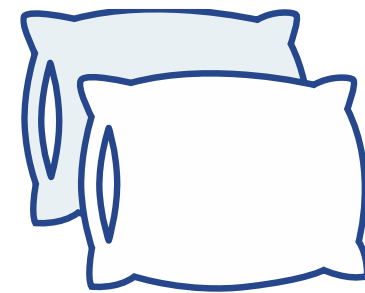


# Pain Management and Ways to Reduce Leg Swelling



## Cold therapy

- 20-30 minute periods every 2 or 3 hours during the day and after exercise or physical therapy; a goal is 6 or more times a day, following your surgeon's recommendation.
- Reduces inflammation, pain, and swelling.



## Movement and Positioning

- Change positions every 45 minutes to 1 hour to reduce stiffness. Follow your instructions and do not overdo your activity. Also, avoid sitting for a long time with your foot down, it tends to worsen swelling.
- Elevation of your operative leg helps reduce swelling and pain. Elevate for 30-45 minutes, 2-3 times a day. Lie down with your leg up on 1-2 bed pillows ensuring your ankle is above the level of your heart.
- Performing ankle pumps exercises improves leg circulation and reduces swelling.
- Compression socks/stockings, if your surgeon recommends.



## Complementary therapies

- Guided imagery, relaxation techniques, deep breathing, distraction, etc..

Most patients develop swelling in the operated leg. The amount of swelling can vary and is typically in the leg, knee, ankle, or foot.

You may also have black-and-blue bruising. Once bruising develops, it will travel down your leg and may reach your foot.



# Preventing and Managing Side Effects of Medication

- Request anti-nausea medicine
- Ginger ale or aromatherapy
- Take opioids with food

## Nausea and Vomiting

- Go slow when changing positions **Let the staff know**

## Dizziness and/or Drowsiness

- Take opioids with food
  - Do not drive while taking opioids

- Most common side effect
- Take stool softener & laxative as needed
- **Drink water. Hydrate!**
- Eat fresh fruits and vegetables, high fiber foods
- Walking

## Constipation

## Itchiness

- A medication can be given to help



## Staying safe while taking opioid medication

- Do not drive.
- Do not drink alcohol or take sleep medications.
- If you normally take benzodiazepines, such as Xanax or Valium, tell your pharmacist and your care team.
- Never share opioid medications with anyone.
- Securely store opioid medications out of sight and out of reach of children and pets.

## **Once your pain is manageable**

- You may be able to stop taking opioids all at once, or you may need to taper off the medication. You can expect to use less after the first week or so following surgery.
- For more information about tapering off medications safely, visit [A Patient's Guide to Opioid Tapering](#)
- **Dispose of unused opioids quickly and safely.** You can find public drop-off sites near you by visiting [apps.deadiversion.usdoj.gov/pubdispsearch](https://apps.deadiversion.usdoj.gov/pubdispsearch)



# Concerns after Surgery: Reducing Your Risk

Immobility can lead to increased risk of issues and delay recovery

Skin irritation and  
breakdown

Constipation

Blood clots

Muscle weakness

**Be aware** of early signs of problems.

**Know** when to contact your healthcare team. **Take action** to prevent potential problems.

# Preventing Blood Clots and Being Aware of The Signs and Symptoms

## Ways to prevent and reduce the chance of blood clots:

- Using mechanical compression wraps during your hospital stay or your surgeon may recommend compression socks/stockings.
- Get moving and do gentle exercises (ankle pumps) to improve circulation.
- Take the prescribed medication (blood thinner) as directed after surgery to minimize clot formation.

## Call your surgeon's office right away if you notice:

- Unexpected swelling and/or pain/tenderness, especially in the calf
- Warmth, redness around painful area

Even if it is a weekend or holiday, don't wait.  
Please call and you will be instructed from there.

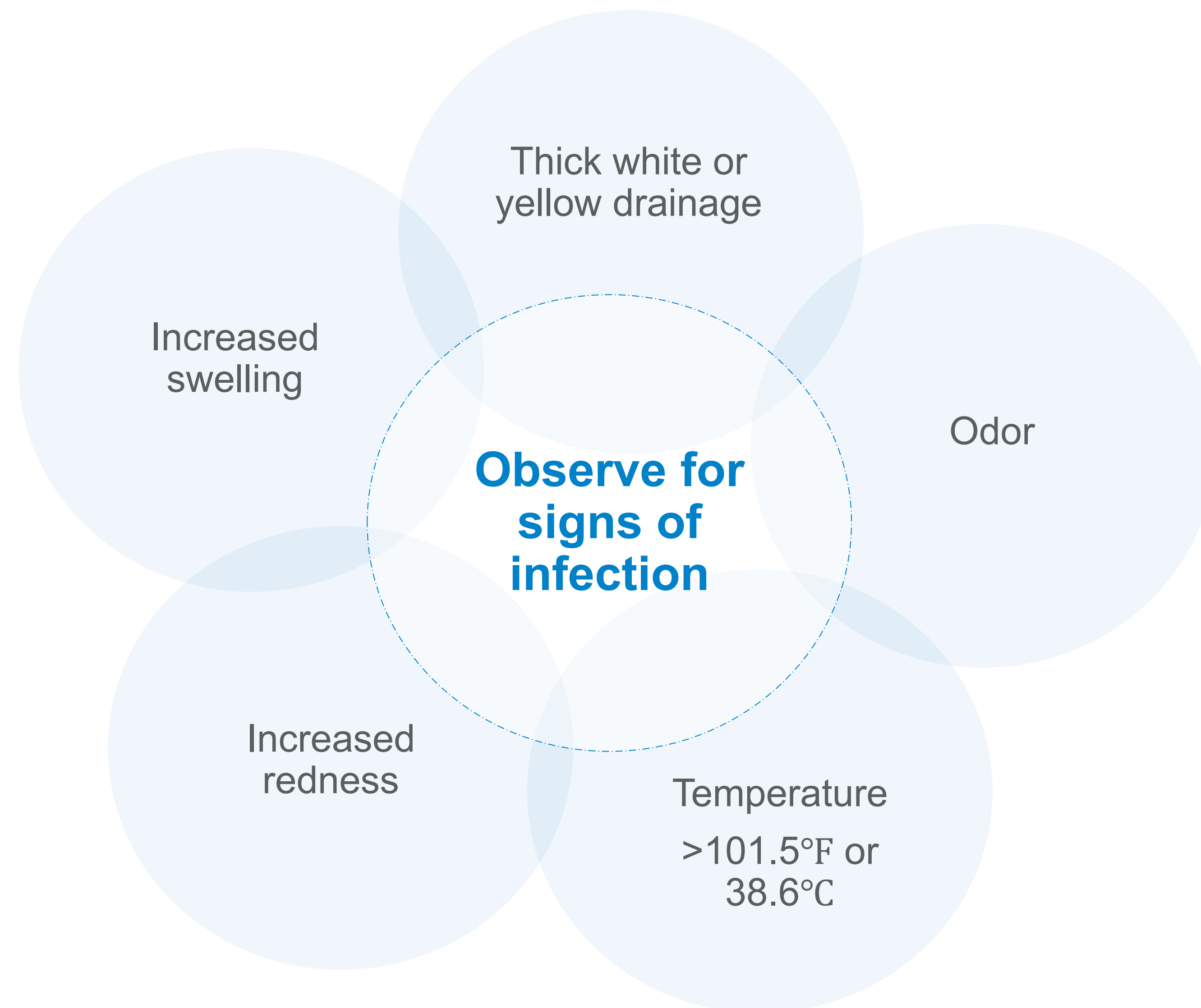
## Call 911 or go to your local emergency department right away if you notice:

- A sudden onset of shortness of breath
- Chest pain that gets worse with breathing
- Sudden rapid heartbeats or light headedness

These are possible symptoms of a blood clot that traveled to your lung or another serious condition. **It's important to act fast.**



# Preventing Infections: Your Surgical Site



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## Surgical Site Care

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Keep incision area clean and dry

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Wash hands!  
You and others

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Showering instructions  
given at discharge

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# Preventing Infections: Keeping Your Lungs Clear

## Deep-breathing exercises

- Prevents fever
- Helps expand your lungs
- Increases oxygen to tissues

Do your deep breathing exercises (10 breaths) every hour on the day of surgery and then 2-3 hours while awake for the next 1-2 weeks.

## Incentive spirometer

- May be provided





# Preventing Infections Long-Term

## Reminder:

- A dose of an antibiotic needs to be taken **1 hour** before certain dental or invasive procedures.
  - Your surgeon will let you know how long to continue and give you a prescription at first.
  - Waiting at least 3 months after surgery to get your teeth cleaned or have dental work is recommended.
- 
- Tell all your health care providers about your surgery.
  - Infections in other areas of the body need to be treated promptly to protect your new implanted joint.

# Planning for Your Recovery

Planning begins  
**BEFORE** surgery.



You and your  
surgeon will  
discuss your need  
for home care  
services.



Our staff will set up  
these services (in-  
home or virtual PT  
sessions and/or a  
nursing visit, if  
needed) for you.

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HSS Main Hospital patients, please call the discharge planning team **212.606.1920** if you have further questions.

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HSS ASC patients, please call your surgeon's office if you have further questions.

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# Assistive Devices for Your Recovery at Home

## Aids To Daily Living

- Reacher
- Shoehorn
- Sock assist
- Long-handle sponge
- Elastic shoelaces

## Bathroom Safety Items

- Raised toilet seat
- Shower chair
- Shower transfer bench

## Recovery Items

- Raised seat cushion
- Cold therapy devices
- Scar cream

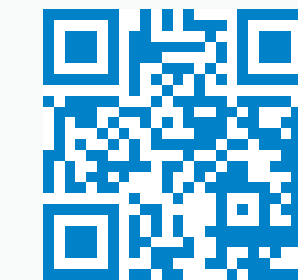
## Compression Items

- Compression socks
- Leg sleeve

## Recovery Shop

You can order online at

[www.shop-recovery.net/search](http://www.shop-recovery.net/search)



Scan the QR Code

or Call **860.500.5020**.

A customer service team is ready to assist in your recovery.

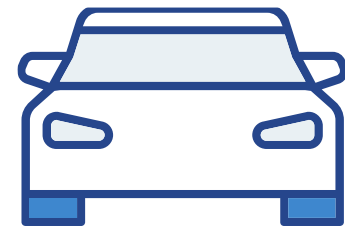
Products are shipped directly to your front door within 3 business days.

Patients have the right to choose an alternative vendor, go to their local pharmacy or shop online.

All products sold by the recovery shop are recommended and not required.



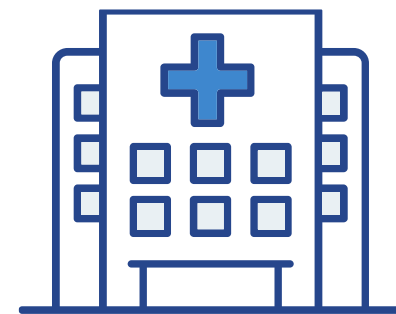
# Leaving the Hospital: Discharge Process



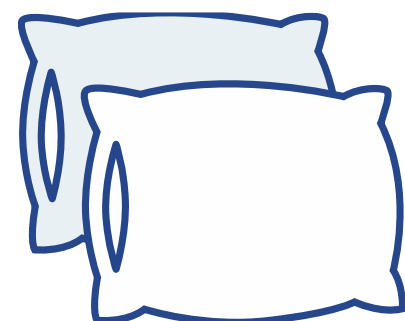
Have a ride available on the day of surgery and/or early the next day. There is no set discharge time. When you leave depends on you meeting your movement and health milestones and having an adult to escort you home.



Discharge instructions are reviewed.



Your ride can pick you up at the hospital's main entrance.



We suggest having 2 pillows in the car for the ride home to use for positioning and comfort.



**Prepare your home in advance so you can walk around safely.**

- Clear paths in hallways and rooms
- Remove clutter
- Remove area rugs
- Secure loose wires and cords
- Secure or add handrails on stairs
- Secure grab bars in bathroom
- Use non-skid bathmats
- Use nightlights

**YOU**

**+**

**A family member or  
friend/support person**



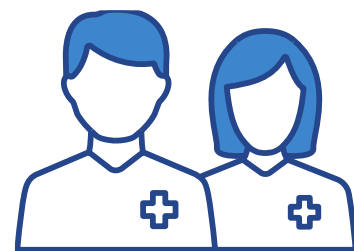
- Meal and snack preparation, remind you to hydrate
- Watch for fall/trip hazards
- Reminding everyone to wash hands
- Help with showering as per discharge instructions
- Encouraging you to walk and do exercises; help with positioning/elevation
- Remind you to take deep breaths (every 2-3 hours)
- Help with cold therapy
- Ensure you are taking medications correctly



# Follow up



Follow up appointment with your surgeon, usually 2-6 weeks after surgery.



Expect a phone call from a HSS RN following your return home.



Keep in touch with your healthcare team.  
Contact your surgeon's office with questions or concerns.



Please complete your PROMs (Patient Reported Outcome Measures) surveys **before and after your surgery!**

- These questionnaires give us important info about your health status, mobility status/goals, and well-being.
- Your answers and feedback help us and yourself track your progress, measure your improvement, and make decisions about your care.
- To learn more visit <https://www.hss.edu/proms.asp>

# Outpatient Physical Therapy

HSS

At some point in your recovery your surgeon may want you to progress from in home therapy to outpatient physical therapy.

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You would receive a prescription from your surgeon's office.

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## The HSS Rehabilitation National Network

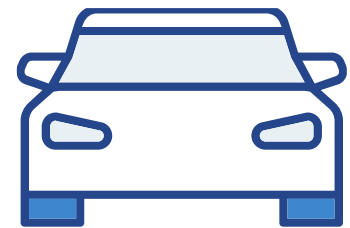
- Contact the Network main office 212.606.1317
- <https://www.hss.edu/findtherapy>





# Recovery at Home

**These are general timeframes and recommendations,  
please follow the specific guidelines from your surgeon.**



## Return to driving

Most patients can expect to return to driving within 4-6 weeks after surgery. Please follow the specific guidelines from your surgeon.



## Return to work

This is highly variable based on the type of work. For sedentary jobs this may be 2-3 weeks or for more active (heavy labor) jobs this could be 12 weeks after surgery.



## Swimming

Any submersion in water is NOT permitted during the first 4-6 weeks after surgery.



## Air travel

Traveling by airplane is not recommended until 6 weeks after surgery. Have a discussion with your surgeon about any air travel plans the 6-12 weeks after surgery, taking a medication such as Aspirin or a blood thinner may be needed.

# Frequently Used Phone Numbers

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**Main Hospital:** 212.606.1000

**Pre Access/Admitting:** 212.606.1241

**Discharge Planning:** 212.606.1920

**Spiritual Care:** 212.606.1757

**Private Duty Nursing:** 212.774.7187

**Recorded Message (call the 2 days before surgery for general reminders):** 212.606.1630

**Patient and Family Resource Line:** 212.774.7547



**We wish you  
a speedy  
recovery.  
Thank  
you for  
attending!**

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**Questions?**

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