



Getting Ready for Your Joint Replacement Surgery at Bramhall Campus



Maine Medical Center
MaineHealth

Being well prepared for surgery makes a difference. This booklet shows all the steps to get ready for surgery. Read more about each step on the page shown. Please read each section so you are well prepared.

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- Expect to get many written materials
- Expect to share your health information with each member of your care team as you prepare for surgery

Use your **Information for Your Surgery** folder to keep papers, booklets, and handouts together and organized for your convenience.

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When you see this it means there is a spot to write this in your PREP Planner.

You can get help filling out your PREP Planner. If you don't have needed information or struggle with writing, ask for help. Your doctor's office, a friend, or a family member might be good helpers.

Paperwork to Get Ready for Surgery

✓ Expect to get many written materials, including:

- This booklet — Guides you on the steps to get ready for surgery.
- Additional handouts from your surgeon or care team. These will include directions and information about before and after surgery.

For more patient education visit:

mainemedicalpartners.org/joint-replacement-edu

- Your PREP Planner — Provides a review of steps before surgery. It's a great place to write important information.

To help you stay on track: Keep materials together in the **Information for Your Surgery** folder given to you.



✓ Expect to share your health information with each member of your care team as you prepare for surgery



Write these in your PREP Planner

Your care team at doctor offices and the hospital will need certain medical information about you including:

- **Your health conditions and doctors that care for you.** For example, if you have high blood pressure, it's important for all care teams to know this and the name of the doctor who helps with it. If you have other health conditions, include them all on this list.
- **Your past surgeries or tests.** If you have had surgery or tests (like a stress test), your care team needs to know what it was for, when it took place, and if you had any special problems during or after.
- **Your allergies.** List all allergies, including those for medicines, metals (as in nickel), latex (as in medical gloves), foods, seasonal flowers and trees. List the items and your reactions.
- **Medicines you take.** Include prescriptions, over-the-counter drugs, herbs, CBD products, vitamins and other supplements. Copy the names of these items right from the bottles. Include the dose of each item and how often you take it. Be sure to tell your surgeon and PREP nurse if you are on blood thinners.

Before Your Hospital Visit

You must complete the steps below before you come in for your surgery. If you're not sure what to do, ask for help from your surgeon's office or call us using the phone numbers listed.

✓ Call to pre-register

We need information about you to prepare for your hospital stay. Call 207-662-2433 or toll-free 800-619-9715 Monday through Friday, between 7:30 a.m. and 6:30 p.m. This call typically takes less than 10 minutes.

- We will ask for your insurance information. Please have it ready.
- We keep the information you give us private.

✓ Complete a PREP phone call and visit

PREP is a program to prepare you for surgery. A PREP nurse will call you on a weekday between 8:30 a.m. and 6:00 p.m. You can also call them at a time that is convenient for you.

Important: The PREP call comes from a toll-free number which may not be familiar. If you miss the call, you can call back at 800-838-8217.



Have your PREP Planner with you during your PREP call or visit so that you can take notes.

The nurse will review:

- Your health history.
- What you can eat and drink before surgery.

- Medicines and supplements you take and how to take them before surgery.
 - » **Please** tell the nurse if you are on blood thinners.
- Where to go the day of your surgery.

Some patients are asked to also attend a PREP visit. If a visit is needed, the nurse will schedule it with you during the PREP phone call or it will be scheduled by your surgeon's office.

- **Location:** PREP visits are held at 335 Brighton Ave, Portland, and last 1 to 2 hours.
- **Paperwork:** Bring your folder with all your paperwork.
- **Medical checks:** You may have blood tests or x-rays at the visit.

For more information about PREP, visit: mmc.org/prep

✓ Complete specialist visits, blood work, or x-rays required by your surgeon

See your dentist before you have surgery. Healthy teeth and gums will help protect against infection in your new joint. Schedule dental appointments at least 4 weeks before your surgery date. Do not have dental work done for 3 months after your surgery.

You will be scheduled for a History & Physical appointment at your surgeon's office. During this pre-operative (pre-op) appointment, a member of the care team will review your health history and medicines, as well as what you can expect during surgery. Once we've answered all your questions and you agree on the plan of care, you will be asked to sign a surgical consent form to proceed with surgery.

✓ Sign up for MyChart

MyChart is your health record that you can access through the internet. You can view information about your medical visits, communicate with your doctor during office hours, see your test results and more. Sign up at: mychart.mainehealth.org

✓ Complete an Advance Directive form

Everyone age 18+ is encouraged to complete an Advance Directive form. If you were suddenly unable to communicate or make medical decisions, an Advance Directive will let other people know what your health care wishes are. Advance Directives are not required, but we encourage all patients to fill one out before surgery. Your surgeon's office can help you fill out this form and answer any questions that you have.

✓ Attend Total Joint Education class or webinar

You can set yourself up for success! We will teach you important information you should know related to having this type of surgery and how to best get ready for before, during and after your upcoming joint replacement surgery. Knowing more about your surgical process will reduce your anxiety before surgery and make you better prepared.

Please attend a free joint replacement class or webinar. Call 207-662-0822 Monday through Friday from 12:00 p.m.-4:00 p.m. for more information and to register.

Setting up Caregivers and Help

You will need someone to help you on the day of your surgery and as you recover. It's wise to arrange this help now, before surgery. A family member, good friend or neighbor may be able to fill this role, or perhaps several different people can be helpers.



Write your helpers down in your PREP Planner

✓ Choose helpers that can:

- **Drive you to the hospital and drive you home.** You cannot take a taxi.
- **Stay at the hospital** during your surgery and get information from your medical team to share with loved ones. For a list of lodging options, visit: mmc.org/local-lodging

Important: Helpers should not bring children or others who may need supervision with them to the hospital. Children are not allowed in pre-op or recovery areas. If children are with you, your helper will need to look after them and will not be able to be with you before or after surgery.

- **Stay with you for 24 hours after you leave the hospital** to help watch for side effects from medicines.
- **Care for children, pets, or others.** If you have young children, pets, or are the major caregiver for someone else, you may need help with these tasks after surgery.
- **Help around the house.** You may need help with cooking, cleaning or yard work while you are in the hospital and while you heal.

Important: Having a helper after surgery increases your safety. If you do not have someone to help, tell your surgeon before your surgery date.

Getting Your Home Ready

Getting your home ready for the days after surgery will help your peace of mind, promote healing, and keep you safe.

✓ Stock your house with healthy food and meals

Before surgery, follow the instructions about eating and drinking given to you. After surgery, unless you require a special diet, eating healthy meals and snacks and drinking plenty of water will help speed your recovery.

Do these things to prevent constipation:

- Eat foods high in fiber or take a daily fiber supplement, like Metamucil.
- Try to drink at least 8 glasses of water each day.
- Try natural laxatives, like prune juice.

If you need to follow a special diet, your surgeon will let you know.

✓ Arrange for medical equipment you may need

Ask your surgeon if there is any special medical equipment that you will need.

✓ Prepare your home for a safe recovery

Pain medicines wear off slowly and can affect your thinking. Surgery may lessen your ability to move around as easily or quickly. Plan ahead and get your home ready.

- Prevent a fall. Create a “clear path” through your living space to your bed, bathroom and kitchen.
 - » Remove scatter rugs and get cords out of the way.
 - » Arrange tables, footstools, and chairs so there is plenty of room to walk around them.
- Put items needed often in easy reach, like tissues, glasses and a phone.

- Install hand rails on stairs leading into your home. Check to make sure all current rails are firmly fastened.
- Check for shower safety. If needed, install a hand rail, shower seat, or nonslip rubber mats in the bathtub.
- Keep your home well-lit. Keep night lights on the route from the bedroom to the bathroom and kitchen.
- Designate a recovery area in your home where you will be able to comfortably rest, ice and elevate as needed.

Getting Healthy Before Surgery

Surgery and recovery are most successful when you partner with your medical team and take good care of yourself **before** surgery. Use the tips below.



Write these in your PREP Planner.

✓ If you use tobacco, do your best to stop before surgery

Some surgeries require quitting. Your surgeon will let you know.

Quitting smoking can:

- Make it safer for you to have surgery.
- Make your recovery from surgery faster and easier.
- Lower your risk of infection.
- Lower your risk of having complications, serious illnesses, and death.

I'm ready to quit. Now what?

- Make a plan, set a date, and get ready.
- If you need help making a plan, call the Maine Tobacco Helpline at 800-207-1230.
- Talk about medicine options with your primary care doctor.

✓ Manage other medical conditions well

This will help you heal faster and with fewer complications. If you need prescribed medicines, take them just the way your doctor or PREP nurse told you. If you have:

- **Sleep apnea**, be sure to tell your surgeon and PREP nurse.
- **Diabetes**, talk to your doctor about getting your A1C under control.
- **High blood pressure**, talk to your doctor about getting it under 130/80.
- **Heart conditions**, talk with your heart doctor to make sure this surgery is safe for you.

Prepare for Your Hospital Visit



Write these in your PREP Planner.

✓ Confirm your surgery details

- **Surgery date and time:** If you are not sure about when your surgery is, call your surgeon's office to confirm.
- **Surgery location:** You will have surgery at Maine Medical Center, 22 Bramhall Street, Portland.
- **Parking:** You can use our valet parking at the Main Entrance of the hospital Monday-Friday, 5 a.m. – 5 p.m. If you happen to be checking out when the Main Entrance Valet is closed, just call the number on the back of your ticket and the Emergency Department Valet will get your car for you. You can also park in our outdoor parking lot, the parking garage, or on the street.
- **Check in:** Go in the Main Entrance to the Admitting desk. Someone will walk you up to the 2nd floor of the Bean building (Bean 2) where you will have your surgery.

On the morning of your surgery, if you have questions or are sick and need to cancel, please notify Maine Medical Center Admitting by calling 207-662-2118 and your surgeon's office.

Important: Construction at the hospital may change directions and parking from time to time. Check on them close to your actual surgery date at: mmc.org/modernization

✓ **Have a driver ready to pick you up and take you home**

- You will not be allowed to drive yourself or take a taxi.
- Your body is recovering from major surgery, even though your length of stay is typically 1 day or less. The best place for you to recover from surgery is in your own home.

✓ **Pack for the hospital**

Bring these items to the hospital with you:

- Picture ID and health insurance card.
- Cash or a credit card. Discharge medicines will be filled at the Maine Medical Center Pharmacy and you will need to pay for any co-pays.
- Your PREP Planner.

If you did not fill out a PREP planner, bring:

- A list of your medicines and when you took them last.
- The name and phone number of the person you wish the surgeon to speak with after surgery.

Other items you might need

- If you are staying in the hospital overnight, you may bring a small bag with a few personal items such as your cell phone and charger, slippers with good grip, robe, toothbrush, toothpaste, hair brush, and razor.
- The clothes you wear to the hospital will be fine to wear home when you leave.
- If you wear contacts, bring them in a contact lens case. Wear your glasses on the day of surgery.
- If you use a hearing aid or dentures, wear them on the day of surgery and bring the case. If we need to remove them, we will keep them safe for you.
- If you use a CPAP machine to help you breathe while you are sleeping, bring it with you.
- Any special medical equipment that your surgeon tells you that you will need.

✘ Do NOT bring:

- Valuables, including jewelry. Remove all piercings.
- Medicines you take at home, including marijuana products.
- Weapons.
- Pets.
- Electric razors, heating pads, fans, radios, or TVs.

The Night Before and the Day of Surgery

These directions are for your safety. Surgery may be cancelled if directions are not followed.



Check these off in your PREP Planner.

✓ Follow the directions you were given for bathing, eating, drinking, and taking medicines the night before and day of surgery

- Do not drink alcohol, use drugs, or smoke for 24 hours before surgery.
- You may brush your teeth and spit out the water.
- You may take your medicines, as directed by PREP, with small sips of water.
- You may be instructed to not eat anything after midnight. This includes gum and mints.
- Wear clean clothing that is comfortable, like sweatpants.
- Do not use makeup, hair products, or fragrances.
- Remove all piercings and jewelry.

✓ Check into the hospital

Arrive at Maine Medical Center 1.5-2 hours before your surgery. After checking into Admitting, a staff member will bring you and up to 2 helpers to the pre-operative area where nurses, anesthetists, and your surgeon will get you ready for surgery.

They will:

- Review your medicines, your allergies, and other questions related to your health.

- Check your heart rate, blood pressure, and other vitals.
- Answer any questions you have before you are brought into the operating room.
 - » Remember to tell the anesthesiologist if you prefer to be asleep or want to stay awake during surgery.

The staff will keep you informed of the expected start time of your surgery. Sometimes there may be a shortage of rooms or a delay in your surgery because of unexpected emergencies. If this is the case, we will try to tell you before you come. Unfortunately, we may not know until the time you arrive. We appreciate your patience.

What to Expect After Surgery

This section gives you brief information about what to expect after surgery. Your surgeon and care team in the hospital will explain more details to you. They may also give you handouts or booklets specific to your surgery.

✓ The first few hours after surgery

You will wake up in the recovery room. You might hear your care team call this the PACU (Post Anesthesia Care Unit). In the PACU, nurses will keep a close watch on you. It may take several hours before you are alert. After surgery, you will still have an IV. This will be removed before you go home.

- **If you need to get up, please ask for help.** Do not risk falling!
- While you recover, your surgeon will talk with your chosen helper.
- When PACU nurses see you are ready, you may have 1 or 2 visitors.
- If you are staying overnight, you will be taken to your room. You may still be drowsy or sleepy. This is normal.

✓ Therapy begins at the bedside

Starting therapy soon after surgery can strengthen the muscles around the joint that was operated on. Therapy usually starts soon after you wake up from the anesthesia.

A therapist or nurse will help you get out of bed and start to walk. Getting up on the day of surgery helps in your recovery and prevents complications. The therapist will show you how to do exercises that will help improve strength and range of motion in the joint.

DO NOT get out of bed without help from the therapist or nurse until your surgeon says it is okay.

✓ Managing discomfort

- **Pain rating scale.** You may be asked to tell us how strong your pain is using numbers between 0 and 10. A zero (0) means no pain and 10 means the worst possible pain.
- **CPAP machine.** If you have been asked to use one, make sure to use it as prescribed after your surgery, especially while on pain medicine.
- You can keep discomfort under control by following your surgeon's recommendations. This may include taking pain medicines as directed, walking, icing, and elevating. If your discomfort is not controlled or is getting worse, please tell us!

Know the common side effects of pain medicines. These include:

- Constipation
- Upset stomach or vomiting
- Sleepiness or slower breathing
- Feeling light-headed or dizzy

You can limit these side effects by:

- Eating a healthy diet
- Drinking plenty of water
- Changing positions slowly
- Taking medicines with food

A special note about strong pain medicines called narcotics or opioids. Maine law allows doctors to prescribe limited amounts of these medicines. If you need more, you will need to contact your surgeon's office to get a refill. Please refer to the handout given to you by your surgeon's office called 'Management of Pain Medication Prescriptions' for more information.

✓ You can help us manage your discomfort

You are a partner with us in managing your discomfort. Here are a few things you can do:

- Tell us about your past and current use of pain medicines, cannabis (CBD) products, and alcohol so we can best manage your post-operative discomfort.
- Plan ahead for refills. If you need a pain medication refilled, please call your surgeon's office during the following times so that we can address your request in a safe and timely manner. We will not be able to provide medication refills after hours or on weekends.
 - » Monday-Thursday, 8:00 a.m.- 4:00 p.m.
 - » Friday, 8:00 a.m.-Noon

✓ Preventing infections

Germs are everywhere! Help prevent infections while at the hospital and when you go home.

- Wash your hands often:
 - » After using the bathroom.
 - » After touching a cell phone or tablet.
 - » Before taking medicine.
 - » Before eating food.
- Insist that others wash their hands before touching you. This includes family, friends, and your care team.
- Ask anyone who is sick to stay away until they feel better.
- You may be asked to take antibiotics after surgery before dental procedures or any invasive procedures. Please refer to the handout in your folder titled “Antibiotics After Your Total Joint Replacement.”

✓ Planning for care after you leave

You will be discharged home after surgery. The therapist may recommend outpatient therapy directly after your discharge. You may also need home health care, physical therapy, or other services while you heal. A care manager will work with you, your caregiver and your health care team to decide what is best for you and help with arrangements before you leave.

Discharge

This section explains what to expect as you leave the hospital and continue healing. Your surgeon and the care team in the hospital will also give you more detailed information specific to your surgery.

✓ Alert your driver

Whether you are leaving the hospital (being discharged) the same day or leaving after an overnight stay, someone must drive you. It is not safe for you to drive.

- Your care team will tell you when it's time to contact your driver, and tell you when and where the driver should pick you up.
- Your helper should be there with you to listen to your discharge and new medicine instructions from your nurse.

✓ Understand discharge instructions

Your surgeon and care team will speak with you and give you written instructions about how to care for yourself at home. These are called discharge instructions.

They will likely include information about:

- Medicines
- Wound care
- Bathing
- Eating and drinking
- Exercise
- Preventing discomfort

These instructions are important to surgery success and your well-being. If you don't understand them or don't think you can follow them, please speak to your doctor or nurse. Your next steps in a great surgical outcome are detailed in the procedure-specific handouts in your folder.

✓ Move, sleep, rest, and heal

Moving around helps to wake up your body systems and get them working to help you heal. Your care team will likely help you get up and walk as soon as possible after surgery. Let the team help you to prevent falling.

- At home, find a balance of being gently active with resting and sleeping. If you care for young children, pets, or others, ask for help to allow you to get the rest you need.
- To help you heal, continue to do the exercises you learned at the hospital.

✓ Attend follow-up medical visits

You will have a follow-up medical visit with your surgeon after your surgery. You may also have a visit with your regular doctor or other health care providers. Keep track of those visits and make sure to go to them.

If you need help finding a ride:

- Call the Patient Assistance Line: 1-833-644-3571.
- Call 2-1-1 to ask about other resources in your area.

If you need to change or cancel an appointment, call the surgeon's office to reschedule. This way someone else can have your time slot.

If you have other worries about your wound or healing before your visit, call your surgeon's office. An orthopedic health care provider will return your call even on nights or weekends.

✓ Where to go for care

It is important to avoid going to the emergency room after surgery unless it is truly needed. It can put you at a higher risk for post-operative complications due to being exposed to other patients and various illnesses.

When to call your surgeon's office:

- Increased redness or drainage around the incision site
- Severe pain that is not lessened with rest, ice, elevation, or medicine
- Fever above 101°F and/or shaking chills
- New rash on your body without difficulty breathing or swallowing
- A fall that didn't result in hitting your head
- The incision opens up
- Refills for pain medicine or other medicines prescribed by your surgeon or orthopedic team

When to call your PCP's (primary care provider) office:

- Illness that isn't related to your surgery
- Sore throat
- High blood pressure
- Sinus pain
- Increased feelings of depression or anxiety
- Refills for home medicines

When to call 911 or go to the emergency room:

- Chest pain
- Difficulty breathing
- A fall that resulted in hitting your head or caused extreme pain
- New rash on your body with difficulty breathing or swallowing

Parking at Maine Medical Center
22 Bramhall St., Portland, ME
207-662-0111

**Patient and Visitor Parking — 880 Congress Street,
Portland Free Garage**

The garage elevator signage will guide patients and visitors to enter.

Representatives and other staff are available as you enter here, to direct you to your destination.

South Lot — 107 Chadwick Street, Portland

Closed to entry after 6 p.m. on weekdays and all day on weekends and holidays.

This parking area is convenient for Patients and Visitors going to Radiology, the Pharmacy, Labs and Maine Medical Partner Outpatient Clinics.

Please call our Security and Parking Department at 207-662-2124 with any parking related questions.

Maine Medical

PARTNERS

Orthopedics & Sports Medicine

**Maine Medical Partners — Orthopedics & Sports
Medicine Division of Joint Replacement**

 207-781-1551

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