

Day of Surgery Discharge to Home

Pre-Operative Checklist:

- Complete pre-op lab work and testing
- Attend the pre-op class with your buddy
- Obtain medical clearance from your internal medicine or family practice physician, if required
- Pre-op visit with your surgeon (You should receive your pre-op hygiene kit)
- Your physician may require you to stop certain medications
- Review the nutrition/hydration handout. It is important that you hydrate the night before surgery and the morning of surgery

Important Phone Numbers:

- **Surgeon's Office**

- **HOI Nurses Station**
949-727-5200
(24hrs/7 days a week)

DISCHARGE PLANNING STARTS NOW

Home Preparation:

- Plan out how you will safely get into your house.
- Remove any loose rugs and clear all obstacles.
- Place frequently used objects or clothing at waist/counter height to avoid low bending.
- Have good lighting and use nightlights.
- Consider what seating surfaces are easy to sit on and stand up from.
- Prepare meals in advance.
- Optional: Purchase a shower bench, raised toilet seat and install a handheld shower head.
- Have clean bed sheets and clean pajamas for when you return home.
- Have your medications filled out prior to surgery. You should receive a prescription from your surgeon's office. (Please review medication side effects handout)

DAY OF SURGERY

Items to Bring from Home (Overnight Bag):

- Comfortable loose clothing to fit over your dressing
- Non-skid shoes with back, no flip flops
- Cellphone and charger
- Do not bring any valuables

Role of the Buddy:

- Please have the whole day clear.
- After surgery, your buddy will need to be present for PT family training shortly after surgery. You should be present within 1 hour after the recovery room RN's phone call for the PT session.
- **Only 1 buddy per patient is allowed in the recovery area**, additional visitor policy information may be found on the hospital website
- If you have any assistive devices, please have your buddy bring to the hospital **after** surgery for the PT or RN to adjust to your height. If you do not have one, the appropriate assistive device will be provided to you prior to discharge.
- You cannot go home alone. Your buddy should be available 24 hours per day for the first 2-3 days.

Day of Surgery Discharge to Home continued

AFTER SURGERY

Pain Management:

- Pain control is our highest priority!
- Effects of anesthesia can last up to 24 hours.
- Your nurse will review your pain medication indications and doses prior to your discharge.
- At home, use cold packs or cold therapy to help keep pain, swelling and inflammation down. Elevation is beneficial.

Physical Therapy:

A physical therapist will evaluate you shortly after surgery. We will instruct **you and your buddy** in basic functional activities such as ambulating with an assistive device, going up/down stairs, and getting in/out of a car. (Please refer to the Functional Mobility video on the HOI website <https://www.hoagorthopedicinstitute.com/>) We will also determine if it is safe for you to be discharged home – the same day.

Discharge Home:

- When possible, your buddy should drive you home in a higher vehicle (i.e mid size SUV) not a compact or low sedan.
- If indicated, your nurse will instruct you and your buddy how to change your surgical dressing at home.
- Physical therapy after discharge will be scheduled per your surgeon either in the home or the out-patient setting.
- You will receive a follow-up phone call from your surgeon's team and/or a hospital RN within 24 hours of your discharge.

Problems to Watch for After Surgery – Call your Surgeon's Office:

- Excessive redness and/or swelling at incision (NOTE: Swelling and stiffness around the joint is normal and will resolve in a few months)
- Increased drainage at incision site or a saturated dressing.
- Leg, foot, ankle swelling that does not resolve with rest and elevation in combination with tenderness of the calf or inner thigh. This could be a sign of a blood clot.
- Constipation is a common side effect of narcotic use. Ensure you are taking a stool softener or laxative per surgeon recommendation to maintain normal bowel movements.

Please refer to additional handouts for an explanation of hydration, healthy diets and medication side effects.