



PATIENT LABEL

Dear Patient,

Thank you for choosing Oregon Surgical Institute for your joint replacement. We are honored that you have chosen us for your surgery and appreciate the confidence you have placed in our team’s abilities to care for you before, during and immediately following your surgery. We look forward to working with you over the coming weeks before your surgery and following up with you afterwards and assisting you in your progress. To help you have a successful experience, we ask that you commit to doing the following things:

1. Identify a Coach who will assist you before surgery, on the day of surgery, and during the first week after surgery (see information below)
2. Attend the pre-operative education class
3. Attend all pre-operative appointments as instructed
4. Stop smoking 6 weeks before your surgery (if you are a smoker)
5. Properly bathe with the special soap we give you at your pre-operative class the night before surgery
6. Take your medications as instructed for as long as instructed
7. Contact us if you have any questions or concerns along the way at 971-708-0400

If you do not follow these instructions your surgery may be canceled. We ask these things of you to make sure you are in the best position for success during and after your surgery. Please print and sign your name below with the date.

 PRINT NAME SIGNATURE DATE

Choosing Your Coach

Your Coach can be a spouse, partner or friend, anyone invested in your recovery. An important part of achieving the best possible results is to select a coach who can help you throughout your joint replacement recovery process.

Some recommended ways your coach can help:

- ▶ **Motivate and encourage** you to have a quick recovery from surgery
- ▶ Attend your **physical therapy sessions** and listen to your instructions for home on your day of surgery
- ▶ Attend your **education class** with you
- ▶ Help ensure your home is safe for you, as well as bring you to and from the surgery center on your day of surgery
- ▶ Be present when you return home for the first 7 days. This **requires 24/7 care** that can be shared with others.
- ▶ Help you **stay on track** with your home therapy and get to your outpatient rehabilitation appointments

 COACH'S NAME CONTACT INFORMATION

The following caregivers will also be available to assist with my personal needs and driving once I am out of the hospital:

1. _____
2. _____
3. _____
4. _____

Pre-Op showering Instructions:

- ▶ Beginning three days before surgery you will take a daily shower as usual.
 - ▷ Use your regular soaps/shampoos, then rinse off completely.
 - ▷ Pour enough of the Chlorhexidine Gluconate (CHG) onto a CLEAN washcloth to build a lather.
 - ▷ Step out of the stream of water (or turn the water off) and gently wash your surgical site for 60 seconds.
 - ▷ Rinse the CHG off completely. Dry off with a clean towel and put on clean clothes.
- ▶ Repeat the above process the following day (2 days before surgery)
- ▶ The night before surgery shower using your regular shampoos and rinse completely.
 - ▷ Use antibacterial soap (Dial, Lever 2000, Safeguard, etc.) to wash your body.
 - ▷ Use the CHG solution on a CLEAN washcloth.
 - ▷ Dry off with a clean towel, put on clean pajamas.
 - ▷ Sleep in a bed with freshly laundered sheets.
 - ▷ If you share the bed with someone, they will need to shower with antibacterial soap, dry off with a clean towel and wear clean pajamas to bed.
- ▶ No pets in or on the bed the night before surgery (and for at least two weeks after surgery).
- ▶ Do not apply any makeup, mascara, creams, powders, perfumes, deodorant, lotions or aftershave lotion the day of surgery.

Showering dates:

- ▶ Day 3 before surgery _____
- ▶ Day 2 before surgery _____
- ▶ Night before surgery _____

Items needed for your upcoming surgery:



Tylenol (Acetaminophen)

- Extra Strength (500mg) recommended



Aspirin 81mg

- Enteric coated may be easier on the stomach.



Peri-Colace OR Senokot-S tablets

- Generic is fine



Magnesium Citrate

- 8oz glass bottle

Tylenol Note:

Please be very careful when taking Tylenol (Acetaminophen). It is important to read labels and only take 1 medication containing Tylenol (Acetaminophen) at a time.

Do NOT take more than 4,000mg of Tylenol in any 24 hour period.

Homemade Ice packs (2 options):

Option #1

Karo (corn) syrup

- Makes a softer, more pliable pack

Option #2

2 parts water

1 part Isopropyl (rubbing) alcohol

- ▶ Put either mixture in Gallon- sized Ziploc bag and freeze.
- ▶ **Double bag!** You may re-freeze and use multiple times.
- ▶ **Never put ice directly next to skin.** Cover with cloth or pillowcase.
- ▶ Use **only 20 minutes** at a time. Allow skin to rest at least 1 hour in between uses.

Prevention and Management of Constipation

Constipation is a common problem associated with the use of narcotic pain medications, dehydration, and lack of activity. Management of this problem can be very simple if taken care of right away.

1. Stay well hydrated (drink 6-8 8ounce glasses of water a day).
2. Eat a high fiber diet. Fruits and especially vegetables are very important. Grains such as bran fiber or whole wheat or oats can be helpful. Aim for 15-30 grams of dietary fiber per day.
3. Walk often as tolerated.
4. Reduce narcotic use as tolerated.
5. Take a stool softener and laxative as directed (Senokot-S OR Peri-Colace). Never allow yourself to go more than three days without having a bowel movement!!! If by day 3 no bowel movement, add an additional laxative (listed below).

Relief of Constipation (Management):

If constipation does occur, there are several ways to deal with it, such as **prune juice, dried fruits, etc.** If something more is needed, **a dose or two of Milk of Magnesia** may work (follow dosing instructions on label).

For continued constipation try Magnesium Citrate. This is found over the counter at most grocery stores and pharmacies. It comes in a bottle and often looks like generic soda. Drink half a bottle. If no results in half an hour, drink another half bottle. Repeat, if needed, for a total of 2 bottles in 24 hours.

If still constipated: Items Needed: 1 quart of Gatorade, 14-dose bottle of Miralax and 2 Dulcolax 5mg tablets (laxative)

1. Mix half of the Miralax in the quart of Gatorade.
2. Take 2 Dulcolax 5mg tablets
3. Wait 30 minutes, then start drinking the Gatorade/Miralax mixture. Drink 1 glassful every 20 minutes until gone.
4. You may repeat this regimen again, but it would be unlikely that you will remain constipated with two rounds of this cocktail. Remember, this may cause dehydration due to diarrhea, so drink fluids as needed.