

Enhanced Recovery Program (ERP)

Pre-Operative Checklist:

- Complete pre-op lab work and testing
- Attend the pre-op rehab 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

Pre-Operative Registration:

- Bring the following: 1) Form of identification 2) Insurance card 3) Form of payment

Role of the Buddy:

- Please have the whole day clear.
- After surgery, your buddy will need to be present for PT family training and then to transport you home.
- Only 1 buddy per patient in the recovery area.
- 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.

Enhanced Recovery Program (ERP) continued

AFTER SURGERY

Pain Management:

- Pain control is our highest priority!
- Effects of spinal anesthesia can last up to 24 hours.
- You will be started on oral pain medications during your hospital stay.
- At home, use cold packs or cold therapy to help keep pain, swelling and inflammation down.

Physical Therapy:

A physical therapist will evaluate you a few hours after arriving to the floor. We will review with **you and your buddy** what you've learned in the ERP class and determine if it is safe for you to be discharged home – the same day.

Demonstration of Functional Activities:

- Exercises
- Precautions
- Transferring in and out of bed
- Sitting and standing
- Ambulating with an assistive device
- Transferring in and out of vehicle
- Going up/down stairs or curb (Up with the GOOD, Down with the BAD)

Discharge Home:

- Home Health PT or outpatient PT will be scheduled per your surgeon.
- You will receive a follow-up phone call from your surgeon's team 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.