

Blue Cross Blue Shield Blue Distinction Designation

McLaren Port Huron is designated by Blue Cross Blue Shield of Michigan as a Blue Distinction Center+ for Knee and Hip Replacement. The Blue Distinction Centers for Specialty Care® program is a national designation awarded by Blue Cross and Blue Shield companies to medical facilities that have demonstrated expertise in delivering quality specialty care. Blue Distinction Centers+ demonstrate better quality and improved outcomes for patients, with lower rates of complications and readmissions than their peers.



Learn what to expect at our...

Our mission is to provide you with exceptional care throughout your hospital stay as you recover from your total joint replacement. We strive to make your stay as comfortable and pleasant as possible.



PORT HURON

Joint Connections

1221 Pine Grove Avenue, Port Huron, MI 48060

(810) 987-5000

mclaren.org/phjc

Joint Connections

Preparing for your
Total Joint Surgery



PORT HURON



What to expect before surgery

Pre-admission requirements

- Medical clearance from your surgeon or primary care physician or cardiologist
- Blood draw within 14 days of surgery
- EKG/Urinalysis as needed

Total joint pre-op class

A specialized class for patients preparing to have total joint surgery in order to:

- Learn what to expect before and after surgery
- Familiarize patients with orthopedic equipment
- Discuss pain control
- Introduce therapy plan and goals

Classes are offered twice a month.

Call (800) 228-1484 to register.

The days preceding your surgery

- Finalize arrangements for work and home
- Pack appropriate clothing and personal items

The pre-op call

- Arrival/Operative times
- Pre-op assessment interview
- Review medications/allergies
- Instruct which meds to take/hold day of surgery
- When to stop eating/drinking
- Lab work/EKG
- Bring your walker or any assistive equipment

Arrival

- Registration
- Pre-op assessment interview
- Verify consents/operative site
- IV placement
- Pre-op antibiotic selection
- Sequential compression stockings to reduce risk of blood clots
- Clip hair from surgical site as needed

Anesthesia interview/options

- Anesthesia assessment
- Discuss general vs. spinal

Operating room

- Anesthesia
- Patient safety measures
- Proceed with surgery
- Transfer to PACU

What to expect following surgery

PACU

- Recovery – 1 hour
- RN assessment of post-op condition/well-being
- Pain control
- Control of Post-Op Nausea/Vomiting
- Transfer to inpatient care unit

Inpatient orthopedic nursing unit

- Orientation to your room
- Frequent vital signs to monitor you after surgery
- Frequent rounding of nursing staff to evaluate your comfort
- More pain control
- Dressing changes
- Liquid diet advanced as tolerated
- Review of home medications
- Lab work
- Physical therapy
- Social work
- Discharge planning

Day after surgery

- Laboratory staff arrives early morning to begin drawing any labs ordered by your doctor
- Pain control
- Foley catheter removed
- Physical and occupational therapy begins following breakfast
- Second therapy session following in the afternoon
- Case managers are available to discuss any home care needs such as equipment needed, home versus outpatient therapy, and rehab if needed.

Remainder of your hospital stay

Your experiences will be a similar routine to first day after surgery:

- Pain control
- Therapy sessions will be attended twice daily until all therapy goals have been met.
- Therapy goals include:
 - Safe ambulation in hallway
 - Safely climbing stairs
 - Getting in and out of tub and car
- You will be discharged when therapy goals have been met and your physician agrees.
- If unable to return home, our case manager, nursing staff, and physician will discuss rehab options available to you to help you continue to recover and attend therapy.

Discharge

- Home or extended care facility
- Home health care
- Continued physical therapy

...specialized Total Joint Pre-op Classes offered twice a month