

THE STRENGTH IT TAKES

Thank you for choosing Indiana University Health

Our entire team is committed to ensuring that you receive expert care during your journey through total joint replacement.

We have prepared this patient education book to assist you along the way. In the pages that follow, you will find helpful information about what you can expect at each step in the process.

This book is your valuable resource for keeping track of appointments and other details that are important in preparing for your total joint replacement surgery. It is filled with step-by-step details about what you'll experience before, during and after your surgery. At any time, if you have questions or concerns about any part of the process, please do not hesitate to contact your surgeon's office. We are here to help you and make your journey to recovery as comfortable as possible. Thank you for trusting us with your care.

This book covers:

- **Getting ready for surgery**

This section will help you plan for surgery.

- **What you can expect in the hospital after surgery**

This section will explain all the things that will happen after your surgery.

- **What you can plan for after surgery**

This section will help you after you are discharged from the hospital.

Please **bring this book with you** to any appointments you have related to your joint replacement surgery and also bring it with you to the hospital for surgery. There is a section where you can take notes or write down questions you have for your doctors.

Due to our relationship with Indiana University School of Medicine, one of the most prestigious medical schools in the country, you receive the latest treatments and benefits of research and experience. Orthopedic surgeons at IU Health perform more than 3,300 joint replacements each year.



Indiana University Health

Healthcare Team

Your healthcare team has special training in orthopedics. They will help you through your surgery. You and your family/support person are active members of the team and vital to obtaining the best outcome. Here are some of the members of your team:

- **You** – You are the most important member of your healthcare team. Your input will be important during your stay and you will be involved in all aspects of your care. Communication among you, your family/support person and your healthcare team is essential for success.
- **Your “coach”** – This is a loved one, friend or family member you have chosen to be with you during your joint replacement journey. He or she should attend all appointments with you and be with you at times during your hospital stay. This person will support and encourage you.
- **Orthopedic surgeon** – This is the doctor who does your total joint surgery. He/she also is in charge of your care after surgery. He/she orders therapies to help your rehabilitation, and will see you in the office after you leave the hospital.
- **Anesthesiologist/certified registered nurse anesthetist** – A physician or nurse with special training will give you anesthesia (put you to sleep or numb your leg) for your surgery. He/she can also help with pain control before and after surgery.
- **Registered nurse (RN)** – Nurses can be in your doctor’s office or in the hospital. They will help you both before and after your surgery. Nurses use doctors’ orders to give you care. They teach you and your family/support person about ways you will be safe after your surgery.
- **Physical therapist (PT)** – A physical therapist will work with you to maximize your independence and ensure you are safe for discharge from the hospital. He/she specializes in assisting you with exercises to regain muscle strength, as well as teaching you how to walk with a walker or cane safely with your new joint. He/she will also teach you how to go up and down steps with your assistive device.



Healthcare Team

- **Occupational therapist (OT)** – An occupational therapist will help you maximize your independence and teach you and your family/support person how to complete your daily activities such as bathing, dressing, grooming and toileting in the safest and most-effective manner. He/she specializes in assisting you by identifying adaptive equipment and devices to maximize your independence and safety while performing everyday tasks at home.
- **Case manager/discharge planner** – This is a nurse or social worker who helps you make decisions about your discharge plan. He or she can help make plans for outpatient physical or occupational therapy and equipment needed for home, as well as assisting with discharge plans to an inpatient facility for rehabilitation following discharge from the hospital. He or she can answer questions you might have about insurance coverage.

Insurance Information and Prior Authorization

- Before surgery, you should review your insurance benefits. It is important that you understand your insurance coverage. Some insurance companies require that they give you permission to have the surgery (pre-authorization, pre-certification or a second opinion). Others will only let you use certain places for lab tests, X-rays or physical therapy. You will need to contact your insurance company when your surgery has been scheduled to clarify coverage. They can also answer any questions you may have about what is covered and not covered when you have your surgery.
- Please bring your insurance card, prescription card and a photo ID with you to the hospital.
- After your surgery, a request for payment will be filed with your insurance company. You will receive separate bills from the hospital, the X-ray and lab departments, and other areas. Your anesthesiologist and doctor's staff will send separate bills.

Overview of Total Joint Replacement

Total Joint Replacement

Hip



Normal hip



Hip arthritis



Hip replaced

Knee



Normal knee



Knee arthritis



Knee replaced

Overview of Total Joint Replacement

Benefits and Risks With Surgery

- **Benefits** – Joint replacement surgery has been performed for many years. Most people who have this surgery are able to move better and have less pain after recovery. For these reasons, total joint replacement surgery helps people live a better life. In most cases, a new joint will last 15 to 20 years or more.
- **Joint replacement is a major surgery.** It does have some risks. It is important that you know of possible risks and complications of joint replacement surgery and discuss them with your surgeon.
- **Risks include:**
 - Anesthesia complications like breathing problems
 - Bleeding
 - Blood clots
 - Damage to nerves or blood vessels
 - Infection
 - Problems with the new joint, such as dislocation, the joint coming loose from the bone
 - Wearing out the new joint
 - One leg being shorter than the other
 - Skin problems
 - Incision not healing
- **Complications are rare.** At Indiana University Health, your safety is important to us. We will provide the highest quality of care so you can achieve the best possible result.

Summary

- You are the most important person on the team.
- Insurance authorization will be obtained by the hospital and surgeon on your behalf, but you should contact your insurance company to understand your benefits and any out-of-pocket costs that you will have.
- Make sure all of your questions regarding the benefits and risks of your surgery have been answered.