Preparing for Outpatient Joint Replacement

One major benefit of outpatient surgery is being able to recover at home with the support of your family. It is very important that you and your friends and/or family are fully prepared. Recovery from joint replacement is a team effort, and it is recommended that you designate one person to be with you every step of the way. That means someone who would be willing to attend your preoperative appointments, help you prepare your home, and stay with you after your surgery.

In your preoperative surgeon visits, your surgeon should give you detailed instructions for the period leading up to the day of your procedure, including medications to stop taking, wound care information, emergency contact numbers, dietary restrictions, arrival time and other relevant information.

Notes:

This guide was prepared in conjunction with a healthcare professional. Zimmer Biomet, as the manufacturer of medical devices, does not practice medicine. This is meant to serve as a general guide and does not replace the advice or your doctors. Results are not necessarily typical, indicative, or representative of all recipient patients. Results will vary due to health, weight, activity and other variables. Not all patients are candidates for this procedure. Only a medical professional can determine the treatment appropriate for your specific condition. Appropriate postoperative activities and restrictions will differ from patient to patient. Talk to your surgeon about whether joint replacement is right for you and the risks of the procedure, including the risk of implant wear, loosening or failure, and pain, swelling and infection. This brochure was designed to help you understand joint replacement in an outpatient setting.

For more information or to find a doctor near you, visit www.zimmerbiomet.com

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Zimmer Biomet understands that making the decision to have joint replacement surgery can be stressful and difficult. This brochure was designed to help you understand joint replacement. Knowing what to expect is not only important for making the best possible decision about joint replacement surgery—it’s your first step toward recovery.

Always talk to your surgeon about whether joint replacement or another treatment is right for you and the risks of the procedure, including the risk of implant wear, loosening or failure, and pain, swelling and infection. This brochure was designed to help you understand joint replacement in an outpatient setting.
Outpatient centers are increasing in popularity due to the benefits of having surgery in the outpatient setting. The decision to get a joint replacement can be difficult and you probably have questions about whether or not outpatient surgery is right for you. This guide is designed to help you understand the differences between inpatient and outpatient joint replacement surgeries. It will walk you through a typical outpatient experience so that you feel prepared and confident on the day of your joint replacement.

Understanding your surgery

Before Surgery
Before you have surgery your doctor will X-ray your affected joint. You will be given prescriptions to fill and have ready for you when you return home to recover. Your surgeon will also give you printed materials about the process for the days leading up to surgery, day of surgery, as well as steps that need to be taken when you are at home. Specific physical therapy exercises will probably also be included in the printed material you receive.

Day of surgery
On surgery day you will report to the surgical center as directed and begin preparations for the procedure. Using a needle, a small intravenous (IV) tube will be inserted into a vein in your arm. The tube will be used to administer antibiotics, pain medication, and liquid nutrition during and after your surgery.

Your blood pressure and heart will be monitored. Your anesthesiologist will talk with you again about the type of anesthesia you will receive. A team of nurses will care for you in the time leading up to surgery and in the operating room. The time required for surgery depends on what surgery you are receiving.

Following surgery
After your surgery you will be moved from the operating room to the recovery area to recover from anesthesia. Your vital signs will be checked frequently.

You will be given some food and drink in the recovery area. An X-ray will be taken to show the positioning of your implant, usually within three hours of surgery. Some patients may be walking short distances at that point. Time spent in the recovery area varies depending on your individual response to the anesthetic.

Going home
You may be assessed for discharge from the outpatient center after surgery. Your family or a close friend will take you home. Depending on the outpatient center, you may have physical therapy at the outpatient center or at home in the days following surgery.