

North Bay Regional Health Centre

Surgical Care Centre

**Patient Plan of Care – Total Knee Arthroplasty**

**Please bring with you when you have your Pre-Admission visit  
and when you have your operation.**

*“This flyer contains general information which cannot be construed as specific advice to an individual patient. All statements in the flyer must be interpreted by your personal physician or therapist who has the knowledge of the stage and the extent of your particular medical conditions. Any reference throughout the document of specific pharmaceutical products does not imply endorsement of any of these products.”*

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*“Disponible en français”*

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| <b>PROCESS</b>            | <b>DECISION MAKING DAY TO DAY OF SURGERY</b><br>(This is the time period from when you have decided to have your surgery in your surgeon's office until the day you have the operation.)   |
| <b>Assessment</b>         | <ul style="list-style-type: none"> <li>- Your surgeon's office will arrange an appointment with a specialist in Internal Medicine. This appointment will take place about 6-8 weeks before the date of your operation. It is to assess your overall health.</li> <li>- You may receive an invitation to attend a class given by a Physio Therapist and Occupational Therapist. The people who have attended this class have found it very helpful and are better prepared for surgery and recovery.</li> </ul> <p style="text-align: center;"><i>It may be best to have someone with you for this appointment.</i></p> |
| <b>Tests</b>              | <ul style="list-style-type: none"> <li>- You will need to have an ECG (if you are over age 50 or ordered by physician) blood work and maybe x-rays.</li> <li>- The Specialist may also order other tests.</li> <li>- Appointments for all tests will be made for you <i>or</i> you will be asked to arrange them yourself.</li> </ul>  |
| <b>Medications</b>        | <ul style="list-style-type: none"> <li>- The specialist may prescribe you some new medications – it is important that you follow his/her instructions.</li> </ul>  |
| <b>Treatments</b>         |  |
| <b>Nutrition</b>          | <ul style="list-style-type: none"> <li>- Maintain a healthy diet during this period.</li> </ul>  |
| <b>Activity</b>           | <ul style="list-style-type: none"> <li>- It is important to carry on as you have been unless your physician has told you otherwise.</li> <li>- It is best to keep as active as you can. Maintaining good physical health before your surgery is important.</li> </ul>  |
| <b>Education</b>          | <ul style="list-style-type: none"> <li>- You will receive information in the surgeon's office which will give you some suggestions to follow.</li> </ul>   |
| <b>Discharge Planning</b> | <ul style="list-style-type: none"> <li>- It is expected that you will be ready to go home 4 days after you have the operation. You will require more physio once you leave the hospital. If you live outside of the North Bay area a referral will be sent to the nearest clinic. If you live in the North Bay area or out of the area you will need to arrange rides to the visits. There will be a cost for the visits.</li> </ul>   |

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| <b>PROCESS</b>   | <p style="text-align: center;"><b>PRE-ADMISSION CLINIC</b></p> <p style="text-align: center;">(This appointment will take place about 2-4 weeks before your operation and may last several hours – ensure you eat before coming.)</p>  |
| <b>Assessment</b>  | <div style="border: 1px solid black; padding: 5px; margin: 10px auto; width: fit-content;"> <p style="text-align: center;">This is a good time to ask questions.<br/>Write them down and bring them with you.</p> </div> <ul style="list-style-type: none"> <li>- You will be seen by the nurse who will take your blood pressure, pulse, weight and height. The nurse will also review your health. The nurse will provide information about your hospital stay.</li> <li>- You may be seen by an anaesthesiologist who will talk to you about choices of anesthetics and ways to control pain after your operation.</li> <li>- You will see the Blood Conservation Nurse who will discuss your blood count.</li> </ul> <p style="text-align: center;"><i>It may be best to have someone with you for this appointment.</i></p> |
| <b>Tests</b>   | <ul style="list-style-type: none"> <li>- The anaesthesiologist may order some more blood work, x-rays or other tests. These tests may be done on this day or arranged for you <i>or</i> you will be told to make arrangements.</li> </ul>  |
| <b>Medications</b><br>(including herbal medications and any drugs you buy at your drugstore) | <ul style="list-style-type: none"> <li>- Bring <i>all</i> of your medications in their original containers with you to the hospital.</li> <li>- All the medications will be reviewed by the nurse.</li> <li>- You may be advised to stop taking some.</li> <li>- You will also be told which medications to take on the day of your operation and which medications to stop taking.</li> </ul>   |
| <b>Treatments</b>  |  |
| <b>Nutrition</b>   | <ul style="list-style-type: none"> <li>- You will be told when to stop <b>all</b> foods and fluids before your operation.</li> <li>- Your operation may be cancelled or delayed if you do not follow these instructions.</li> </ul>  |
| <b>Activity</b>  |  |
| <b>Education</b>   | <ul style="list-style-type: none"> <li>- The nurse will be discussing many things with you today. Some information may be written down but some will not be. That is why it is a good idea to have someone with you for this appointment.</li> <li>- You will be given special soap to use during your shower/bath the night before surgery and the morning of surgery. This soap is used to kill germs on your skin.</li> <li>- If you have any concerns please feel free to ask the nurse.</li> </ul>  |
| <b>Discharge Planning</b>  | <ul style="list-style-type: none"> <li>- You will be asked some questions about your home environment. This will help us understand the amount of help you may need after your operation.</li> <li>- You will need to arrange who will pick you up from the hospital when you are ready to go home after your operation.</li> </ul>  |

| PROCESS  | DAY OF SURGERY   |
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| <p><b>Assessment</b></p>   | <ul style="list-style-type: none"> <li>- Your blood pressure, pulse, oxygen level and temperature will be checked before and after your operation.</li> <li>- After your operation:               <ul style="list-style-type: none"> <li>• The nurse will check your condition regularly.</li> <li>• The nurse will ask your pain scale on a 0-10 Scale. With 0 being no pain and 10 being the worst pain imaginable.</li> <li>• Check your intravenous, dressing and drains (you may not have a drain as it is your surgeon's choice but it is still "normal" to have one or two drains).</li> </ul> </li> </ul>  |
| <p><b>Tests</b></p>  | <ul style="list-style-type: none"> <li>- Any further tests needed, will be done before your operation (e.g. blood sugar) and all results will be on your chart.</li> <li>- If you have been in a hospital within 12 months the nurse will take swabs checking for medication resistant bacteria.</li> </ul>  |
| <p><b>Medications</b><br/>(including herbal medications and any drugs you buy at your drugstore)</p> | <ul style="list-style-type: none"> <li>- With a sip of water take any medications that you were told to take by the Pre-admission Clinic nurse.</li> <li>- Bring <i>all</i> of your medications in their original containers with you to the hospital.               <ul style="list-style-type: none"> <li>• Any medications you have taken will be reviewed.</li> <li>• Your surgeon will order your home medications that he would like you to have after your surgery.</li> </ul> </li> <li>- You will receive an antibiotic drug before your operation and it will be given 2 or 3 times in the next 24 hours after your operation.</li> <li>- After your operation:               <ul style="list-style-type: none"> <li>• You may have a pump for controlling your pain.</li> <li>• You will receive your "blood thinner" medication (s).</li> </ul> </li> <li>- Your surgeon will order stool softeners and may order an iron pill for you.</li> </ul> |
| <p><b>Treatments</b></p>   | <ul style="list-style-type: none"> <li>- After your home shower or bath with the special soap, <i>do not</i> use powder or cologne.</li> <li>- The nurse may use clippers to remove any hair from your knee area before your operation. The nurse will scrub your knee to remove more germs from your skin.</li> <li>- Before going into the Operating Room your surgeon will initial the knee that you are having operated on.</li> <li>- You may have a tube that goes into your bladder after your operation for 1-2 days.</li> </ul>   |
| <p><b>Nutrition</b></p>  | <ul style="list-style-type: none"> <li>- After surgery, you will start with sips of fluid or ice chips and increase to your usual diet.</li> </ul>   |
| <p><b>Activity</b></p>   | <ul style="list-style-type: none"> <li>- Before your operation you will be able to sit with one companion in the Day Surgery area.</li> <li>- If you are given a drug to help you relax before your operation, you will be asked to lie on a stretcher.</li> <li>- After your operation, you will remain in bed and have help from the nurses to move around.</li> </ul>   |
| <p><b>Education</b></p>  | <ul style="list-style-type: none"> <li>- Deep breathing, coughing and ankle pumping will be reviewed.</li> </ul>   |
| <p><b>Discharge Planning</b></p>   | <ul style="list-style-type: none"> <li>- It is expected that you will be ready to go home on Day 4.</li> </ul>   |

| PROCESS                   | DAY I  |
|---------------------------|--|
| <b>Assessment</b>         | <ul style="list-style-type: none"> <li>- A nurse will check your drains, dressing, blood pressure, pulse, oxygen level and temperature regularly. Ask your pain scale.</li> <li>- Tell your nurse if you are having trouble passing your urine.</li> <li>- The nurse will ask you to rate your pain when you are moving.</li> </ul>  |
| <b>Tests</b>              | <ul style="list-style-type: none"> <li>- Blood tests will be done.</li> </ul>  |
| <b>Medications</b>        | <ul style="list-style-type: none"> <li>- You will continue with the pain pump. The Acute Pain Service Nurse will review your pain level and the pump to see how it is working for you. The pain pump may be discontinued later today and you will be given pills instead.</li> <li>- You will receive your “blood thinner” medication(s) that will help prevent clots.</li> <li>- You may receive an iron pill and stool softeners.</li> </ul>   |
| <b>Treatments</b>         | <ul style="list-style-type: none"> <li>- Your dressing will be changed today.</li> <li>- If you have a drain it will be removed today or tomorrow.</li> <li>- If you have a tube in your bladder it will be removed today (unless your surgeon prefers that it stays in until tomorrow).</li> <li>- If your pain pump is removed, your intravenous will be taken out if eating and drinking well and antibiotics completed.</li> <li>- Your nurse will help you bathe in bed.</li> </ul>           |
| <b>Nutrition</b>          | <ul style="list-style-type: none"> <li>- Your diet will be increased until you are eating your usual diet.</li> </ul>  |
| <b>Activity</b>           | <ul style="list-style-type: none"> <li>- You will be told how much weight to put on your leg.</li> <li>- Your Physiotherapist will help you up. Today you will sit in a chair and walk at least 3 meters using a walker.</li> <li>- You will begin to bend your knee with your Physiotherapist.</li> <li>- With help, you should get up to go to the bathroom.</li> <li>- If you have the medication infusing into your groin you will wear a knee immobilizer every time you stand up.</li> </ul> |
| <b>Education</b>          | <ul style="list-style-type: none"> <li>- Your Physiotherapist will teach you your exercises that will help you get stronger.</li> <li>- Your Physiotherapist will teach you how to use your walking aid (walker).</li> <li>- Deep breathing, coughing and ankle pumping will be reviewed.</li> </ul>   |
| <b>Discharge Planning</b> | <ul style="list-style-type: none"> <li>- Your Discharge Planner may visit you today or tomorrow to discuss your plans for when you go home.</li> <li>- Remember, it is expected that you will be ready to go home on Day 4.</li> </ul>   |

| <b>PROCESS</b>            | <b>DAY 2</b>  |
|---------------------------|---|
| <b>Assessment</b>         | <ul style="list-style-type: none"> <li>- Checks will continue, but will become less frequent as you improve.</li> </ul>   |
| <b>Tests</b>              | <ul style="list-style-type: none"> <li>- Blood tests will be done if you are taking the “blood thinner” Warfarin.</li> <li>- If your surgeon wants, you will have an X-ray of your knee.</li> </ul>   |
| <b>Medications</b>        | <ul style="list-style-type: none"> <li>- If you still have your pain pump, it will be discontinued today. The Acute Pain Service Nurse will review your pain level. You will be given pills to control your pain. You will need to let your nurse know when you are having pain. Pill medication takes about 30 minutes to take effect.</li> <li>- You will receive your “blood thinner” medication(s) that will help prevent clots.</li> <li>- If your bowels have not moved since your operation you will be given medication(s) to help you have one.</li> <li>- You will receive an iron pill and stool softener if ordered.</li> </ul> |
| <b>Treatment</b>          | <ul style="list-style-type: none"> <li>- Your intravenous (if still in) will be discontinued today.</li> <li>- You will be helped to bathe at the bedside.</li> <li>- You will have your dressing changed if needed.</li> </ul>   |
| <b>Nutrition</b>          | <ul style="list-style-type: none"> <li>- You will be eating your usual diet.</li> <li>- You should sit in a chair for at least one meal.</li> </ul>   |
| <b>Activity</b>           | <ul style="list-style-type: none"> <li>- Your Physiotherapist or nurse will help you walk 10 meters twice today.</li> <li>- You will walk with an aid (walker, crutches). Your Physiotherapist decides which is best for you.</li> <li>- With help, you should walk to the bathroom.</li> </ul>   |
| <b>Education</b>          | <ul style="list-style-type: none"> <li>- Your Physiotherapist will review your exercises.</li> <li>- Your nurse will begin teaching you about your <i>pill</i> “blood thinner”.</li> </ul>  |
| <b>Discharge Planning</b> | <ul style="list-style-type: none"> <li>- Your Discharge Planner may visit you today to discuss your plans for going home.</li> <li>- It is expected that you will be ready to go home on Day 4. If you or your family have any concerns, please let your Discharge Planner or nurse know.</li> </ul>  |

| <b>PROCESS</b>            | <b>DAY 3</b>  |
|---------------------------|---|
| <b>Assessment</b>         | <ul style="list-style-type: none"> <li>- Checks will be done two times a day.</li> </ul>  |
| <b>Tests</b>              | <ul style="list-style-type: none"> <li>- Blood tests will be done.</li> </ul>   |
| <b>Medications</b>        | <ul style="list-style-type: none"> <li>- If you have pain, tell your nurse.</li> </ul>  |
| <b>Treatments</b>         | <ul style="list-style-type: none"> <li>- You will have your dressing changed if needed.</li> <li>- You should get dressed in your own clothes.</li> </ul>   |
| <b>Nutrition</b>          | <ul style="list-style-type: none"> <li>- You will be eating your usual diet.</li> <li>- You should sit in the chair for all your meals.</li> </ul>  |
| <b>Activity</b>           | <ul style="list-style-type: none"> <li>- Your Physiotherapist will decide if you need someone with you when you get up.</li> <li>- You should walk to the bathroom.</li> <li>- You will walk in the hall 20 meters.</li> <li>- Your Physiotherapist will begin teaching you how to do stairs if you have stairs in your home.</li> <li>- You will be asked to show your Physiotherapist your exercises.</li> <li>- The goal is to bend your knee at least 75°.</li> </ul>   |
| <b>Education</b>          | <ul style="list-style-type: none"> <li>- Teaching for “blood thinners” will continue.</li> <li>- Your doctor may decide that you should have “blood thinners” by a needle when you go home. If so, the nurse will begin teaching you how to give yourself a needle.</li> <li>- The nurse will show you how to care for your wound and what to do if there is drainage.</li> </ul>   |
| <b>Discharge Planning</b> | <ul style="list-style-type: none"> <li>- Your Physiotherapist and Occupational Therapist will suggest any other equipment you may need at home.</li> <li>- Your Physiotherapist will ensure you have follow-up physio when you go home (remember there may be a cost involved for this).</li> <li>- Discuss any concerns that you or your family may have about you going home.</li> <li>- Tomorrow is the day you are expected to be ready to go home, but your doctors, therapists or nurses may decide that you may need to stay another day.</li> </ul> |

| <b>PROCESS</b>            | <b>DAY 4</b>  |
|---------------------------|---|
| <b>Assessment</b>         | <ul style="list-style-type: none"> <li>- Checks will be done in the morning.</li> </ul>   |
| <b>Tests</b>              | <ul style="list-style-type: none"> <li>- Blood tests will be done if you are taking the “blood thinner” Warfarin.</li> </ul>  |
| <b>Medications</b>        | <ul style="list-style-type: none"> <li>- Your doctors will review your medications and decide which ones you should take at home.</li> <li>- Your doctor will give you prescriptions for any medications you have started while you have been in the hospital.</li> </ul>   |
| <b>Treatments</b>         | <ul style="list-style-type: none"> <li>- You will have your dressing changed if needed.</li> </ul>  |
| <b>Nutrition</b>          | <ul style="list-style-type: none"> <li>- You will be eating your usual diet.</li> <li>- You should sit in the chair for all your meals.</li> </ul>  |
| <b>Activity</b>           | <ul style="list-style-type: none"> <li>- Any equipment you will need for home will have been arranged.</li> <li>- You will no longer require help when you are getting out of bed or walking, and will still use a walking aid (walker, crutches).</li> <li>- Your Physiotherapist will watch you go up and down stairs (if you have them in your home).</li> <li>- You will dress in your own clothes.</li> <li>- The goal is to bend your knee at least 80°.</li> </ul> |
| <b>Education</b>          | <ul style="list-style-type: none"> <li>- “Blood Thinner” teaching will be completed.</li> <li>- Your nurse will review how to care for your wound and drainage.</li> </ul>  |
| <b>Discharge Planning</b> | <ul style="list-style-type: none"> <li>- Final discharge plans will be confirmed.</li> <li>- If you are to have a <i>needle</i> “blood thinner” at home, a home care nurse may come into your home for a few visits to see how you are doing.</li> <li>- Your next appointment with your surgeon will be arranged and reviewed with you.</li> </ul>   |