

JOINT REPLACEMENT EXPLAINED

Get your questions answered about joint replacement, including what to expect during surgery and recovery, eating to reduce inflammation, and an overview of what joints can be replaced and how long they last.



IS JOINT REPLACEMENT SURGERY **RIGHT FOR ME?**

If arthritis pain keeps you up at night or interferes with your day-to-day life, it may be time to consider joint replacement surgery.



PATIENT-FOCUSED PRECISION

The Center for Joint Replacement provides outstanding orthopedic care to help each patient reach his or her personal goals for mobility and quality of life. Each treatment plan leverages the expertise of our orthopedic surgeons, physical therapists and occupational therapists with precision technology for joint replacement surgery success.

- + **Stryker Navigation System** software gives our surgeons greater control aligning and fitting implants for optimal post-surgery performance.
- + The only implant with a lifetime guarantee, the **Oxford® Partial Knee** helps surgeons preserve healthy bone and limit patients' recovery time.
- + The **SIGNATURE Personalized Care System** uses the patient's MRI to help surgeons align total knee implants based on thighbone and shinbone locations for a perfect fit.

Osteoarthritis is increasingly common as we age. According to the Centers for Disease Control and Prevention, more than 54 million Americans have arthritis, which causes pain and stiffness around the joints.

Taking nonsteroidal anti-inflammatory drugs, like ibuprofen and naproxen, can ease joint pain in the short term. Regular exercise can improve arthritis symptoms as well, especially if you choose joint-friendly exercises, such as swimming, cycling and walking.

THE NEXT STEP

As deterioration of the cartilage around the joint progresses, it may be necessary to intensify treatment to manage joint pain. If you spoke with your doctor about your symptoms, he or she may have recommended prescription medication to manage symptoms, physical therapy to restore or maintain range of motion, or injections to delay the need for joint replacement surgery.

When these conservative treatments are no longer effective, speak with your doctor to learn if you would be a good candidate for joint replacement surgery.

If you are concerned about joint pain affecting your quality of life, speak with your doctor. If you don't have a primary care provider (PCP), visit www.holzer.org/find-a-doctor to locate a PCP or orthopedic specialist near you.

OUTFITTING YOUR HOME

Many people feel most comfortable in their own homes, but after joint replacement surgery, your safe space may feel more like an obstacle course. During preparation, make sure you take the “joint replacement tour.”

BATHROOM

- Place a stool in the shower for added comfort while bathing.
- Place nonslip mats in front of your shower or bathtub, sink, and toilet.

KITCHEN

- Put items you use every day within reach.
- Prepare healthy meals and stock up on wholesome snacks (see “Your Post-Surgery Grocery List”).
- Temporarily retire any kitchen mats.

BEDROOM AND LIVING ROOM

- Place clothes and shoes on accessible shelves.
- Keep items you use regularly—remote control, lip balm, medication—on a side table.

HALLWAY

- Remove or secure loose rugs and cords.
- Move any large tables or other furniture to less-trafficked areas.

OVERALL

- Consider having a loved one care for pets while you recover. Your furry friend may require more attention than you can handle until you’re back to full mobility.
- LED night-lights are inexpensive and automatic. Plug them in throughout your home to guarantee your path is always visible.
- Continue to use your cane, walker or crutches to get around until your physician says it’s safe to do otherwise.



If you have persistent joint pain, orthopedic specialists at Holzer Health System can help you take the first step toward mobility. Call (855) 446-5937 or visit www.holzer.org to learn more.

YOUR POST-SURGERY GROCERY LIST

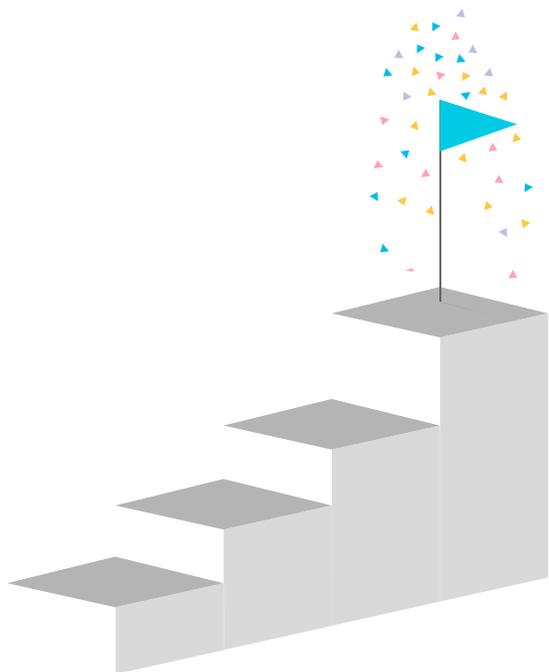
A kitchen stocked with healthy, ready-to-eat snacks and meals will allow for stress-free nourishment while you heal—but did you know it could also help with inflammation?

DO BUY

- + Frozen berries make for quick smoothies and are filled with antioxidants that help support the immune system.
- + Beans offer protein and magnesium and can be incorporated into countless dishes you can freeze and reheat when you’re ready for a filling meal.
- + Seeds and nuts are packed full of healthy fat, protein and fiber and make for an effortless snack.

DON'T BUY

- + Foods high in salt, saturated and trans fats, sugar, and refined carbohydrates are never good diet choices, but these items can be especially harmful while recovering from joint replacement surgery due to their inflammatory properties.



REPAIR AND RECOVERY

What to expect from surgery and beyond

TIME FOR SURGERY

On the day of your scheduled procedure, arrive at the hospital on time. You will check in and be taken to a room where you will prep for surgery. Your care team will greet you, check your vitals, direct you to dress for surgery and come get you when it's time to go to the operating room. They will lay you on a bed and wheel you into surgery, which usually takes about one to two hours.

POST-OP

Once surgery is complete, you will be taken to a recovery room. There, your vital signs will be monitored while you wake up from your anesthesia. Patients usually stay in recovery for a couple of hours. Patients who have had minimally invasive surgery are often able to go home the same day. Otherwise, recovery time in the hospital may take two to four days.

You'll likely be up and walking the day of the surgery. This quickens recovery time. A physical therapist will teach you exercises you can perform both in the hospital and at home to strengthen your new joint. He or she will also teach you how to walk with a walker or crutches.

ALMOST HOME

Before you are discharged from the hospital to continue your recovery at home, you'll need to be capable of the following, according to the Arthritis Foundation:

- Climbing one to three stairs
- Eating, drinking and using the bathroom on your own
- Getting in and out of bed on your own
- Managing your pain with medication
- Moving your replaced joint
- Performing physical therapy exercises on your own
- Walking with crutches or a walker on your own

Once you're home, you will continue to recover, following instructions from your doctor and your physical therapist. You will schedule follow-up appointments with your doctor, who will assess your condition and tell you when it's time to begin physical therapy. After your six-week follow-up appointment with your doctor, you will likely be cleared to return to work.

Want to know more about joint replacement surgery and if it's right for you? Make an appointment today with our orthopedic team, who can answer your questions and set up a plan to get you back on your feet again. Visit www.holzer.org or call (855) 446-5937.

HOW LONG DO JOINT REPLACEMENTS LAST?

With innovative materials, improved surgical techniques, better preparation before surgery, and better postsurgical rehab, today's joint replacements are more likely to last the rest of your life. Our surgeons perform the most minimally invasive surgeries possible, reducing downtime, pain and postoperative complications. Our physical and occupational therapists will help you maintain a healthy joint for years to come.



About
53,000 PEOPLE
in the U.S. have shoulder replacement surgery each year.

Approximately
7 MILLION PEOPLE
in the United States are living with a total hip or knee replacement.

More than
300,000 TOTAL HIP REPLACEMENTS
are performed each year in the U.S.

About
700,000 KNEE REPLACEMENT PROCEDURES
are performed each year in the U.S.

90-95%
of joint replacements
last at least 10 years

80-85%
last at least 20 years



Holzer Health System complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. Holzer Health System does not exclude people or treat them differently because of race, color, national origin, age, disability or sex. For more information, see the link on our homepage at holzer.org.

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call 1-800-368-1019. (TTY: 1-800-537-7697).

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-368-1019. (TTY: 1-800-537-7697).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-800-368-1019。(TTY: 1-800-537-7697)。

This publication in no way seeks to serve as a substitute for professional medical care. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.