



Joint Replacement Guidebook

For Total Hip and Total Knee Replacement

Version 4

Joint Replacement Program
Pomona Valley Hospital Medical Center
1798 N. Garey Ave
Pomona, CA 91767
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Joint Replacement Guidebook

Joint Replacement Guidebook

Table of Contents

Section One: General Information.....	3-8
➤ Welcome to the Pomona Valley Hospital Medical Center.....	3
➤ FAQ's about Joint Replacement Surgery.....	4-7
➤ Joint Replacement Preparation Class.....	7
➤ Pre Admit Testing (PAT).....	8
Section Two: Preparing for Surgery.....	9-13
➤ Plan of Care.....	9-10
➤ 4 to 6 Weeks Before Surgery.....	10
➤ 2 Weeks Before Surgery.....	11
➤ 5 Days Before Surgery.....	12
➤ Day Before Surgery.....	12
➤ Morning of Surgery.....	13
Section Three: In The Hospital.....	14-20
➤ Day of Surgery-What to expect.....	14
➤ Equipment.....	16
➤ Day Of Surgery, Post-Op Day #0.....	18
➤ Day After Surgery, Post-Op Day #1 (Discharge Day).....	18
➤ Discharge Day.....	19-20
Section Four: Living With Your Joint Replacement.....	21-37
➤ Caring For Yourself At Home.....	21
○ My Coach.....	21
○ After Surgery, Your Operated Leg May Feel.....	21
○ Minimizing Post Surgery Sleep Disorders.....	22
○ BASICSS after Joint Replacement.....	23-27
➤ Preventing and Identifying Potential Complications.....	28-30
➤ Performing Activities of Daily Living After Surgery.....	30-35
➤ Energy Conservation / Joint Protection.....	35-37
Section Five: Helpful Resources.....	38-50
➤ Healthy Eating Before and After Surgery.....	38-40
○ Avoiding Constipation.....	40
➤ Total Knee and Hip Replacement Strengthening Program.....	41-46
➤ Important Phone Numbers.....	47
➤ Hospital Directions.....	48
➤ Resources for Joint Replacement Patients.....	49-50

Joint Replacement Guidebook

Section One:

General Information

Welcome to Pomona Valley Hospital Medical Center

We are pleased that you and your physician have selected Pomona Valley Hospital Medical Center's Joint Replacement Program for your joint replacement surgery. Our Joint Replacement Program is certified by The Joint Commission for joint replacement of the hip and knee and includes a comprehensive, multidisciplinary team approach to standardize care and to provide optimal outcomes. We believe in providing "Expert Care with a Personal Touch."



The program is designed to return you to an active lifestyle as quickly as possible. Most patients will be able to walk the day of surgery, and move towards normal activity in six to twelve weeks. We believe that you play a key role in promoting a successful recovery. Our goal is to involve you in your treatment through each step of the program.

This guidebook, in addition to the Joint Replacement Preparation Class and the Pre Admit Testing, will provide you with education and information to promote a more successful surgical outcome. Remember, this is just a guide. Your physician, nurse clinical coordinator, nurses and therapist may add to or change any of the recommendations. Always use their recommendations first and ask questions if you are unsure of any information. Keep your Guidebook as a handy reference at least the first year after your surgery. The information in the Guidebook covers a lot of information so it may look overwhelming. Since it will assist you with your surgery, we recommend reading the entire guide, at a pace that suits you.

Joint Replacement Guidebook

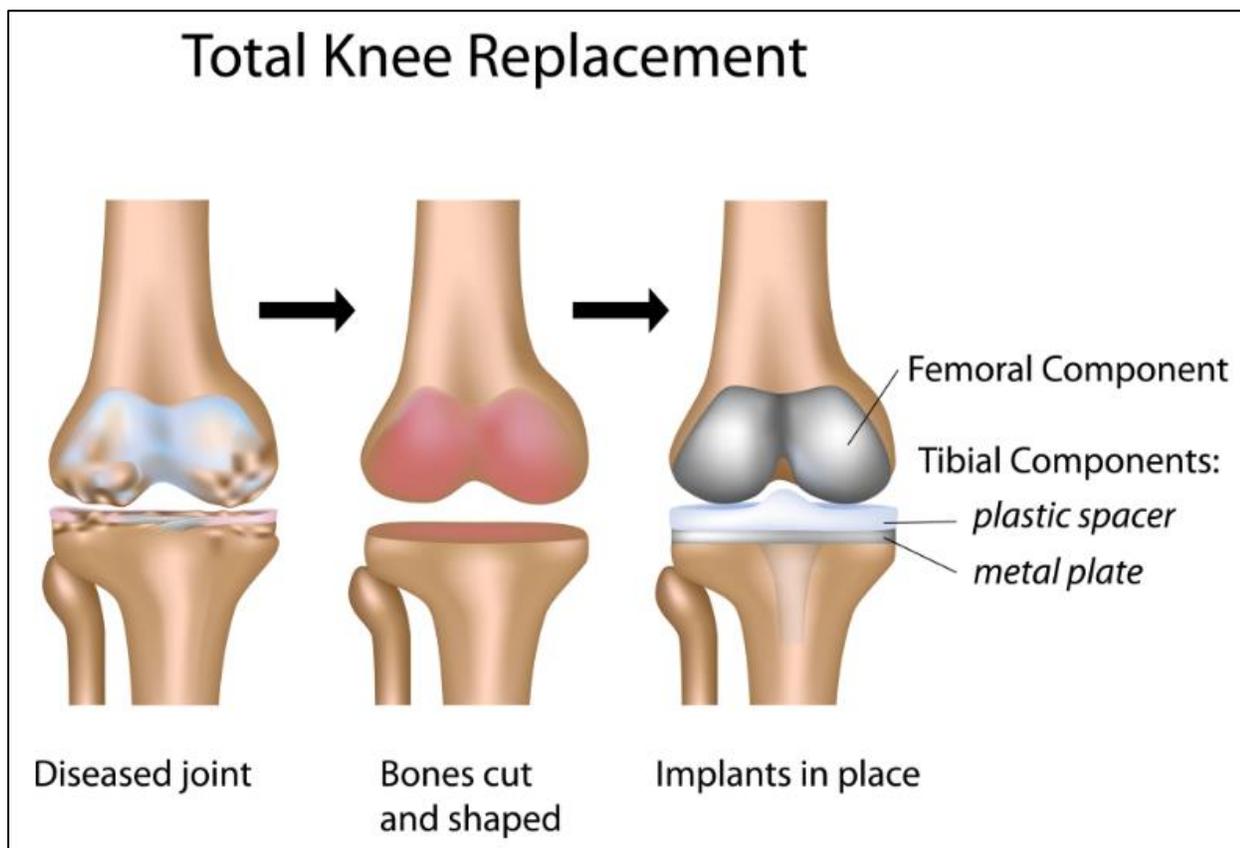
FAQ's: Frequently Asked Questions about Joint Replacement Surgery

- What is osteoarthritis and why does my joint hurt? Joint cartilage is a tough, smooth tissue that covers the ends of bones where joints are located. It helps cushion the bones during movement, and because it is smooth and slippery, it allows for motion with minimal friction. Osteoarthritis, the most common form of arthritis, is a wear and tear condition that destroys joint cartilage. Sometimes, as the result of trauma, repetitive movement, or for no apparent reason, the cartilage wears down, exposing the bone ends. Over time, cartilage destruction can result in painful bone-on-bone contact, along with swelling and loss of motion. Osteoarthritis usually occurs later in life and may affect a single joint or many joints.
- How long will my new joint last and can a second replacement be done? All implants have a limited life expectancy depending on an individual's age, weight, activity level, and medical conditions. A total joint implant's longevity will vary with every patient. It is important to remember that an implant is a medical device subject to wear that may lead to mechanical failure. While it is important to follow all your surgeon's recommendations after surgery, there is no guarantee that your particular implant will last for any specified length of time.
- What are the major risks? The following is a list of potential complications and risks associated with major surgeries such as total joint replacement. This list is provided not to scare you but to inform you of the possible risk of the procedure:
 - Complications from anesthesia
 - Infection
 - Dislocation
 - Loosening of implants
 - Injury to nerves
 - Injury to blood vessels
 - Leg length inequality (leg shorter or longer)
 - Fracture of your bone during implantation
 - Blood clots
 - Blood loss
 - Transfusion reactions

Your surgeon is aware of these possible complications and takes many precautions to reduce these risks. If you have any question or concerns about these or other complications of surgery, please discuss them with your surgeon.

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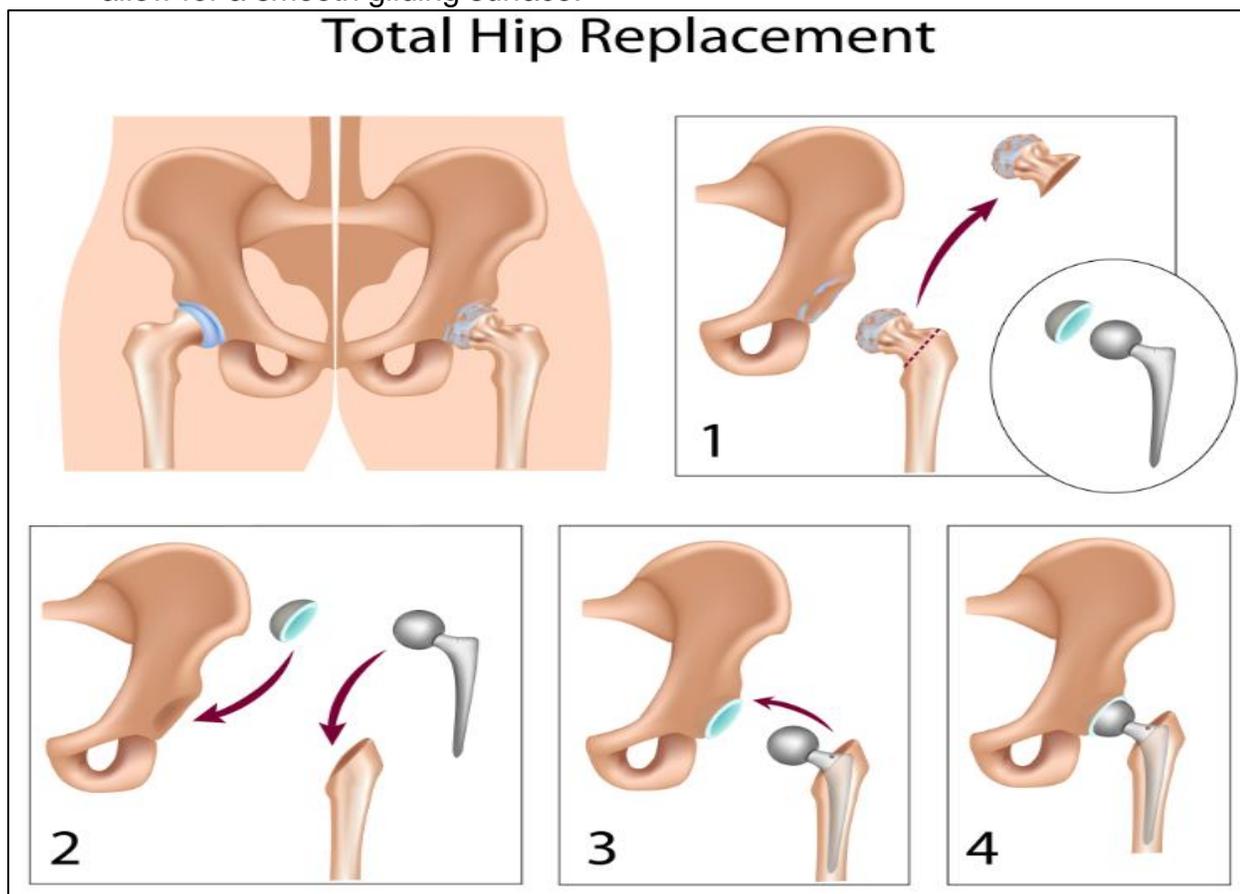
What is total knee replacement? The term total knee replacement is misleading. The knee itself is not replaced, as is commonly thought, but rather an implant is used to re-cap the worn bone ends. This is done by placing metal alloy on the femur (thigh bone) and tibia (shin bone), a plastic spacer between the metals, and a plastic “button” behind the patella (kneecap). This creates a new smooth cushion and a functioning joint that can reduce or eliminate pain.



Joint Replacement Guidebook

What is total hip replacement? In a total hip replacement (also called total hip arthroplasty) the damaged bone and cartilage is removed and replaced with prosthetic components.

- The damaged femoral head is removed and replaced with a metal stem that is placed into the hollow center of the femur. The femoral stem may be either cemented or "press fit" into the bone.
- A metal or ceramic ball is placed on the upper part of the stem. This ball replaces the damaged femoral head that was removed.
- The damaged cartilage surface of the socket (acetabulum) is removed and replaced with a metal socket. Screws or cement are sometimes used to hold the socket in place.
- A plastic, ceramic, or metal spacer is inserted between the new ball and the socket to allow for a smooth gliding surface.



There are 2 different approaches to HIP Replacement:

Postero-Lateral Surgical Approach- incision is done on the side towards the rear of the patient. There are 3 precautions that must be avoided to prevent dislocation of the new prosthesis after surgery. These will be discussed later in the guidebook.

Anterior Surgical Approach- incision is done on the front or near the outer groin of the patient. There is one precaution to follow to avoid dislocation of the new prosthesis after surgery that will be discussed later in the guidebook.

Joint Replacement Guidebook

- Will my new joint set off security sensors when traveling? Your joint replacement is made of a metal alloy and may or may not be detected when going through some security devices. You can carry a medic alert card indicating that you have an artificial joint, but security at check points usually don't heed the cards, they will need to use their wand devices to check you. Check with your surgeon on how to obtain a medic alert card.
- Will I need a blood transfusion? You may need blood during or after surgery. The risks are higher after hip replacement versus knee replacement. Your surgeon may choose to give you a medication called tranexamic acid, in the operating room, to help decrease the amount of blood loss in surgery. Your surgeon may recommend that you take iron pills after surgery to help your body regenerate hemoglobin, the oxygen carrying portion of your blood, after surgery.
- When can I have sex after joint replacement surgery? Sexual activity is not recommended immediately after surgery. Sexual activity can often resume safely at four to six weeks after surgery, but it could be longer. Your surgeon will determine what timeframe is safe for you. Following precautions to prevent dislocation is very important.

Joint Replacement Preparation Class:

Class is held on Wednesday's from 10 am to 12:30 pm. To reserve your space in the pre-operative education course, please call (909) 630-7403. The Joint Replacement Preparation Class is held in the Robert and Beverly Lewis Outpatient Pavilion, 2nd Floor Multipurpose Room, P200C. (The Outpatient Pavilion is located on the main hospital campus of Pomona Valley Hospital Medical Center at 1798 N. Garey Ave, Pomona, CA 91767). The goal is to have this education class at least 2 - 4 weeks prior to surgery. Most surgeons will require this class prior to scheduling a surgery date.

Bring your support person who will be helping you after surgery with you to class (we call this person your coach) to receive the same education. The outline of the class is as follows:

- Preparing for surgery
- What Happens in the Hospital
- What to Expect When you Go Home
- Blood Clot Prevention
- Pain Management
- Physical and Occupational Therapy
- Question and Answer Session

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Pre Admit Testing (PAT):

Please schedule your appointment for two weeks prior to your surgery date. You can call Centralized Scheduling at (909) 469-9395 to schedule an appointment, or you can walk-in to the unit. Please allow approximately 2 hours for this appointment. This unit is open Monday's through Friday's (except holidays) from 7:30 am to 5 pm. (The busiest times are from 10:00 am to 2:00 pm and it may take longer than 2 hours to complete this appointment during this timeframe.)

The Pre Admit Testing unit is located at the Robert and Beverly Lewis Outpatient Pavilion, on the main hospital campus, on the 1st floor.

Bring below information with to PAT appointment:

- Physician's orders- in the Pre-Admit Testing folder the surgeon's office provided you with.
- Insurance Card and / or policy, Medicare or Medi-Cal card
- Driver's licenses and / or photo ID cards of the patient and the insured
- Emergency contact information
- Legal Arrangements –Living Will or Durable Power of Attorney, Advanced Directive
- Medications List - include dosage, how often, why you take it & last time you took it.
- Allergies- what your reaction was to the medication (Hives, shortness of breath...)
- Reactions to anesthesia
- Doctors Names and Numbers and why you are seeing them
- Dietary Restrictions
- Medical History-(i.e. Diabetes, hypertension, heart problems, asthma, Hepatitis, HIV, Sleep Apnea, CPAP machine, kidney or liver disease, MRSA, VRE, any infections you were isolated for in the past)
- Email address if you want access to your medical information through the MYHEALTH Patient Portal.
- "Coach's" number and information

Joint Replacement Guidebook

Section Two:

Preparing For Surgery

PLAN of CARE:

- Joint Replacement Preparation Class at Pomona Valley Hospital Medical Center at least 2 - 4 weeks before surgery.
- Medical Clearance from your primary care physician.
- Pre Admit Testing at Pomona Valley Hospital Medical Center 2 weeks before surgery. Patients must bring the orders from their surgeon's office with them to complete this visit.
- CHG Showering for 5 nights before surgery.
- Type & Screen lab drawn at Pomona Valley Hospital Medical Center within 72 hours of surgery, if ordered by your surgeon.
- Prepare for discharge now:
 - Average time in the hospital is just overnight, and then patients go home with their "coach", or family member or friend, who is helping them out after surgery.
 - Have a "coach" available for approximately 1 to 2 weeks once you return home after surgery, as needed.
- Upon Discharge HOME after Surgery your surgeon may order:
 - Durable Medical Equipment- Provided by your insurance company at the time of discharge from facility sending you home. Make sure you have your walker in your possession before discharge from hospital / facility.
 - Home Health Nursing visits- Provided by your insurance company. Usually 2 visits in a 2 week period when discharged home from hospital. First visit is an initial consultation. Second visit is on the day the dressing needs to be changed.
 - Home Health Physical Therapy (PT) visits- Provided by your insurance company. Usually 2 to 4 visits in a 2 week period when discharged home from hospital. PT is making sure you know your exercise program and is checking the safety of your home.
 - Outpatient Physical Therapy- Provided through your insurance at one of the facilities contracted with your insurance company. May take the place of Home Health Physical Therapy if progressing well after surgery.
- 2 Week Follow up Appointment with your Surgeon: Your surgeon will assess your incision and remove any staples if present and check on your progress after surgery.
- Outpatient Physical Therapy: Patients receive Outpatient Physical Therapy orders, if needed, from surgeon's office at 2 week follow up visit.

Joint Replacement Guidebook

- Variances: Patients who do not progress as expected may require Skilled Nursing Facility care after surgery. Admission to these facilities is based on the patient's progress after surgery and patient's insurance and bed availability at the time of discharge.

PREPARE FOR SURGERY:

4 to 6 Weeks before surgery:

- Check with your doctors concerning your medications. You may need to stop taking certain medications before surgery to decrease your risk of bleeding during and after surgery.
 - Discontinue all anti-inflammatory medications such as Aspirin, Motrin, Ibuprofen, Advil, Naproxen, Aleve, Naprosyn, Mobic, Diclofenac, Celebrex, etc. These medications may cause increased bleeding. These medications should be stopped at least 1 week prior to surgery. Ask your doctor.
 - Stop Taking Herbal Medicine
 - Examples of herbal medicines include, but are not limited to: Echinacea, ginkgo, ginseng, ginger, licorice, garlic, valerian, St. John's wort, ephedra, goldenseal, feverfew, saw palmetto, kava-kava, Vitamin E, Fish Oil, Glucosamine, and Tumeric.
 - If you are taking a blood thinner, you will need instructions for stopping the medication prior to surgery, either from your surgeon or the doctor who prescribes this medication for you.
- Procedures and Dental Work- Do not have any procedures or dental work done 4 to 6 weeks before surgery or until 6 months after surgery. Ask your surgeon about questions concerning antibiotics before dental work and other procedures after joint replacement surgery. Notify any doctor or dentist caring for you about your new joint.
- Start "Healthy Eating Before and After TJR Surgery" available in Section Five, pages 44 to 46, of this guidebook. Proper nutrition can help to prevent complications after surgery such as: infection and illness, bed sores, slow wound healing, frailness and falling. Good nutrition can help you: maintain lean muscle and strength, support your immune system, and reduce the chance of readmission to the hospital.

If you are diabetic it is important to control your blood sugar levels. It is ideal to have your Hgb A1C 7 or less. Talk to your primary care physician for help with your diabetes.

- Strengthen your muscles by doing your exercises before surgery, on both legs and arms, as instructed on the Total Knee / Hip Strengthening Program available in Section Five, pages 48 to 52, of this guidebook.

Joint Replacement Guidebook

- Stop SMOKING as it can cause breathing problems and decrease your rate of healing.
 - Smoking impairs oxygen circulation to your healing joint. Oxygen circulation is vital to the healing process. If you or a loved one smoke, we suggest you stop 4 weeks prior to your surgery. Please speak to your doctor about your options. Other resources include: 1 (800) NO-BUTTS or 1 (800) 456-6386 (Spanish) or logon to CaliforniaSmokersHelpline.org for assistance.
- Reach and maintain your desired weight. Excess weight can create added stress on your joints. Even losing 2 percent of your body weight can make a difference and make physical activity easier. Your PCP can make a referral for you if needed.
- Ask for time off from work, minimum of 4 to 6 weeks, with them knowing rehabilitation may take longer.
- If you are the caregiver of other family members, small children or pets, arrange for help caring for them during your immediate recovery time.

2 weeks before surgery date:

- Complete your Pre Admit Testing (PAT) at Pomona Valley Hospital Medical Center (PVHMC). (You must have the orders from your surgeon's office to complete this appointment.) At this appointment:
 - Nasal screen test will be done to test for "staph" in your nose.
 - You will receive Chlorhexidine Gluconate (CHG) 4% showering kit and detailed instructions to shower five consecutive nights before surgery.
 - RN will verify the needed labs, x-rays, and EKG's are completed and you are prepared for surgery.
- Prepare your home:
 - Prevent Falls
 - Remove / secure throw rugs, secure any existing handrails, rearrange furniture, add night lights as needed, and install grab bars in showers and tubs if needed.
 - Place frequently used items at waist level so you do not have to bend down or reach up.
 - Prepare meals.
 - Refill important medication prescriptions before surgery.

Joint Replacement Guidebook

- Prevent Infections
 - Pets should not sleep with you in bed during the showering before surgery or until your wound is completely healed after surgery, approximately 4 - 6 weeks.
 - Do not shave from the neck down for 3 days prior to surgery. The holding room will remove any hair from surgical site with clippers on day of surgery.
 - Clean up your house.

5 Days Before Surgery:

- Start the CHG showering 5 nights before surgery. Follow instructions provided in kit.
- Purchase food items and needed supplies, refills of medications, for after surgery.
- Notify your surgeon if you have any signs of bladder, skin, tooth, respiratory, etc infections.
- Keep yourself well-hydrated with water the week before surgery, unless you are on fluid restrictions.
- Within 72 hours (3 days) of surgery you will need to have a Type and Screen lab test drawn in the main hospital lab so you receive the correct blood if needed after surgery.

Day Before Surgery:

- Pack your bags:
 - Loose fitting clothing, including socks, shoes and undergarments
 - Closed-toed / non-skid slippers or shoes
 - Personal toiletries
 - Eyeglasses and case
 - Hearing aid and batteries
 - CPAP machine settings, tubing, and machine
 - Cell phone
 - Driver's license or photo ID, insurance card, Medicare / Medicaid card
 - Copy of your Advanced Health Care Directive
 - Important telephone numbers (including person bringing you home)
- Bring the most current list of medications and supplements, noting which ones have been stopped.
- Do Not Eat anything after midnight the night before surgery. You may drink water or Gatorade (Diet Gatorade for diabetic patients) up to 16 ounces (or 2 cups) until 5 am the morning of surgery. After 5 am the morning of surgery, do not drink anything.

Joint Replacement Guidebook

- Our scheduling nurse will call you the evening before your surgery. If you do not receive a call, please call (909) 865-9894 from 5:30 pm to 7:30pm. If you are scheduled for surgery on a Monday or holiday, call the hospital on the last business day before surgery.

Morning of Surgery:

- Shower using your regular soaps and shampoos.
- Complete good oral care prior to leaving your home. This includes brushing your teeth, flossing and rinsing with mouthwash.
- Arrive on time as instructed the evening before.
- Take your medications if instructed to do so, with a sip of water early the morning of surgery.
- Arrange for a friend or family member to be responsible for your belongings while you are in surgery.
- Leave your jewelry, cash, credit cards, and any other valuables at home.
- Do not bring your own medications to the hospital.
- Do not wear eye makeup the day of surgery.
- Do Not Eat anything after midnight the night before surgery. You may drink water or Gatorade (Diet Gatorade for diabetic patients) up to 16 ounces (or 2 cups) until 5 am the morning of surgery. After 5 am the morning of surgery, do not drink anything.

Joint Replacement Guidebook

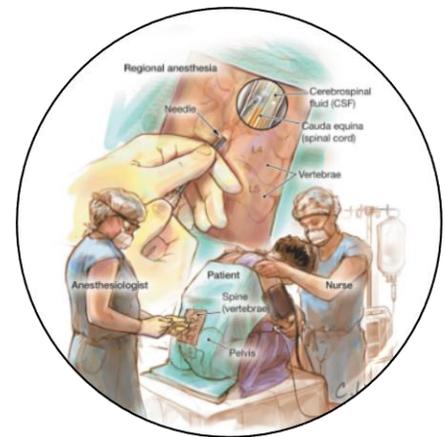
Section Three:

In The Hospital

Day of Surgery - What to Expect

Before Surgery:

- Arrive at Pomona Valley Hospital Medical Center, 1798 North Garey Ave, Pomona, CA 91730, at the time instructed. Surgery may take place in the Main Hospital or in the Outpatient Pavilion. Check-in at the information desk in the main lobby. After checking-in, you will be directed to the admissions office and then to Elevator A, to the Second Floor Pre-Op Room.
- In the Pre-Op room, patients are prepared for surgery which includes: hair clipped from surgical site, body wiped down with CHG medicated soap, IV started and pre-operative medications given as ordered by surgeon. Your operating room nurse as well as your anesthesiologist will interview you, reviewing your medical history and test results.
- The preferred anesthesia for joint replacement surgery is spinal anesthesia. This is where medication is injected into the lower portion of the spine. This numbs the body from the waist down. You will also be given other medications that make you sleep during the surgery.
- Your surgeon will mark your operative leg to identify it for surgery. Once you are ready for surgery you will then be escorted to the operating room where you will see your joint replacement surgery team and where surgery will be done.



During Surgery:

- While you are in surgery, your family members and / or friends may wait in the surgical waiting room on the second floor.
- Surgery is usually 2 to 3 hours and once surgery is finished, your surgeon will speak with your family and give them an update on how the surgery went.

After Surgery:

- Following surgery, you will be taken to the Post Anesthesia Care Unit (PACU) where you will remain for approximately one to two hours. During this time, pain control is established, your vital signs monitored, and an x-ray may be taken of your new joint. If you had spinal anesthesia you may not be able to feel or move your body from the waist down. The team will work to make you as comfortable as possible.

Joint Replacement Guidebook

Pain Management

- All patients have a right to have their PAIN MANAGED. Pain will change throughout your recovery process. If you need more help with your pain management, talk to your nurse or your surgeon. The goal is to keep you at a comfortable level so that you can tolerate the activities you will need to participate in. We use a pain scale that uses a number to rate your pain from “0” which is no pain and “10” which is the worst pain imaginable. Communicate your pain level to your nurse so she can medicate you as ordered, keeping you comfortable enough to do your planned activities. Do not wait until the pain is too severe as it is more difficult to get the pain under control.

UNIVERSAL PAIN ASSESSMENT RULER											
Numeric Score	0	1	2	3	4	5	6	7	8	9	10
WONG-BAKER FACES (3 yr.-Adult)											
Verbal Descriptors	No Pain	Mild Discomfort	Uncomfortable but able to tolerate	Moderate Distress	Severe Pain	Worst Pain Imaginable					
Spanish Descriptors	No Dolor	Poco Dolor	Molesto pero Tolerable	Estresado Moderado	Dolor Severo	Dolor Muy Fuerte					
Activity Tolerance	Full Function No Pain	Activity 100% Pain can be ignored	Activity 75% Interferes with task completion	Activity 50% Pain interferes with concentration	Activity 25% Pain interferes with basic needs	Activity = 0 Incapacitated, Bedrest required					

9
eons order preoperative medications to help with post-operative pain. These are given in the pre-op room prior to surgery with a small sip of water and may include medications like Tylenol, Celebrex, Neurotin, Oxycontin, or Protonix. They also give injections intraoperatively into the surgical site to help with pain control after surgery.

In the PACU, patients are generally given IV medications like Morphine or Dilaudid to help control pain. Once you are on the Med Surg 4 Floor and able to eat food, you should take the oral medications ordered for you and use the intravenous (IV) medications for break through pain (pain that comes between oral doses). It is recommended to take the oral pain medication 30 to 45 minutes before Physical Therapy.

Blood Clot Prevention:

Joint Replacement Guidebook

Patients having hip and knee replacement surgery are at high risk of developing blood clots after surgery due to anesthesia, surgery, and decrease in mobility. Preventing blood clots after surgery is very important. We do this with foot pumps or SCD's, exercises, activity, walking and with medications.

Medications to Prevent Blood Clots:

You will receive a prescription at the time of discharge for the medication the surgeon prescribes for blood clot prevention at home. Make sure to take the medication at the same time every day, as prescribed.

- Lovenox (Enoxaparin) 30 to 40 mg once or twice a day given as a shot in the fatty tissues around the abdomen starts 20 hours after surgery. Usually given for 14 to 30 days after surgery. If you are going home on Lovenox, the nurses will educate and make sure you, or a family member, are able to give the injections once you are home.
- Aspirin Enteric Coated (ASA EC) 325 mg twice a day for 14 to 30 days after surgery, if you are at low risk for developing a blood clot. Remember, the aspirin is for blood clot prevention and not for pain management and needs to be taken as prescribed by the doctor.

Equipment after Joint Replacement Surgery:

You will have equipment attached to you as well as drains when you wake up from anesthesia. The equipment includes:

- Post Op Dressing
 - It has silicone adhesive which is hypoallergenic as well as it stretches with the skin so patients do not get blistering or rashes.
 - It has absorbent padding to wick drainage away from the skin. The padding also has silver in it to help prevent bacteria from growing.
 - If not saturated, the dressing can stay on for up to 7 days.
- Foot Pumps (usually for those having Knee Replacement)
 - Used while in the hospital on both feet to help prevent blood clots. The pump alternates from one foot to the other, squeezing to circulate the blood.
 - Should be worn when in bed.
- Sequential Compression Devices (SCD's) (usually for those having Hip Replacement)
 - Used while in the hospital only on both legs to help prevent blood clots. The pump alternates from one leg to the other, squeezing to circulate the blood.
 - Should be worn when in bed.
- Incentive Spirometer (IS)
 - Used to encourage deep breathing and expanding the lungs to prevent pneumonia.

Joint Replacement Guidebook

- Patients should do 10 repetitions every hour while awake.
- Ice Therapy (Total Knee Replacement Patients ONLY)
 - Cooled therapy pad applied to the operative knee to help decrease swelling.
 - When we decrease swelling we decrease pain.
 - Used in hospital only. Use icepacks at home.
- Hemovac Drain (Total Knee Replacement Patients ONLY)
 - May be placed in the operating room under anesthesia to drain fluid collecting in the knee capsule.
 - Removed usually the following day (post op day #1) at 6 am to decrease the risk for infection.
- TED Hose (White Compression Stocks)
 - To help prevent swelling after surgery.
 - If you are wearing them in the hospital the surgeon expects you to wear them at home until he or she instructs you not to.
 - At home, remove the TED hose once a day for 1 hour to air out the skin underneath. Check the skin for sores or irritations.
- Abductor Pillow (Total Hip Replacement- Postero-Lateral Approach Patients ONLY)
 - Placed between the legs after surgery to prevent crossing of the legs and pigeon-toeing, as this could cause dislocation of the new hip.
- Hip Wrap Dressing (some Total Hip Replacement Postero-Lateral Approach Patients may have this ordered)
 - Compression wrap around the hips and surgical leg to help decrease swelling.
 - Large pocket on the side can be used for ice application.

Ortho Floor

- Once your recovery from anesthesia is complete, you will be taken to the Ortho Floor, where an orthopedic nurse will care for you. Only one or two very close family members or friends should visit you on this day. Early activity will start right away and may include walking from your gurney into your bedroom on arrival to the unit.

In-Hospital Plan of Care (may change based on your progress once you are in the hospital):

Joint Replacement Guidebook

Goal Length of Stay: Overnight.

Day of Surgery, Post-Op Day #0

- Clear to full liquid diet as tolerated.
- IV pain medication, progress to oral when tolerating food.
- IV fluids until tolerating oral fluids.
- Preventive IV antibiotics for next 24 hours.
- Bowel protocol initiated, laxative started to prevent constipation.
- Incentive Spirometer, 10 repetitions every hour while awake.
- Deep Breathing and Coughing exercises.
- Physical Therapy the afternoon on Day of Surgery- Walk. Leg exercises.
- Blood clot prevention: SCD's or Foot Pumps, ankle pumps, and blood clot prevention medication.
- Discharge education in progress.
- Total Knee Replacement:
 - Knee Precautions: No pillow under your affected knee. Pillow under ankle is okay.
- Postero-Lateral Approach for Total Hip Replacement:
 - Abductor pillow between legs when in bed.
 - Hip Precautions: No bending past 90 degrees, No pigeon-toeing, No crossing legs.
- Anterior Approach for Total Hip Replacement:
 - No Abductor pillow needed.
 - Hip Precautions: Avoid extending the hip behind you.

Day-After Surgery, Post-Op Day #1= Discharge Day

- Laboratory draws as ordered.
- Diet as tolerated.
- IV fluids until tolerating oral fluids.
- Preventive IV antibiotics discontinued. IV access remains in place until discharged.
- Oral pain medications encouraged. Use IV pain medications for breakthrough pain only.
- Pain medication taken within 30 to 45 minutes of physical therapy or activity.
- Out of Bed with Assistance for every meal.
- Physical therapy twice daily, once in the morning and once in the afternoon. Leg exercises.
- Occupational therapy once daily.
- Incentive Spirometer, 10 repetitions every hour while awake.
- Deep Breathing and Coughing exercises.

Joint Replacement Guidebook

- Blood clot prevention: SCD's or Foot Pumps (while in the hospital only), ankle pumps and blood clot prevention medication.
- Bowel protocol continued.
- Case manager / discharge planner is working to plan for your discharge, working with your insurance to make sure you have the equipment and services as ordered.
- Plan for discharge home today. Discharge education in progress.
- Total Knee Replacement:
 - Knee Precautions: No pillow under your affected knee. Pillow under ankle is okay.
- Postero-Lateral Approach for Total Hip Replacement:
 - Abductor pillow between legs when in bed.
 - Hip Precautions: No bending past 90 degrees, No pigeon-toeing, No crossing legs.
- Anterior Approach for Total Hip Replacement:
 - No Abductor pillow needed.
 - Hip Precautions: Avoid extending the hip behind you.
- Case manager / discharge planner finalizing plans for your discharge.
- Discharge education complete. Patient discharged home with coach between 2 to 4pm.

Discharge Day

You will be discharged when you are medically stable and you meet the criteria set by your surgeon and physical therapist. You will be able to go up and down stairs, get in and out of the car, get in and out of bed, and rise from a chair or toilet. These activities will be taught to you by the physical and occupational therapists in the hospital. Usual time of discharge is between 12 to 2 pm the day after surgery.

Please have someone arranged to pick you up on the day of discharge. You will receive written discharge instructions concerning medications, physical therapy, activity, dressing changes etc. You will have pain medication prescriptions, and possibly other medication prescriptions, to fill at your preferred pharmacy at the time of discharge.

Although you may desire to go to a skilled nursing facility when you are discharged, your progress will be monitored by your insurance company while you are in the hospital. Upon evaluation of your progress, either you will meet the criteria for admission or your insurance company may recommend that you return home with other care arrangements. Therefore, it is important for you to make alternative plans preoperatively for care at home.

Joint Replacement Guidebook

In the event a skilled nursing facility is not approved by your insurance company, you can choose to go and pay privately. Please keep in mind that the majority of our patients do so well that they do not meet the guidelines to qualify for skilled nursing facility. Also, keep in mind that insurance companies do not become involved in social issues, such as lack of caregiver, animals, etc. These are issues you will need to address before admission.

Section Four:

Living With Your Joint Replacement

Caring for yourself at home

My Coach

- You will need assistance for the first 1 to 2 weeks for 24 hours a day after you return home.
- You will need a cheer leader when you have difficult moments.
- You will need a ride to your appointments.
- You will need help around the house with daily tasks like preparing meals, doing the laundry and dishes.
- You will need reminders to take your medications on time.
- You will need reminders to take your pain medication before PT or planned activity.
- You will need encouragement to do your home exercise program, including your ankle pumps.
- You will need reminders to do your deep breathing and coughing exercises and your Incentive Spirometer.
- You will need someone to remind you of even your smallest achievements.
- You will need someone to remind you of realistic goals and keeping a positive outlook.

After surgery, your operated leg may feel:

- **Heavy:** The muscles are weak after surgery. It will become easier to move as you continue to do your exercises.
- **Longer:** Do not be alarmed. This may happen to a few patients who have had total hip replacement. The sensation should resolve usually by the 5th or 6th week. Continue to walk and weight bear through the operative leg.
- **Tight:** Your leg will be swollen for 1 to 3 months. Total hip replacement patients may experience swelling around the hip and possibly into the groin area and down to the knee. Patients will often feel stiff, especially with prolonged sitting. Total knee replacement patients may experience swelling around the knee and possibly down towards the foot and ankle. Performing the range of motion exercises can be difficult because of this tightness / swelling.
- **Warm:** Some warmth is normal, especially after walking or exercising.
- **Numb:** Total knee replacement patients may experience numbness on the outside of the kneecap (usually the size of a 50 cent piece). Total hip replacement patients may experience numbness on the outside of the leg. Total knee / hip replacement patients may also experience numbness along the incision line.

Joint Replacement Guidebook

- “Band around the knee” for knee replacement patients. The “band-like” sensation usually subsides by 6 weeks.
- Bruising: You may notice increased bruising along the back of your leg / knee for hip patients and down the calf / shin and into your foot / ankle for knee patients. This is accumulation of blood from the surgery. Often time, it cannot be seen until 1 to 2 weeks after surgery, and may last 6 to 8 weeks.

Minimizing Post Surgery Sleep Disorders

After surgery, one of the most frequent complaints from patients is “I have trouble sleeping.” The normal activity / rest pattern becomes disturbed. Your body may not recognize when it is tired. There are several things that you can do to minimize this problem.

1. Have a glass of warm milk or a banana.
2. Relax by reading, playing solitaire, sewing, watching TV, or working on a jigsaw or crossword puzzle may help relieve anxiety and reduce muscle tension.
3. No naps during the day greater than 2 hours.
4. Do not sleep-in in the morning.
5. Avoid alcoholic beverages, caffeine, chocolate, heavy / spicy / sugar-filled foods. Avoid smoking before bedtime. They can affect your ability to fall asleep.
6. Restrict fluids right before bed to avoid getting up to use the restroom.
7. Find a comfortable temperature for sleeping and keep the room well ventilated and eliminate light as much as possible.
8. Always follow the advice of your physician and other health care professionals. The goal is to rediscover how to sleep naturally.

BASICSS after Joint Replacement

Blood Clot Prevention:

✓ Research has shown patients are at risk of developing blood clots for up to 30 days after joint replacement surgery. You can help prevent blood clots by:

1. Taking your blood clot prevention medication as ordered by your surgeon or physician.

- Blood Clot Prevention Medications:
 - Lovenox (Enoxaparin) and Aspirin Enteric Coated (EC ASA) are the two most typical medications ordered at discharge.
 - Rivaroxaban (Xarelto), Eliquis (Apixaban) or Warfarin (Coumadin) may be ordered only if your medical condition requires it.
- When you are discharged from the hospital, take the written prescription given to you at the time of discharge to your pharmacy and fill it.
- Notify your surgeon or physician immediately if you cannot get this medication for any reason.
- Take the medication at the same time every day as directed. Never skip a dose or take a double dose.
- Side effects are minor bleeding or unusual bruising, which can show up 1 to 2 weeks after surgery.
- Major bleeding is an uncommon but serious side effect. Contact your doctor right away if you notice a hard bruised area, nosebleeds or blood in your urine.
- ✓ Patients should take the following precautions to avoid injury while on blood clot prevention medications:
 - Shave with an electric razor;
 - Use a soft toothbrush and waxed dental floss;
 - Wear shoes or non-skid slippers in the house;
 - Trim nails carefully, and use care with knives and scissors.
- Seek medical attention right away if you are seriously injured, if you are in a car accident or if you hit your head.

2. Moving your muscles helps circulate blood and also helps prevent blood clots. You move your muscles when you:

- Exercises as instructed by Physical Therapy.
- Ankle pumps 20 times every 30 minutes to 1 hour while awake.
- Walking around the house a few times every day for 5 to 10 minutes at a time and increasing the activity each day as tolerated.

Blood clot prevention
Medic**A**tions
Signs / **S**ymptoms to report
Incision Care
Pre**C**autions / Safety
Exercise**S** / Equipment
Follow Up with **S**urgeon

Joint Replacement Guidebook

MedicAtions:

✓ Home Medications

- A copy of your Discharge Medication Reconciliation List will be provided to you upon discharge from hospital.
- Your discharge medication list will be reviewed with you, including which medications to resume at home and instructions on when the next dose(s) are due.

✓ Pain Medications

- Pain is common and to be expected after this type of surgery.
- Take your pain medications 45 minutes before your planned activity, such as Physical Therapy.
- Take your pain medication, with food, as prescribed by your surgeon.
- Use your pain medications as needed to manage the pain. Keeping your pain managed will help you do your exercises.
- Gradually wean yourself off the prescribed pain medication switching over to an over-the-counter pain medication, such as Tylenol.
- Do NOT drink alcohol or drive while on pain medications.
- Pain medications may cause nausea, constipation and light-headed sensation.
 - Take pain medication with crackers to minimize nausea and stomach upset.
 - You may take laxatives or stool softeners to help with constipation, as needed.
 - Getting up slowly from a chair or bed will help cope with the light-headed sensation.
 - Call surgeons office if symptoms occur and you need the medication changed.

Signs / Symptoms to Report: Contact your surgeon's office right away for any of the following:

- ✓ Incision changes- new or increased redness, swelling, drainage, or opening of the incision.
- ✓ Temperature over 101 degrees Fahrenheit with chills, shaking or sweating.
- ✓ Pain develops with weight bearing or if the leg looks misaligned or deformed. This could be a sign of dislocation of your new joint.
- ✓ Pain, excessive tenderness and /or swelling in your leg or calf that does not go away with ice and elevation. This can be a sign of a blood clot in the veins of your legs.
- ✓ IF you develop shortness of breath, chest pain, coughing up blood or have unexplained anxiety, especially with breathing, a blood clot may have moved to the lung- CALL 911 for this medical emergency.

Joint Replacement Guidebook

Incision Care:

- ✓ Hand washing is the most important step to preventing infection.
- ✓ **Follow the Discharge Incisional Care Instructions for care of the Mepilex dressing at home if you have this dressing over your incision / staples.**
 - The post op dressing can stay on for up to 7 days if it is not saturated with drainage and it is kept clean and dry.
 - Keep dressing clean, dry and intact.
 - You may shower when your surgeon tells you it is okay to shower.
 - If you have staples, they are removed about 10 - 14 days after surgery, depending on how the incision is healing at your first post - operative office visit.
 - If you have staples, keep them covered so they do not catch on your clothing.
 - If you have staples and are giving the okay to shower, wash it with soap and water, do not scrub the incision. Pat incision dry with a clean cloth.
- ✓ **If you have glue closing the incision**, you may remove the dressing on day 2 after surgery and you may shower. Do not scrub the incision / glue. Do not pick at the glue / film. This film will naturally fall off the skin on its own.
- ✓ Do not place any lotion, ointments or alcohol on or near the incision.
- ✓ Do not soak in bath tubs, hot tubs, or pools until your incision is completely healed and your surgeon has given you permission.
- ✓ You may experience numbness towards the outer edge of the incision. This is normal. This may or may not go away over time.

KNEE / HIP PreCautions and SAFETY:

- ✓ **KNEE Precautions:**
 - Do not place a pillow under your operated knee.
 - DO NOT stand, plant legs, bend and twist at the same time.
- ✓ **HIP Precautions after Postero-Lateral Surgical Approach Only:**
 - Avoid pigeon-toeing or internal rotation.
 - Avoid crossing your legs or ankles.
 - Avoid bending past 90 degrees at your hip.
 - Use abductor pillow or regular pillow between legs while sleeping.
 - Your surgeon will let you know when to stop these precautions.
- ✓ **HIP Precautions after Anterior Surgical Approach only:**
 - Avoid extending the hip behind you.
- ✓ **Pointers:**
 - Okay to elevate leg by placing a pillow under the ankle or foot (ankles higher than heart level).
 - Ice for 20 minutes and elevate operated leg after exercise / activity.
 - It is normal for some degree of swelling to persist for several months after surgery.

Joint Replacement Guidebook

- Any activity that leaves your feet on the floor, such as sitting in a chair or walking, can lead to swelling. This swelling can be reduced by lying down intermittently throughout the day with your legs elevated and performing ankle pumps.
- **Stairs:** Use the handrail or banister for stability. Go up with your good (non-operated) leg and down the stairs with your affected (operated leg). Go up or down stairs one stair at a time.

✓ SAFETY:

- Avoid falls by: removing throw rugs and cords from walkways, use nightlights, use chairs with arms to help you get up and down.
- Get up slowly from a chair or bed.
- Change positions frequently to avoid stiffness.
- Use your walker at home after surgery, until your Physical Therapist or Surgeon instructs you otherwise.
- Driving: You should not drive for at least 4 to 6 weeks after surgery.

✓ Body Changes

- Your appetite may be poor for a while after surgery.
- Drink plenty of fluids to keep from getting dehydrated.
- Pain medications can cause constipation. Use a stool softener or laxative as needed.
- Eat a healthy diet with fruits and vegetables and increase fiber to also help with constipation.
- It is not uncommon to have difficulty sleeping or low energy levels the first month after surgery.
- Your leg may feel longer as the new joint likely gained some height that was lost before surgery.

Exercise **S** / Equipment:

✓ Exercises:

- **Joint Replacement surgery requires a lifelong commitment to exercising, stretching and low impact activities to get the best results possible.**
- Exercises as directed by Physical Therapy at least 3 times a day.
- Increase activities and walk gradually as instructed by your health care provider, following the heel-toe walking pattern.

✓ Equipment:

- Front Wheeled Walker (FWW)** will be ordered.
- Bedside Commode (BSC)** may be ordered. (Not all insurances cover this cost.)
- Your insurance company's contracted provider will contact you to deliver the equipment that is ordered by your surgeon. Save your equipment as insurance companies may not provide it again if you have another surgery.
- You need possession of your FWW prior to leaving the hospital. Have the provider deliver the FWW to your bedside.

Joint Replacement Guidebook

- ✓ **Home Health Services-** these services may be ordered if your physician determines they are needed at the time of discharge.
 - **Home Health Nursing** visits-** Usually 2 visits in a 2 week period when discharged home from hospital. First visit is an initial consultation. Second visit is on the day the dressing needs to be changed. The insurance company's contracted provider will call you to schedule the visits.
 - **Home Health Physical Therapy (PT)** visits-** Usually 2 to 4 visits in a 2 week period when discharged home from hospital. PT is making sure you know your exercise program and is checking the safety of your home. The insurance company's contracted provider will call you to schedule the visits.
- ✓ **Outpatient Physical Therapy:** Some patients will go home with Outpatient Physical Therapy orders and no Home Health Services orders. This is determined by your surgeon and your progress in the hospital.

****Cost covered for equipment and home health services varies and is based on your insurance policy.****

Follow Up with **S**urgeon

- ✓ You should follow up with your surgeon at approximately 2 weeks from the date of surgery, or as instructed by your surgeon.
- ✓ Call the office for appointment if you do not already have one scheduled. When you call the office for the appointment, inform them you are coming in for your first post-operative visit.
- ✓ Follow up with Primary Care Physician or Specialist for medical conditions within 2 weeks after surgery.
- ✓ Outpatient Physical Therapy: Patients receive Outpatient Physical Therapy orders, if needed, from surgeon's office at the 2 week follow up visit. The amount of Outpatient Physical Therapy visits is based on your needs at the time of the service and your insurance policy.

Preventing and Identifying Potential Complications

Blood Clots in a vein

Blood clots form along the walls of the veins in your legs when blood is stagnant. Blood may become stagnant as a result of anesthesia, surgery and decreased activity. Keep in mind, blood clots could form in either leg.

Prevention of blood clots:

- Ankle pumps, quad sets and other home exercises as instructed on both legs.
- Blood thinning medications as instructed.
- Walking several times a day and increasing as tolerated.

Signs and symptoms of blood clots in the legs:

- Swelling in thigh, calf, or ankle that does not go down with elevation.
- Pain, heat, and tenderness in calf, back of knee or groin area.
- The physician may have you go to the ER and order an ultrasound to rule out clots in the vessels of the lower leg.

Pulmonary Embolism

A pulmonary embolism occurs when a blood clot from the leg travels to the lungs. When this occurs, the lungs blood supply is compromised and the affected area of lung tissue may die. The lungs ability to provide oxygen to the body is decreased. This is an emergency and you should call 911 if suspected.

Prevention of pulmonary embolism (blood clots in the lungs):

- Prevent blood clot in the legs.
- Recognize if a blood clot forms in your leg and call your physician immediately.

Signs and symptoms of pulmonary embolism (blood clots in the lungs):

- Sudden chest pain.
- Chest pain that worsens with deep breathing.
- Difficulty and/or rapid breathing.
- Shortness of breath.
- Sweating.
- Confusion.
- Unexplained anxiety.

Joint Replacement Guidebook

Infection

Your surgeon may recommend that you take antibiotics to prevent infection before you undergo future dental procedures or other invasive medical procedures. Make sure you discuss this during your first postop visit with your surgeon. Make sure to let your dentist know you have a new joint as well.

Prevention of infection:

- Hand washing.
- Keep incision clean and dry.
- Eat a healthy diet.
- Drink plenty of fluids.

Signs and symptoms of infection:

- Increased redness or hotness to incision.
- Increased drainage from incision.
- Opening of the incision.
- Foul smelling odor from incision.
- Yellow or green drainage from incision.
- Persistent fever that exceeds 101 degrees Fahrenheit.
- Chills or shaking.
- Increased pain in knee.
- Excessive swelling.

Dislocation

Follow the precautions taught to you by your therapists. Practice the exercises taught to you to strengthen the muscles around your new joint. Ask your surgeon how long you need to follow your knee precautions.

Prevention of dislocation:

KNEE Replacement Patients:

- Do NOT stand, bend knees, and twist at the same time.
- Do NOT put more weight on your affected leg than instructed.

HIP Replacement Patients:

- Do NOT bend forward more than 90 degrees at the hip.
- Do NOT lift your knee higher than your affected hip.
- Do NOT bring your legs together or cross your legs.
- Do NOT turn your affected leg inward.
- Do NOT reach across your affected leg.

Joint Replacement Guidebook

- Do NOT twist your body when standing.
- Do NOT put more weight on your affected leg than instructed.

Signs and symptoms of dislocation:

- New onset of severe pain
- Turning in or out of your leg that is new
- Unable to walk or put weight on your leg
- Increase numbness or tingling of the leg
- Change in length of the leg
- Knee or hip appears deformed
- A bulge felt over the hip

Contact your surgeon right away if you happen to fall or for any of the above symptoms.

Performing Activities of Daily Living After Surgery

Safety and Avoiding Falls

There are many things you can do to keep your joints safe. Please follow these suggestions to avoid injury and falls:

- Remove throw rugs.
- Be aware of floor hazards such as small objects, pets, and uneven surfaces.
- Provide good lighting; use nightlights and a flashlight as needed in the halls, bathroom, and bedroom.
- Keep cords out of the walking path.
- Wear slippers or shoes with backs; soles should be rubber for good traction.
- Use chairs with arms to help you get up and down.
- Get up slowly from a chair or the bed in case you are dizzy.
- Do not lift heavy objects for at least 3 months; discuss with your surgeon first.
- Stop to think before taking on a new task.
- Change positions frequently to avoid stiffness.
- Get out of the car every 1 to 2 hours during travel for a short walk to lessen stiffness.
- Keep your appointments with your surgeon as instructed.
- If surgeon allows you to sleep on your side, use pillow(s) between your knees. Hip Replacement patients should use abductor pillow to follow the hip precautions and prevent dislocation.
- Bend your unaffected leg to help push yourself to a new position.

Ambulation

Walker

- When rising from a sitting position, start from a chair with arms, pushing up.
- Never pull on the walker to get up from a sitting position.

Joint Replacement Guidebook

- Keep all four legs of the walker on the ground at all times.
- Stand up straight with the walker.
- Place each hand on the hand grips of the walker.
- Take a step into the walker with your affected leg, following the heel-toe walking pattern.
- Lean on the walker to give balance and support.
- Take a step with your unaffected leg.
- Move the walker forward one step.
- Repeat the above until you've reached your target.



Cane

- Stand up straight with the cane held by your hand on the unaffected side.
- Move the cane forward one step.
- Move your affected leg forward, following the heel-toe walking pattern.
- Move your unaffected leg forward.
- Repeat the above until you've reached your target.

Transfers

Bed

Getting into bed:

- Back up to the bed until you feel it behind your legs. Place yourself halfway between the foot and head of the bed. Slide your affected leg out in front of you before sitting down.
- Reach back with both hands and sit down on the edge of the bed. Scoot back toward the center of the mattress.
- Move the walker out of your way. Keep it close by.
- Scoot your hips around to face the foot of the bed.
- Lift the close leg into bed while scooting around.
- Lift the other leg into bed.
- Scoot your hips towards the center of the bed.

Getting out of bed:

- Slowly move your legs towards the edge of bed while sliding shoulders in the opposite direction (pivoting on your buttocks).
- Come up to your hands while lowering legs to the floor.
- Scoot to the edge of the bed while using your hands behind you.
- Use both hands to push off from the bed. Slide the affected leg out in front of you before standing up.

Joint Replacement Guidebook

Chairs and Toilets

Sit in chairs with firm seats for ease of movement. An extra cushion or pillow may be needed on the seat of a low chair if there is no other choice for sitting. It's safer to keep both feet on the floor.

A raised toilet seat, a three-in-one bedside commode, or toilet safety rails may be needed over your toilet for about 12 weeks after surgery. Hip Replacement patients must use these assistive devices as long as you are instructed to follow the hip precautions.

Sitting on a chair or toilet:

- Take small steps and turn until your legs are against the toilet / chair.
- Slide the affected leg out in front of you before sitting down.
- When using armrests, reach back for both armrests and lower yourself onto the toilet. If there are no armrests, keep one hand on the middle of the walker / cane while reaching back for the toilet seat with the other hand.

Getting up from a chair or toilet:

- Slide the affected leg out in front of you before standing up.
- When using armrests, push yourself up from the armrests. If there are no armrests, keep one hand on the middle of the walker / cane and push off from the toilet seat with the other hand.
- Gain your balance and place your hands on the walker / cane.

Bathing / Showering

Entering Tub / Shower

After your staples have been removed or instructed by your surgeon:

- Make sure your soap, shampoo, wash cloth, drying towel and any other items are in place for easy reach.
- Stand sideways to the tub with your good leg next to the tub.
- Place your walker / cane in your hand by your operated leg.
- Grasp the safety rail with your other hand.
- Supporting yourself with the safety rail and walker / cane, lift and put your good leg into the tub.
- Next, supporting yourself with safety bar, good leg and walker / cane, bring your operated leg in by bending the knee and lifting your lower leg inside.
- Put your walker / cane in easy reach.
- Start the water carefully... preferably cold first, and add hot, so you will not burn yourself. Remember, you cannot move quickly.
- Wash normally, and remember your precautions.

Joint Replacement Guidebook

Leaving Tub / Shower

Reverse the process:

- Carefully reach out for your walker / cane, and hold it in the hand next to your operated leg.
- Stand with your operated leg next to the tub edge, and put the walker / cane outside.
- Supporting yourself with your arm on a safety rail, your good leg, and walker / cane, bend the knee and lift your operated leg out. Put it out far enough so there is room for the other leg.
- Now using a safety rail and your walker / cane for support, lift your good leg out.
- Be careful not to rotate on your operated side as you begin to move around.

Using a shower stall

The ideal shower facility is a shower stall with only a low lip to step across.

- Use your walker / cane and hand rail to move into the shower stall.
- Put the walker / cane outside in easy reach.
- Wash, and remember your precautions.

Vehicle

Getting into the vehicle:

- Push the seat all the way back. Recline the back of the seat all the way back.
- Place a plastic trash bag on the seat to help you turn forward more easily.
- Back up to the vehicle until you feel it touch the back of your legs.
- Slide your affected leg out in front of you.
- Reach back for the back of the seat with one hand and the dashboard with the other hand. Lower yourself down onto the seat. Be sure to lower your head to avoid hitting it on the doorframe. Scoot backwards as far as you can toward the other seat.
- Turn frontward, leaning back as you lift one leg at a time onto the floorboard of the vehicle.
- Center yourself on the seat.
- Bring the seat back to a comfortable position.
- Put your seatbelt on.

Getting out of the vehicle:

- Push the seat all the way back. Recline the back of the seat all the way back.
- Scoot yourself sideways and backward as you lift one leg at a time out of the vehicle and onto the ground. Lean back as you do so.
- Slide your affected leg out in front of you. Push yourself up with one hand on the dashboard and the other on the back of the seat. Be sure to lower your head to avoid hitting it on the doorframe.
- Gain your balance and place your hands on the walker / cane.

Joint Replacement Guidebook

Stairs

General rule of thumb: Go up with your unaffected leg and down with your affected leg.

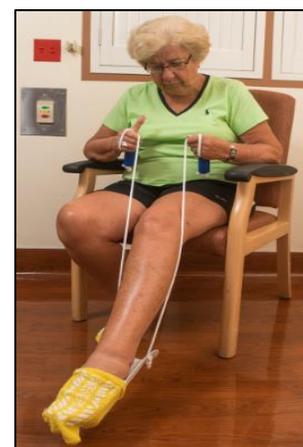
Going Up Stairs

NOTE: Your therapist should give you detailed instructions on how to go up and down stairs with your walker, crutches or cane. Below are general reminders related to stairs.

- Face the stairs. Hold the handrail with one hand.
- Hold the walker, crutches, or cane with the other hand on the same step.
- Step up with the unaffected leg.
- Step up with the affected leg.
- Move the walker, crutches, or cane up one step.
- Repeat the above until you've reached your target.

Going Down Stairs

- Face the stairs. Hold the handrail with one hand.
- Hold the walker, crutches, or cane with the other hand on one step below you.
- Step down with your affected leg.
- Step down with your unaffected leg.
- Move the walker, crutches, or cane down one step.
- Repeat the above until you've reached your target.



Dressing

Putting on pants and underwear by yourself:

- Be sure all needed items are within easy reach.
- Slide your affected leg out in front of you.
- Sit down on a supportive surface to maintain your balance.
- Grasp the clothing and place your affected leg in first, followed by your unaffected leg. For Hip Replacement patients, the reacher or dressing stick can be used to guide the waist band over your feet and knees.
- Pull your pants up to your thighs.
- Stand with the walker in front of you. Pull your pants up the rest of the way.

Taking off pants, underwear, or socks by yourself:

- Be sure all needed items are within easy reach.
- Back up to a chair or bed.
- Unfasten your pants and allow them to fall to the floor. Push your underwear off your hips.
- Slide your affected leg out in front of you. Lower yourself down to a chair or bed.
- For Hip Replacement patients, use a reacher or dressing stick to grasp the clothing.
- Remove your unaffected leg first, followed by your affected leg.

Putting on socks by yourself after Hip Replacement Surgery (only):

- Be sure all needed items are within easy reach.

Joint Replacement Guidebook

- Slide your affected leg out in front of you.
- Sit down on a supportive surface to maintain your balance.
- Slide the sock fully onto the sock aid.
- Bend your knee slightly.
- While holding the cord with both hands, drop the sock aid in front of your foot.
- Slide your foot into the sock aid.
- Point your toes and straighten your knee. Pull the sock on and keep pulling until the sock aid pulls out of the sock.

Putting on shoes by yourself:

NOTE: Shoes should have rubber soles. Do NOT wear high heels or shoes without backs. Wear one of the following: sturdy slip-on shoes, Velcro closure shoes, or shoes with elastic shoe laces.

- Be sure all needed items are within easy reach.
- Slide your affected leg out in front of you.
- Sit down on a supportive surface to maintain your balance.
- Hip Replacement patients, use a long-handled shoe horn, dressing stick, or reacher to slide your shoe in front of your foot.
- Place the shoehorn inside the shoe.
- Lean back as you lift your leg to place your toes inside the shoe.
- Step down into your shoe, sliding your heel downward against the shoehorn.
- Fasten your shoe by using the reacher to close the Velcro straps or pull elastic shoe laces tight.



Taking shoes off by yourself:

- Be sure all needed items are within easy reach.
- Slide your affected leg out in front of you.
- Sit down on a supportive surface to maintain your balance.
- Hip Replacement patients, use a reacher to unfasten your Velcro straps or elastic shoe laces.
- Hip Replacement patients, use a long-handled shoe horn, dressing stick, or reacher to slide your shoe off of your foot.

Energy Conservation / Joint Protection

Choose low-impact activities such as:

- Regular walks in or outdoors
- Walking on treadmill
- Recommended exercise at a fitness center
- Swimming
- Bicycling
- Dancing
- Golfing

Joint Replacement Guidebook

- Cross country skiing
- Aquatics
- Joints in Motion class
- Walk with Ease program
- Upper extremity strengthening exercises

Avoid high-impact activities such as:

- Downhill or water skiing
- Jogging or running
- High impact aerobics
- Jumping activities
- Tennis or racquetball
- Football
- Baseball
- Lift 25 lbs or greater over and over

DO NOT-

1. **DO NOT OVER DO IT!** “More is better” does not always apply. This may result in an increase in pain and swelling which can make walking, sleeping and exercising more difficult. If you over do it, decrease your activity for the next 1 to 2 days and elevate and ice your operative leg.
2. **Do not sit up for more than an hour at a time without getting up and moving around.** If you sit for prolonged periods, gravity may pull the swelling from your hip / knee into the lower part of your leg. If you notice an increase in swelling in the lower part of your leg, you must lie down with your operative leg above your heart more frequently.

Household Tips:

- Maintain clear walkways.
- Do not get down on your knees to scrub floors. Use a mop or long-handled brush.
- Keep often used cooking or working supplies where they can be easily reached.
- Plan ahead by gathering all cooking or working supplies at one time to work on a project.
- Use a high stool or use cushions to provide a better working height.
- Plan rest periods in-between periods of activity.
- Pace yourself; attempting to do too much at one time can leave you exhausted for the rest of the day.
- Note your highest energy time of day to tackle a heavier activity.
- Break down a heavy activity into smaller, more manageable ones.

Joint Replacement Guidebook

- Push or pull items instead of carrying them.
- Ask for help when you need it.
- Learn to work smarter, not harder.

NOTE: Many other tips for joint protection, work simplification, energy conservation, and equipment are available from an Occupational Therapist or the Arthritis Foundation. Check your local phone book for an Arthritis Foundation chapter near you.

Joint Replacement Guidebook

Section Five:

Helpful Resources

Healthy Eating Before and After Surgery

Nutrition is an important part of staying healthy and is especially important for healing after surgery. In preparing for surgery, the following guidelines will help improve your nutrition. This is important in order to speed healing, decrease complications, and return quickly to an active lifestyle.

Eat a variety of foods: Go to www.ChooseMyPlate.gov for help when planning your meals to include all the major food groups.

Drink Plenty of Fluids: Make sure you get adequate fluids; six 8-ounce glasses per day are recommended. Check this with your doctor.

Increase Protein Intake: Protein is necessary for the maintenance and repair of body tissues. Good sources of protein include milk and milk products, eggs, meat, poultry, and fish. Vegetable protein sources include soybeans, lentils, garbanzos, beans, peanut butter, nuts, and seeds.

To increase Protein:

- Add extra chopped or pureed meats to soups, stews and casseroles.
- Add chopped nuts to salads, sandwiches or desserts.
- Use nut butter on celery, apples, bananas, crackers, or toast. Try adding nut butters to cookie recipes or frostings.
- Add powdered milk to a variety of foods such as hot cereals, soups, casseroles, puddings, sauces, gravies, and scrambled eggs.
- Try fruit with yogurt or cottage cheese for an easy nutritious snack.

Increase Iron Intake:

- **It is recommended that your diet include foods high in iron to ensure an adequate blood level.** These foods include:
 - Cream of wheat, or other iron fortified cereals such as “Total” (read nutritional labels)
 - Meats such as liver, lean red meats, oysters, tuna in oil
 - Dried fruit and prune juice
 - Dark green leafy vegetables such as broccoli or spinach
 - Beans such as navy or kidney beans
- **If you doctor recommends an iron pill:**
 - Do NOT take your iron pill on an empty stomach
 - Drink plenty of orange or other citrus juices when taking the pill
 - Eat foods high in Vitamin C to help iron be better absorbed
 - Wait one hour after taking the pill before drinking caffeine drinks such as coffee or tea to ensure good absorption.

Joint Replacement Guidebook

- If the iron supplement you are using causes intestinal problems, i.e. constipation, diarrhea, etc., a time-release type iron supplement may be better tolerated.

Increase Calcium Intake: The health and strength of our bones rely on a balanced diet and a steady stream of nutrients, most importantly, calcium and Vitamin D. Calcium is a mineral that people need to build and maintain strong bones and teeth. It is also very important for other physical functions, such as muscle control and blood circulation. Calcium is not made in the body — it must be absorbed from the foods we eat. To effectively absorb calcium from food, our bodies need Vitamin D.

Calcium Recommended Daily Allowance: Women and men 19 to 50 years old= 1,000 mg; Women and men 50 plus years old= 1,200 mg.

Dietary Sources of Calcium: People can get the recommended daily amount of calcium by eating a healthy diet that includes a variety of calcium-rich foods. Milk, yogurt, cheese, and other dairy products are the biggest food sources of calcium. Other high-calcium foods include: Kale, broccoli, Chinese cabbage (bok choy) and other green leafy vegetables; Sardines, salmon, and other soft-bone fish; Tofu; Breads, pastas and grains; Calcium-fortified cereals, juices, and other beverages.

Increase Vitamin D Intake: Vitamin D is necessary for strong bones and muscles. Without Vitamin D, our bodies cannot effectively absorb calcium, which is essential to good bone health. Adult recommended daily Vitamin D dietary intake is: Younger than age 50 = 400 to 500 IU Vitamin D daily; older than age 50 = 800 to 1,000 IU Vitamin D daily. Many foods contain some Vitamin D, however, few contain enough to meet the daily recommended levels for optimal bone health. Although our bodies can make Vitamin D in our skin when it is exposed to good sunlight, it is very important to protect our skin by using sunscreen when we are outdoors. This blocks the excessive UV radiation that can cause skin cancer. Sunscreen does, however, also block our skin's ability to make Vitamin D. This is why doctors often recommend Vitamin D supplements for both adults and children.

- ❖ **Calcium and Vitamin D are essential for good bone health, but must be consumed safely. If you are not sure what intake levels are right for you and your health needs, be sure to talk to your doctor.**

Other Key Nutrients in Bone Health

- **Many other nutrients — most found naturally and at sufficient levels in a typical diet — contribute to bone health and growth. They include:**
 - **Phosphorus.** A major mineral in the body's bone crystal, phosphorus is found in dairy products and meat. Vitamin D improves phosphorus absorption in the intestine and kidney.
 - **Magnesium.** Primarily found in bone crystals, magnesium improves bone strength. Older adults are more likely to be deficient in magnesium. Calcium supplements that contain magnesium can help.

Joint Replacement Guidebook

- **Vitamin K.** Necessary for bone formation and mineralization, Vitamin K also is important for blood clotting, and may assist in channeling calcium directly to the bone rather than the blood vessels.
- **Vitamin C.** Collagen is the main protein in bone, and Vitamin C is necessary for collagen synthesis. Vitamin C is present in citrus fruits and tomatoes and in many vegetables.
- **Vitamin A.** Vitamin A is necessary for cells to differentiate normally and for normal skeletal growth, and also is extremely important for eye health. Vitamin A is available in liver, eggs, butter, green leafy vegetables and carrots. Too little vitamin A is a major cause of blindness worldwide. In contrast, too much vitamin A can cause bone loss and increase the risk of hip fracture. The animal source supplements (retinols) may cause toxicity but plant sources (B carotene) do not. Daily intake of retinols should be less than 10,000 IU.

After Surgery: Avoid excessive intake of vitamin K while you are taking the blood thinner medication. The amount of foods rich in vitamin K need to be equally balanced each day. Foods rich in vitamin K include broccoli, cauliflower, brussels sprouts, liver, green beans, garbanzo beans, lentils, soybeans, soybean oil, spinach, kale, lettuce, turnip greens, cabbage, and onions.

Avoiding Constipation

Constipation can become a problem if you are taking iron tablets and / or pain medication. After surgery, medications, anesthesia, and immobility can cause constipation. Here are some tips to help with this common problem:

1. Drink 6 to 8 glasses of water daily.
2. Eat plenty of fruits and vegetables.
3. Be aware of your bowel pattern. If you notice changes, take action. If you miss 2 or 3 of your usual movements, or you begin to feel uncomfortable, you may need a gentle oral laxative.
4. Eat light meals 2 days prior to surgery.
5. Increase activity (gradually) while reducing pain medications.
6. Warmed prune juice can help stimulate a movement after surgery.

Joint Replacement Guidebook

Total KNEE and HIP Replacement Strengthening Program

- **PHYSICAL THERAPY (PT)** - Starts on the day of surgery or the morning after, depending on the time of the surgery. Frequency is twice a day until you go home. PT will work on exercises, transfers, gait and stairs, if needed.
- **OCCUPATIONAL THERAPY (OT)** - Starts on post op day 1 (day after surgery). Frequency is once a day. OT will work on activities of daily living such as bathing, toileting, and dressing. Once you have mastered these activities OT will dismiss themselves from your case.
- **EXERCISE SAFELY:** Exercise should not hurt, but should cause muscle fatigue. Start slowly and build up your effort. Exercise at times of the day when you feel the best. Do not hold your breath. Breathe out while working and breathe in while relaxing. Try to count out loud while exercising.
- **STRENGTHENING:** All strengthening exercises should be performed at least 3 times per day. Remember to perform each repetition slowly and in a controlled manner. Perform 3 to 6 sets of 10 repetitions.

Precautions after KNEE Replacement

- NEVER place a pillow under your operated knee as this may cause flexion contractures requiring additional surgery.
- DO NOT stand, plant legs, bend and twist at the same time.



TOTAL KNEE REPLACEMENT SUGGESTIONS (or Helpful Hints):

- To help reduce swelling in the lower extremity, elevate the leg above the heart using pillows under the ankle.
- To help reduce pain and swelling, ice for 20 minutes 2 to 3 times a day after stretching / strengthening.
- Roll up a towel or place a pillow under the ankle to help get your knee fully straight.



Joint Replacement Guidebook

Precautions after HIP Replacement After Postero-lateral Surgical Approach:

- There are three motions and / or positions you must avoid to protect your new hip. These must be restricted until your doctor tells you otherwise.

1. Avoid bending past 90 degrees at the hips.



2. Avoid pigeon-toeing or internal rotation.



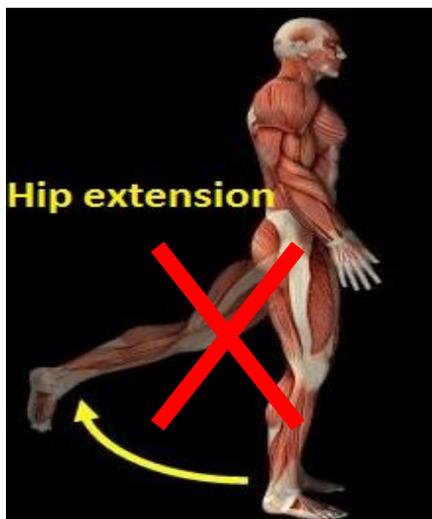
3. Avoid crossing your legs.



Joint Replacement Guidebook

Precautions after HIP Replacement After Anterior Surgical Approach:

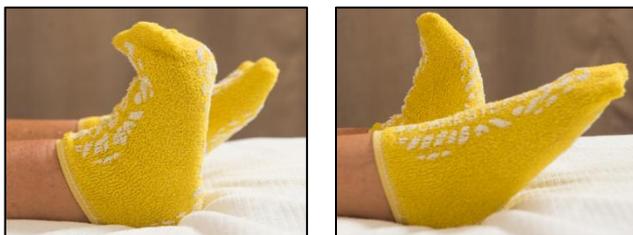
- There is one position you must avoid to protect your new hip.
 - **Avoid extending the hip behind you.**



Strengthening exercises BEFORE surgery (for both HIP and KNEE Replacement)

Start right away. The stronger you are before surgery the less likely you are to have complications and weakness after surgery. The exercises should be performed on involved and uninvolved extremities, 3 times a day. Perform 3 to 6 sets of 10 repetitions.

- 1. ANKLE PUMPS** - Move foot up and down pumping ankle. A theraband can be used for additional resistance.



- 2. QUAD SETS** - Tighten the muscle on top of your thigh, forcing the back of your knee down into the bed. Hold 10 seconds. Repeat 10 times.



Joint Replacement Guidebook

3. GLUT SQUEEZES - Squeeze buttocks together. Hold 10 seconds and then repeat. This exercise can be done lying on your back, sitting in a chair or standing. (You do not need to lie on your stomach to do this exercise.)



4. BICEPS FLEXION - Begin with arm at side, elbow straight, palm up, weight in hand. Bend elbow up. Return slowly to starting position. (You may use weights as tolerated.)



Strengthening exercises AFTER surgery

The exercises should be performed on involved and uninvolved extremities, 3 times a day. Perform 3 to 6 sets of 10 repetitions.

KNEE Replacement Strengthening Exercises AFTER Surgery:

1. **Ankle Pumps**- (see above for picture and description)
2. **Quad Sets**- (see above for picture and description)
3. **Gluteal Squeezes**- (see above for picture and description)
4. **Bicep Curls**- (see above for picture and description)
5. **Active Assisted Knee Range of Motion**- Bring surgical leg back until you feel a stretch. Then with the non-surgical leg on top of the surgical leg, press back to stretch it slightly further. Release. Bring surgical leg forward as far as possible. Then with the non-surgical leg underneath the surgical leg, slowly straighten the leg out.



Joint Replacement Guidebook

- 6. Passive Knee Extension Stretch-** Sit in bed or on the edge of a chair or sofa. Two kitchen chairs of the same height facing one another will also work for this exercise. Place a small rolled towel under your heel. Use a slow, sustained push with the hands downward on the thigh muscles above your incision and hold for 30 seconds. Lean forward at the hip and pull your toes and ankle back towards your head so that you feel a stretch down the back of the thigh and calf.



It is common to have some moderate pain with this exercise due to joint stiffness, swelling, and soreness from surgery. You will feel significant pressure in the back of the knee joint; this is normal and expected. You cannot hurt your new knee joint by straightening the knee to tolerance. The goal with this exercise is to fully straighten the knee.

- 7. Seated Leg Extension Stretch with manual overpressure above the knee-** Sit on edge of chair with surgical leg extended and heel on the floor. Apply firm pressure above the knee to assist the leg in straightening out. Increase pressure every 30 seconds. Perform for a total of 2 minutes at a time, at least twice a day.



Joint Replacement Guidebook

HIP Replacement Strengthening Exercises AFTER Surgery:

1. **Ankle Pumps-** (see above for picture and description)
2. **Quad Sets-** (see above for picture and description)
3. **Gluteal Squeezes-** (see above for picture and description)
4. **Bicep Curls-** (see above for picture and description)
5. **Hip Abduction (Supine)-** Lie on back on firm surface, legs together, but not crossing mid-line. Move leg out to the side keeping knee straight. Return to start position.



PVHMC Outpatient Physical Therapy & Rehabilitation Sites:

- Pomona~ 1798 North Garey Avenue-----> 909. 865. 9810
- Chino Hills~ 2140 Grand Avenue, Suite 100-----> 909. 630. 7878
- Claremont~ 1601 North Monte Vista Avenue, Suite 220-----> 909. 865. 9104
- Covina~ 420 West Rowland Street-----> 626. 251. 1361
- La Verne~ 2333 Foothil Blvd. -----> 909.392.6531

Once you receive orders for Outpatient Physical Therapy from your surgeon's office at the follow up visit, call the above number of the site you wish to attend and they will get you started on your outpatient program.

PT GOALS FOR DISCHARGE:

- Safely transfer from bed to chair, etc.
- Know your precautions
- Safely walk with walker
- Able to ascend and descend steps with assistance, if you have stairs
- Independent with home exercise program
- Pain manageable

Joint Replacement Guidebook

Important Phone Numbers and Websites:

Vickie Lizardi, MSN, RN, ONC, Clinical Coordinator

(909) 630-7815

vickie.lizardi@pvhmc.org

Pomona Valley Hospital Medical Center, Main Hospital Line

(909) 865-9500

Ortho Floor

(909) 865-9605

Joint Replacement Preparation Class Scheduling Line

(909) 630-7403

Pre Admit Testing (PAT) Unit

(909) 865-9546

Centralized Scheduling Line (for PAT appointment)

(909) 469-9395

Hospital Billing Office

(909) 865-9100

Surgery Scheduling Nurse

(909) 865-9894

Patient Relations Department

(909) 865-9585

Sharps and Medication Disposal Information Website:

<http://www.calrecycle.ca.gov/FacIT/Facility/Search.aspx>

Online Resources and information for patients and families:

- American Academy of Orthopaedic Surgeons (AAOS)
<http://www.orthoinfo.org/>
- Arthritis.org
<http://www.arthritis.org/>

Joint Replacement Guidebook

Pomona Valley Hospital Medical Center

Main Hospital Location
 1798 North Garey Ave
 Pomona, CA 91767

Directions:

From the 10 FWY east of hospital:

- 10 FWY West, exit Garey Ave (brings you to Orange Grove Ave.)
- Continue straight at end of off ramp onto Artesia Ave.
- Right onto Garey Ave (2nd stop light)
- Right onto Willow (1st stop light)
- Right at stop sign into parking lot.
- Hospital main entrance immediately on your left.

From the 10 FWY west of hospital:

- 10 FWY East, exit Garey Ave
- Left onto Garey Ave
- Right on Willow (1st stop light)
- Right at stop sign into parking lot.
- Hospital main entrance immediately on your left.



Robert and Beverly Lewis Outpatient Pavilion

(Total Joint Preparation Class and Pre-Admit Testing Location)
 (Located on Main Hospital Campus)

Directions:

From the 10 FWY east of hospital:

- 10 FWY West, exit Garey Ave (brings you to Orange Grove Ave.)
- Continue straight at end of off ramp onto Artesia Ave.
- Right onto Garey Ave (2nd stop light)
- Right onto Willow (1st stop light)
- Left at stop sign into parking lot.
- Park on right side of parking lot near the 3 story building.

From the 10 FWY west of hospital:

- 10 FWY East, exit Garey Ave
- Left onto Garey Ave
- Right on Willow (1st stop light)
- Left at stop sign into the parking lot.
- Park on right side of parking lot near the 3 story building.

Joint Replacement Guidebook

Resources for Joint Replacement Patients

In-Home Care Resources

Check with your insurance company to see if your insurance plan will cover in-home care or a portion of the costs. Your insurance company may be contracted with certain companies.

- **Best Companion Care-**
 - Services Provided= Personal hygiene, grooming assistance, meal preparation, light housekeeping, transportation to doctor's office or shopping, 24-hour care and live ins, experienced caregivers, and flexible service agreement.
 - Service area: San Gabriel Valley and the Foothills.
 - Phone: (626)791-0524
 - www.bestcompanioncareinc.com
- **Right at Home-**
 - Services Provided= Companionship, homemaking, physical assistance, hygiene, wellness.
 - Service area: Rancho Cucamonga, other areas available. See website.
 - Phone: (909)466-5472
 - www.rightathome.net
- **Altruist Home Care Services-**
 - Services Provided= Safety, Cleanliness, Comfort. Live-in (24 hour) non-medical caregivers, Live-out (Hourly) non-medical caregivers, babysitters for patients in hospitals or skilled nursing facilities, Respite care.
 - Service area: Southern California.
 - Phone: (866)775-7800
 - www.altruisthomecare.com
- **Alta Home Care-**
 - Services Provided= Personal care manager, meal preparation, assistance with shopping and errands, transportation to doctor's appointments, hygiene, wellness, Alzheimer's and dementia experience, hourly and 24-hour assistance.
 - Service area: Los Angeles, Orange County, Pasadena, Long Beach, Inland Empire, Palm Springs.
 - Phone: (800)365-1110
 - www.AltaHomeCare.com
- **Select Home Care-**
 - Services Provided= Stay at home (we come to you), Post-acute care, Professional Staff, Personal Care.
 - Service area: Southern California.
 - Phone: (877)230-3160
 - www.selecthomecare.com
- **Real Connections-**
 - Member driven resource network offering trusted information, valued services, and enriching relationships that enable individuals to live and age well in their homes and communities.
 - Service area: Alta Loma, Claremont, La Verne, Pomona, Rancho Cucamonga, Pomona, San Antonio Heights, San Dimas, Upland.
 - Phone: (909)621-6300
 - www.realconnections.org

Joint Replacement Guidebook

Transportation Resources

Check with your insurance company to see if your insurance plan will cover transportation. Enrollment in these services can take time. Call as soon as you think you may require such services.

- Riverside Transit Agency
P.O. Box 59968
1825 3rd Street
Riverside, CA 92517-1968
(951) 565-5002
- Access Transportation
(800) 883-1295
www.assessla.org
- Dial – A – Ride
Area: Claremont, La Verne, San Dimas
(909) 596-7644
- Dial – A – Ride
(909) 623-0183
Area: Pomona
- Pomona Transportation Authority
(909) 596-7664
- Foothill Transit
(800) 743-3463
www.foothilltransit.org
- Get – A – Bout (Pomona)
(909) 621-9900
www.pvtrans.org/asp/Site/GetAbout/index.asp
- Metropolitan Transportation Authority (MTA)
1 Gateway Plaza
Los Angeles, CA 90012
General: (213) 922-6000
Information: (800) COM-MUTE
Public Transportation

Meal Resources

Enrollment in these services can take time. Call as soon as you think you may require such services.

- Meals on Wheels – City of Industry
 - P.O. Box 3293
City of Industry, CA 91744
Phone: (626) 333-4570
- Meals on Wheels- Claremont
 - 845 E. Bonita Avenue
Pomona, CA 91768
Phone: (909) 621-4018
- Meals on Wheels- Montclair
 - 5111 Benito Street
Montclair, CA 91763
Phone: (909) 625-9456
- Meals on Wheels- Riverside
 - 4845 Brockton Ave.
Riverside, CA 92506
Phone: (951) 683-7151
- Meals on Wheels- San Dimas
 - P.O. Box 7821
La Verne, CA 91750
Phone: (909) 596-1828