ORTHOPAEDIC MEDICAL GROUP OF TAMPA BAY

Total Joint Replacement

Patient Education Guide

Table of Contents

Welcome Message

Welcome to Orthopaedic Medical Group of Tampa Bay (OMG), and thank you for choosing us for your total joint replacement surgery. Our goal is to ensure that you are well-prepared for the surgery, understand the recovery process, and have realistic post-surgical expectations. Our team is committed to providing the best possible care during your recovery process. By reading this guide, you will gain valuable insight into what to expect, how to prepare, and learn important tips to aid in a speedy recovery.

Orthopaedic Medical Group Fishhawk Complex

Dr. Scott Goldsmith

Dr. Germanuel Landfair

Dr. William “Trey” Shield

Meet Your Care Team

We employ a team of healthcare professionals to help care for you after your joint replacement surgery. This team includes your Surgeon (MD), a Physician's Associate (PA), a Nurse Practitioner, a Clinical Athletic Trainer (ATC), and your Surgical Coordinator. Each team member has extensive training in Joint Replacement Surgery. By using a teamwise approach, we can treat you more effectively and provide well-rounded care.

Physician

Your Orthopedic Physician is the backbone of your care team. They are medical doctors who specialize in diagnosing and treating musculoskeletal conditions, which include bones, joints, muscles, tendons, and ligaments. Your Orthopedic Physician will:

- Conduct thorough evaluations and diagnostic tests.
- Develop personalized treatment plans tailored to your needs.
- Perform surgeries when necessary, such as joint replacements or fracture repairs
- Offer guidance on non-surgical treatment options like physical therapy and medications.
- Continuously monitor your progress to ensure the best outcome.

Advanced Care Provider

Advanced Care Providers work closely with your Orthopedic Physician to enhance the quality of your care. They are highly trained and capable healthcare professionals who can:

- Perform physical examinations and order diagnostic tests.
- Provide non-surgical treatments, prescribe medications, and assist in minor procedures.
- Offer education and support to help you manage your condition effectively.
- Collaborate with the Orthopedic Physician to develop and adjust your treatment plan as needed.

Athletic Trainer

Athletic Trainers specialize in musculoskeletal health and injury prevention. They are an integral part of your care team, especially if you're recovering from an injury or undergoing rehabilitation. Athletic Trainers:

- Perform physical examinations and communicate with providers on implementing a treatment plan.
- Provide guidance on proper techniques on brace fitting and rehabilitation exercises.
- Offer education on injuries, surgical procedures, and injury prevention.
- Work closely with your Orthopedic Physician to ensure a seamless transition from injury to recovery.

Surgical Coordinator

Surgical coordinators play a crucial role in the success of your procedure. They serve as the main point of contact between you, your physician, the surgical facility, and your insurance provider. They also assist you in collecting all necessary pre-surgical testing results and clearances to ensure that your procedure runs smoothly.

Surgical Facilities & Information

Preferred Facility

Orthopaedic Medical Group of Tampa Bay

OMG SURGERY CENTER

13837 Circa Crossing Dr
Lithia, FL 33547
Phone: 813-535-6647

Our state-of-the-art surgical center in Lithia allows us to provide you with excellent care, as the staff who will be caring for you are handpicked by your surgeon. In this setting, we can control more aspects of your care to ensure you have a positive and safe experience. The center is home to advanced technology, such as the MAKO robot, for robotic assisted total knee replacement surgery.

STOP **The surgical facility will contact you one day before your scheduled procedure to provide an arrival time.**

Surgical Facilities & Information

Alternative Facilities

Advanced Surgery Center of Tampa

1881 W Kennedy Blvd
Tampa, FL 33606
Phone: 813-693-5000

South Florida Baptist Hospital

301 N Alexander St
Plant City, FL 33563
Phone: 813-757-1200

South Shore Hospital

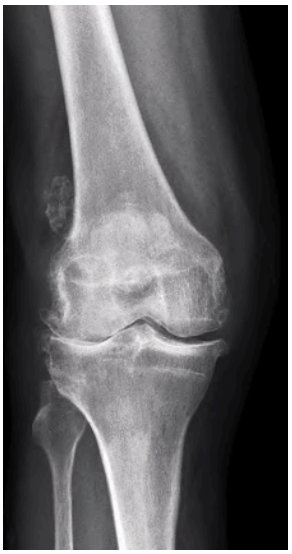
4016 Sun City Center Blvd
Sun City Center, FL 33573
Phone: 813-634-3301

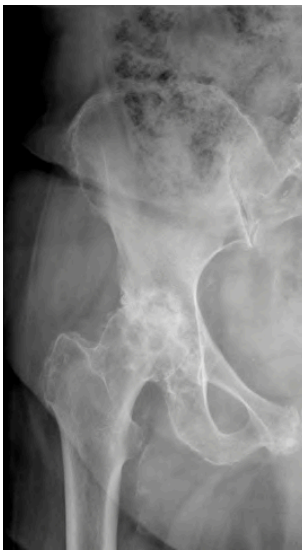
STOP The surgical facility will contact you one day before your scheduled procedure to provide an arrival time.

What Is Arthritis?

Osteoarthritis affects over 50 million people in the U.S and is characterized by the deterioration of cartilage in the hip or knee. This condition can stem from various factors such as genetics, inflammatory conditions, systemic disease, or a traumatic event.

Symptoms of osteoarthritis include joint pain, stiffness, swelling, and loss of range of motion. Risk factors include a family history of the condition, obesity, previous injuries or surgeries, and overuse.





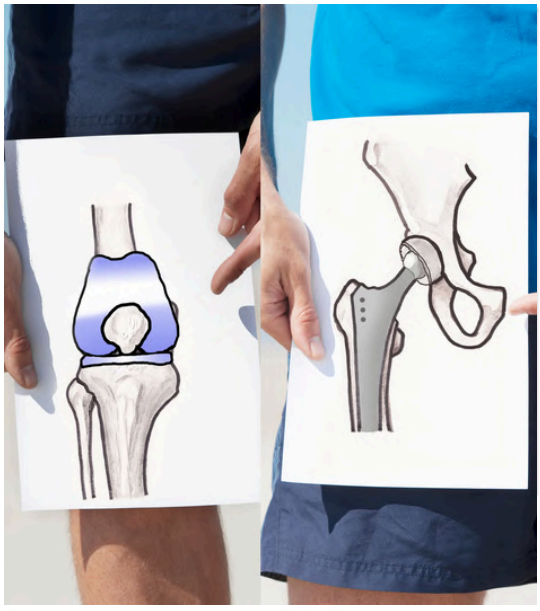
Common Treatments for Arthritis:

Non-Surgical Treatments

Injections, Braces or Walking Aids, Physical Therapy & Medications

Surgical Treatments

Knee or Hip Replacement Surgery



Total Hip Replacement Surgery

Hip joints are “ball-and-socket” joints consisting of the femoral head and the acetabulum, or cup. Total hip replacement surgery is a process that involves making an incision on the skin and dislocating your natural hip joint to eliminate the femoral head and arthritic disease within the acetabulum. A stem is then implanted into the femur, and a ball is placed atop the stem. After preparing the cup, an acetabular component, comprising of a metal cup and plastic liner, is inserted. The hip is then relocated, and your leg will be taken through various hip motions to ensure the stability of your new joint replacement. Finally, your skin will be closed.

Restrictions After Hip Replacement:

Because you have recently had a hip replacement, your surgeon will advise you to limit the range of motion, or movement of the hip shortly after surgery to allow your soft tissues to heal. Ignoring these precautions will place you at a higher risk of dislocation. Your surgeon will provide you with more information regarding the length of time you will need to follow these precautions:

Posterior Approach Total Hip Replacement:

You should avoid flexing the hip upwards past 90° or internally rotating the hip.

Anterior Approach Total Hip Replacement:

You should avoid extending the hip backwards, or repetitive hip flexion activities.

STOP **You must wait 3 months after surgery before going to the dentist or before having another elective surgery to minimize risk of post-surgical infection. You will require antibiotics prior.**

Total Knee Replacement Surgery

Your knee joint is made up of your femur (thighbone), patella (kneecap), and tibia (shin bone). Knee replacement surgery involves making an incision along the front of your knee. Next, specialized cuts are made along the bones to remove arthritic disease and place new joint comprised of metal and plastic. In some cases, the kneecap is also resurfaced, and a button is inserted on the underside of the bone.

Robotic Assisted Knee Replacement Surgery:

A robotic device may be used by a surgeon during a total knee replacement, but it is not necessary for all cases and does not necessarily affect the success of the surgery. You will require a CT scan before surgery if you are having robotic assisted knee replacement. The robotic device is beneficial for patients with severe knee deformities or a history of prior orthopaedic hardware. The standard instrumentation method remains the gold standard approach for total knee replacement.

Restrictions After Knee Replacement:

After total knee replacement surgery, you should gradually increase activities based on pain levels. For the first two weeks, focus on knee range of motion and home exercises to alleviate pain and return to normal activity.

STOP **You must wait 3 months after surgery before going to the dentist or before having another elective surgery to minimize risk of post-surgical infection. You will require antibiotics prior.**

Risks of Surgery

Infection	Infection is rare, however patients who smoke, and those with uncontrolled diabetes have an increase risk of infection. Symptoms of infection include: persistent fever over 101F, chills, wound drainage, increasing pain, redness, tenderness, or severe swelling. If you are concerned about having an infection, please contact our office immediately. Do not go to the ER.
Blood Clot	Blood clots can form after surgery, however preventative measures are taken to help you avoid this risk. We recommend you continue to wear your white calf high TED hose stockings during the day for 2 weeks. You should also take an over-the-counter Aspirin (81mg) twice daily for 6 weeks (please consult your medical doctor prior to taking this medication). Symptoms of a blood clot include calf pain or redness, as well as an increase in swelling to the thigh, calf, or foot.
Nerve or Blood Vessel Damage	During surgery, damage to the surrounding structures is possible, but rare. It is common to have numbness surrounding your incision, which may be permanent.
Wound Healing or Scarring	Chronic diseases such as diabetes, or chronic nicotine use may increase risk of wound complications. We will discuss these risks with you prior to surgery to minimize this complication. There are also risks of permanent scarring.
Limited Range of Motion (Total Knee Replacement)	Your knee motion before surgery is correlated to your motion after surgery +/- 10 degrees. You should work hard throughout the recovery process to obtain full motion by performing your home exercises and working with a physical therapist.
Leg Length Discrepancy or Hip Dislocation	Specific to total hip replacements, there is a risk of leg length difference, or dislocation of the joint, although these are rare.
Fractures	Fractures during surgery are rare but can occur. If this happens, your weightbearing status after surgery may be temporarily altered to allow for fracture healing.

STOP **If you are experiencing any of the symptoms above, please contact our office first!**

Reducing Your Risk of Surgery

Although the risk associated with total joint replacement surgery is low, certain conditions such as: smoking, uncontrolled diabetes, obesity, narcotic dependence, and alcoholism can increase the risk of complications. If you suffer from one or more of these conditions you may be asked to meet with your primary care physician and discuss how to control these risk factors before surgery to ensure a positive surgical outcome. Some insurance companies require patients to meet these expectations before approving the procedure.

We understand that controlling these risk factors is an incredibly difficult task, however we also want you to have the best possible outcome after surgery.

Tips To Reduce Your Risk

Weight loss in obese patients decreases risk of require additional surgery.

Uncontrolled diabetes increases your risk of infection.

Smoking increases risk of wound complication s & infection.

Eating a diet high in protein helps to decrease risk of infection!

Chronic narcotic pain medication use increases your risk of chronic pain after surgery.

Options for Anesthesia

There are several options that will be presented to you on the day of surgery regarding anesthesia. These options include spinal anesthesia, or general anesthesia. Additionally, knee replacement patients will have the option of a nerve block to assist with pain after surgery.

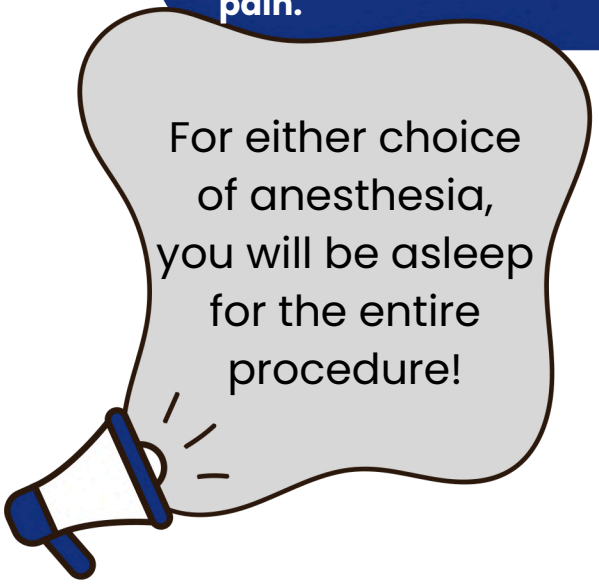
You will have plenty of time to ask questions and discuss these options with your anesthesiologist on the morning of surgery.

Spinal Anesthesia

- **IV sedation is given, and an injection is placed into your back to numb your legs.**
- **In most cases, you will not require an assistive airway device, like a breathing tube.**
- **Medications used do not commonly cause nausea/dizziness, which allows you to begin therapy exercises more quickly, and decrease pain.**

General Anesthesia

- **Uses IV sedation and gasses to put you to sleep in the operating room.**
- **Requires an assistive airway device, like a breathing tube, which can cause a sore throat after surgery.**
- **Medications used can commonly cause nausea/dizziness which can last for 24 hours after surgery.**



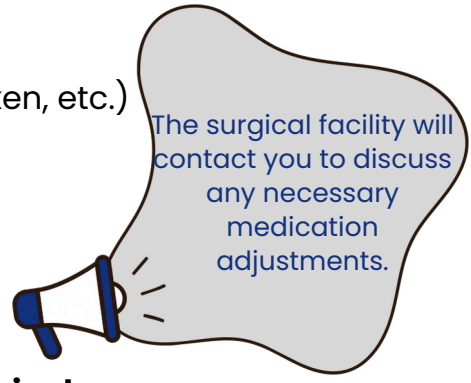
Pre-Surgery Checklist

Begin Immediately

1. **Make an appointment with your primary care doctor** to begin working on any risk factors in order to decrease your risk of postoperative complications.
2. **Schedule all pre-surgical testing** as soon as possible as it will take several weeks to complete. If the results of your testing are abnormal, you may be asked to see another specialist such as a cardiologist for final clearance. All testing is due to our office 2 weeks before your surgical date. Your surgery will be cancelled if testing is not received.
3. **Begin your home exercise program** to increase muscle strength and improve range of motion prior to surgery. Performing these exercises before surgery helps make your recovery easier.
4. **Attend your Total Joint Replacement Class and Preoperative Appointments**

2 Weeks Before Surgery

1. **Prepare your home** by removing any fall hazards, having a plan for your pets, and ensuring you have all essentials you need for a smooth recovery.
2. **Obtain a 2-wheeled walker** and plan to bring it with you on the day of your procedure.
3. **Schedule your first physical therapy appointment.** Referrals will be provided to you at your pre-operative appointment. Many locations have a wait list, so be sure to call ahead of time to ensure you have your first appointment at minimum 2 weeks after surgery.
4. **STOP the following medications:**
   - NSAID's (Ibuprofen, Aleve, Motrin, Meloxicam or Mobic, Naproxen, etc.)
   - All Supplements
   - Medical Marijuana
   - Diet Pills
   - Blood Thinners- per your doctor's instructions



1 Day Before Surgery

1. **Answer any calls from the surgical facility to discuss time of arrival.**
2. **Clean all sheets, clothing, or towels** that you will use after surgery.
3. **Make sure you have someone to drive you home from surgery!** We are not able to discharge you to a ride share service, or anyone under the age of 18.

STOP **DO NOT eat or drink after midnight on the day before your planned procedure!**

What Happens on The Day of Surgery

To ensure a smooth surgery experience, there are a few things to keep in mind. First, remember to arrive on time, or early if possible. You should wear loose fitting, comfortable clothing. Once you arrive at the facility, you will check in and complete any remaining paperwork. Next, you will meet a series of nurses who will begin an IV and take a set of vitals. Your anesthesiologist and surgeon will then discuss the procedure and review your options for anesthesia. Surgery takes roughly 45 to 90 minutes. Once in the recovery room, nurses will keep a close eye on your progress. You will begin physical therapy roughly 60 minutes after the procedure.

Physical Therapy on The Day of Surgery

Physical therapy begins immediately after surgery. You should prepare to participate in several exercises within 60 minutes of the procedure. Additionally, you will walk and use stairs on the day of surgery. Our goal is to restore function as quickly as possible to decrease pain and ensure that you will be able to perform these functions once you return home on the same day of your surgery.

Will I Go Home After Surgery?

Surgical center patients must go home the same day of surgery. If your surgery is in a hospital-based facility, you may have the option of staying overnight if medically indicated. The majority of patient's having surgery in a hospital-based facility will also go home same day. Most hospital patients that stay overnight do not require more than one night's stay in the hospital.

Physical Therapy After Surgery

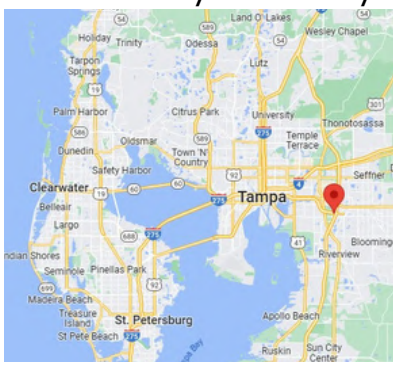
Physical therapy after surgery is critical to recovery. A delay in starting exercises may cause increased pain, permanent joint stiffness, and continued swelling of the joint. It is ultimately your responsibility for completing exercises every day. Your willingness to complete the home exercise program will have the greatest impact on your recovery. There are two types of physical therapy you may receive throughout your recovery:

Home Physical Therapy

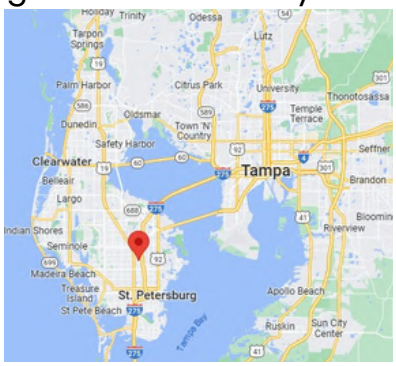
1. Home physical therapy is coordinated by our office for your convenience.
2. This service will not be covered if you have a Medicaid, Oscar, or Ambetter insurance plan.
3. The home therapy company will contact you prior to arrival. Their first visit with you, is 3-4 days after your surgery.

Outpatient Physical Therapy

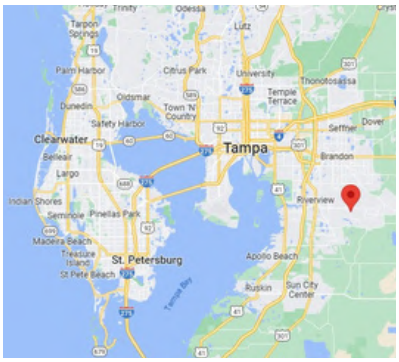
1. Outpatient physical therapy is coordinated by you!
   - If your insurance does not cover home therapy, you must start outpatient physical therapy within 5-7 days of surgery.
   - If your insurance covers home therapy, you must start outpatient physical therapy by week 2 after surgery.
2. Referrals to physical therapy will be provided to you at your preoperative appointment.
3. It is highly encouraged that you attend one of our locations for physical therapy so that we may monitor your progress more closely:



HEALTHPLEX
10740 PALM RIVER RD STE 310
TAMPA, FL
813-359-1891



ST. PETE
2805 54TH AVE N
ST. PETERSBURG, FL
727-306-0459



FISHHAWK
13837 CIRCA CROSSING DR
LITHIA, FL
813-536-7622

Post Surgery Expectations

My Goals For The First Two Weeks

Complete recovery takes 6-12 months. Pain and swelling during this period is expected.

1. **Increase your activities** slowly and as you tolerate them.
2. **Complete your home exercises** 2-3x daily. These exercises are designed to help with your pain, and improve mobility.
3. **Begin outpatient physical therapy** as previously outlined in this booklet.
4. **Decrease narcotic pain medication use** as tolerated.

Pain Expectations

You should expect a moderate degree of pain for the first few weeks. These symptoms are unavoidable and will not completely resolve with pain medications alone. Use of home exercises, ice machines, and leg elevation will help with these normal symptoms.

Normal Symptoms

- **Pain**
- **Bruising along the entire leg**
- **Swelling**
- **Difficulties**
- **walking/sleeping Audible but painless popping/clicking**

Abnormal Symptoms

- **Persistent fever or chills**
- **Persistent drainage**
- **Extreme calf pain**
- **Inability to bear any weight on the leg**

STOP **If you are experiencing any of the abnormal symptoms above, please contact our office first!**

Pain Management

Pain Medication Management

Our goal is to reduce the need for narcotic pain medications following surgery. Patients should only take these medications for severe pain, as there are risks associated with their consumption such as narcotic dependence, drowsiness, confusion, nausea, constipation, and withdrawal discomfort. Your care team will provide guidance on how to safely use these medications for the first few days.

After pain decreases, we recommend alternating over-the-counter medications. Please first consult your primary care doctor to ensure you are able to take the medications below:

Time (Example)	Medication Name
08:00 AM	Ibuprofen 600-800mg
12:00 PM	Tylenol 1,000 mg
04:00 PM	Ibuprofen 600-800mg
08:00 PM	Tylenol 1,000 mg

Ice Machines

Narcotic pain medications will not provide complete relief. Ice machines are highly encouraged and are more effective than regular ice packs in reducing postoperative pain, bruising, and swelling. Ice machines are available in all office locations.

Breg Vpulse

$500 + Tax

Features include:

- Superior compression for wound healing and swelling.
- Calf compression attachments to prevent blood clots.
- Ability to use the product without ice.

Breg Kodiak

$150 + Tax

Features include:

- Continuous cold which lasts longer than ice packs.
- Universal pad which can be used for any body part.
- Easy to use machine.

Home Exercises

Completing home exercises 2-3x daily after surgery is crucial for a smooth recovery, and will help decrease pain, and improve mobility. Neglecting to do the exercises listed on the next page will hinder the recovery process.

Home Exercise Program

Please complete this program 2-3x per week *before* surgery to increase muscle strength and ensure a quicker recovery. After surgery, you will perform the same exercises 2-3x per *day*.

It is normal for the exercises to be difficult or painful at first. This will improve with repetition.

#1 Ankle Pumps

Perform: 3 sets of 10

Point and flex your toes to bend your ankles. This exercise helps to prevent blood clots after surgery.

#2 Knee Extension

Perform: 3 sets of 10

Sitting in a chair with your legs bent, extend one leg straight and hold for 3 seconds. Then, bend the knee to rest.

#3 Straight Leg Raises

Perform: 3 sets of 10

Laying down on a bed, lift the leg straight into the air. Lower down slowly, with control.

#4 TOTAL KNEE REPLACEMENT'S ONLY- Heel slides

Perform: 3 sets of 10

Laying down on a bed, use a strap to wrap around your ankle. With your arms, pull your knee slowly into a bend position. Then, relax the leg straight.

Wound Care Instructions

In most cases your incision will be closed with dissolvable sutures and a clear mesh tape named Prineo as shown. In cases where the patient has poor skin quality due to diabetes, chronic smoking, or vascular disease, sutures or staples may be used. Please follow the instructions below for your wound closure type:

Instructions for Prineo Wound Closure System:

1. 24 hours after surgery remove the outer dressing: ace bandage, or white/tan adhesive dressing.
2. **DO NOT** remove the clear mesh tape (Prineo)
3. You may now shower normally. **DO NOT** soak the incision under water.
4. **DO NOT** apply lotions, creams, alcohols, peroxide, or any wound cleaning agent to the incision.
5. You do not need to cover the incision once outer dressings are removed.

Instructions for Sutures or Staples:

1. Keep all outer dressings in place.
2. Keep the incision clean and dry. If the bandages become wet, you will need to change them immediately, and contact our office.
3. **DO NOT** apply lotions, creams, alcohols, peroxide, or any wound cleaning agent to the incision.

Returning To Activities After Surgery

Full recovery from joint replacement surgery can last 6-12 months. During this time, intermittent pain, swelling, or stiffness is normal. These symptoms will improve over time and as you push yourself to return to activities.

When am I able to Drive?

Once you have stopped taking narcotic pain medications and feel comfortable operating a vehicle you may return to driving. For most patients, this occurs between 2-4 weeks after surgery.

When am I able to Swim?

Once your incision has fully healed you may return to swimming. This usually will occur between 6-8 weeks after surgery.

When am I able to Return to Work or Sports?

If you have a seated job, you may return as soon as you would like, usually within the first two weeks.

If you have a more active job, or if you are wishing to return to sports activities, most patients begin a gradual return to these activities around 2-3 months.

Full Recovery

Full recovery can take 6-12 months. You should expect a return in stiffness, swelling, or soreness especially as you return to new, or more strenuous activities.

STOP

Traveling After Surgery:
Avoid plane rides, cruises, or long car rides for 6 weeks after surgery to decrease risk of blood clots.

Who to Contact for Help After Surgery

In order to receive the best care possible for your specific concern, please use the guide below to understand who to contact for help after surgery:

Orthopaedic Medical Group
813-684-2663

- Concerns regarding pain, or your incision.
- Questions on activities or physical therapy.
- New Injuries to the surgical area.

Primary Care Doctor

- Constipation
- Dizziness or Nausea
- Abnormal blood pressure
- Questions regarding your daily medications.

Emergency Room

- Shortness of breath or chest pains.
- Any other life-threatening event.

How To Contact Us!

1. To get in touch with your care team efficiently, avoid calling your surgical coordinator after your surgery and call our main line at **813-684-2663** instead.

2. **Download the Healow app** to send messages to your care team (preferred method)
    - *You can also check appointments, view your medical records, and complete all paperwork from the app!*

1 — Download the healow™ app from App Store (iPhone) or Google Play (Android Phone).

2 — Search our practice by entering practice code

Practice Code
CGCJBD

3 — Enter your portal username and password to login.

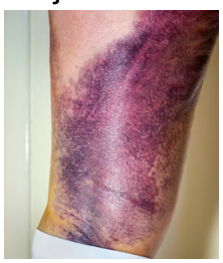
4 — Set up your PIN to securely access your health records.

Frequently Asked Questions

Can Arthritis Come Back After Surgery?

No, once your knee or hip has been replaced, the arthritis will never come back in that joint.

Is It Normal To Have Swelling or Bruising After Surgery?



Yes! Swelling and bruising should be expected after surgery and can be severe in some cases. An example of normal bruising is shown in the picture to the right. Bruising and swelling will improve with ice, home exercises, and leg elevation.

Is It Normal For My Hip or Knee To Be Warm After Surgery?

It is normal to experience warmth in the area for up to one year while your skin and soft tissues heal. However, if you also have skin redness, fevers/chills, or incision drainage, please contact the office right away.

Why Do I Need To Use Ice After Surgery? How Often Should I Ice? Can I Use Heat?

To reduce swelling or bruising to the skin, use ice instead of heat. You should ice at minimum 4 times daily. Avoid using heat until at least 2 weeks after the procedure as it may increase swelling and pain.

Do I Need To Wear Compression Stockings? Where Do I Get Them? How Long Should I Wear Them?

You should wear compression stockings during the day for blood clot prevention, but you may take them off to shower and to sleep. We will provide you with compression stockings at your surgical facility. You may obtain more over the counter at your local pharmacy.

How Long Will I Need Physical Therapy After Surgery?

Recovering from total knee replacements involves 2-3 months of physical therapy, while total hip replacements may only require 2-8 weeks.

Do I Need To Bring My CPAP Machine With Me To Surgery?

Yes, in many cases you will need to bring this machine with you to surgery. Your surgical facility will provide you with additional information.

What Medications Should I Stop Before Surgery?

The surgical facility will contact you a few days prior to your surgery to discuss all medications. They will advise if you should stop taking any of your usual medications.

What Time Will My Surgery Be At?

The surgical facility will contact you 24 hours prior to surgery to let you know what time to arrive at the facility. Please arrive on time or early if possible.

Frequently Asked Questions

Am I Able To Have Injections Before Surgery? Will I Need Injections After Surgery?

You should not have any injections in the operative hip or knee for at least 3 months prior to surgery. Injections increase your risk of infection after surgery. You may receive injections to other body parts if needed. DO NOT accept any injections into the operative hip or knee after surgery unless performed by your surgeon.

What Type of Metal Is In My Knee or Hip Replacement? Am I Able To Go Through A Metal Detector?

Knee replacements use titanium alloys and high-grade plastics, while hip replacements use titanium alloys and ceramic. Passing through a metal detector may set off an alarm due to the metal used in the replacement. However, TSA and other security agencies are familiar with joint replacements and their metal content.

Do I Need Antibiotics After Surgery?

In most cases you will not require oral antibiotics after surgery as they are given to you via IV during the procedure. You should avoid going to the dentist or having a different surgery for 3 months to minimize post-surgical infection risk. You will require antibiotics prior to these procedures. Please call our office 2-3 days prior and we will be happy to prescribe these medications to you.

Where Can I Go To Get The MRSA Test?

You are able to go to any BayCare outpatient lab facility to complete the MRSA test. There are locations throughout the Tampa Bay area. Call 1-800-324-7853 for additional information.

Thank You!

Thank you for choosing Orthopaedic Medical Group for your joint replacements needs. We take great pleasure in the opportunity to care for you. We hope to provide you with great care, which allows you to return to your daily activities and live a pain free life. Please continue to reference this handbook throughout your recovery and contact us with questions at any time.

Interested In Learning More?

Visit our total joint replacement portal online by scanning the QR code with your smartphone camera, or by visiting us at:

https://www.omgtb.com/joint-replacement-portal/

Follow us on social media for weekly posts!