

Preparing for Surgery at OrthoIndy Hospital



Rev. 3/24

ORTHOINDY
HOSPITAL

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OrthoIndy Hospital Northwest

Directions

East

Take I-74 West to I-465 North. Take I-465 North to I-70 West. Take I-70 West to downtown Indianapolis and exit onto I-65 North. Take I-65 North and exit on I-465 North on the West side of the city. Exit from I-465 at the 86th Street exit, turn right and head East. Turn right on Northwest Boulevard. OrthoIndy Hospital is located on the right side of the road. The entrance faces Northwest Boulevard.

Northeast

Take I-69 South to I-465 West to the 86th Street exit. Turn left and head East on 86th Street. Turn right on Northwest Boulevard. OrthoIndy Hospital is located on the right side of the road. The entrance faces Northwest Boulevard.

Northwest

Take I-65 South to I-865 East to I-465 South to the 86th Street Exit. Turn left and head East on 86th Street. Turn right on Northwest Boulevard. OrthoIndy Hospital is located on the right side of the road. The entrance faces Northwest Boulevard.

South

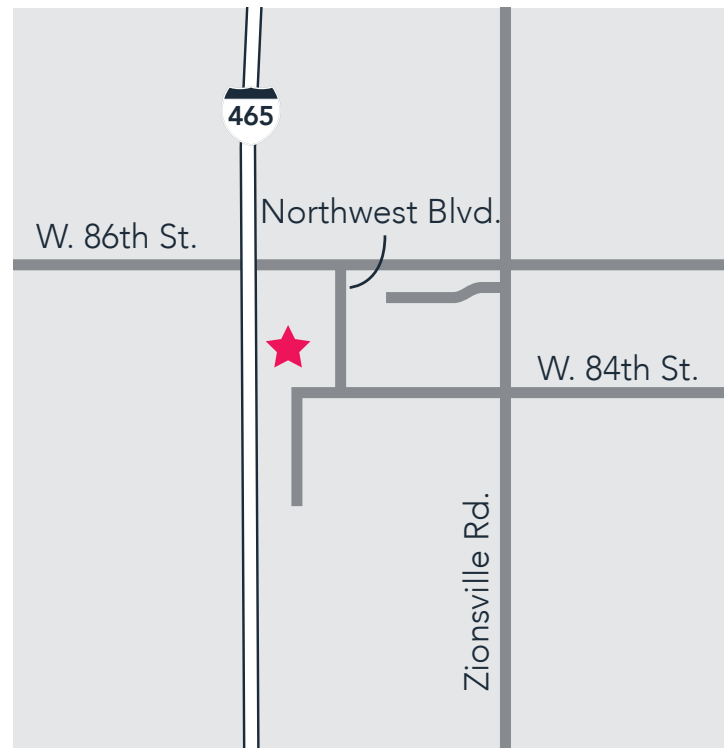
Take I-65 North, which passes through downtown Indianapolis. Exit onto I-465 North on the West side of the city. Exit from I-465 at the 86th Street exit, turn right and head East. Turn right on Northwest Boulevard. OrthoIndy Hospital is located on the right side of the road. The entrance faces Northwest Boulevard.

West

Take I-70 or I-74 East to I-465 North. Take I-465 North to the 86th Street exit, turn right and head East. Turn right on Northwest Boulevard. OrthoIndy Hospital is located on the right side of the road. The entrance faces Northwest Boulevard.



**8400 Northwest Blvd.
Entrance #3
Indianapolis, IN 46278
317.956.1000**





Services and Conveniences

Hospital Hours

The hospital is open to visitors from 9 a.m. to 9 p.m. After hours access requires using the security call system on the wall inside the front doors. Only those in a single room may have overnight visitation.

Valet Services (Door 3)

Free valet parking is available for hospital patients from 5 a.m. to 5 p.m. Monday through Friday. Drive your car to the valet parking sign and wait for the attendant to assist you. There is also **free** parking on all sides of the hospital.

ATM Machine

There is an ATM machine in the front lobby of the hospital.

Dining (Door 11)

The café hours are:

Monday through Friday: 6:30 a.m. to 4 p.m.
Closed Saturday and Sunday

You may order a guest tray for any family or friends that would like to dine with you in your room. To order your guest tray, buy a meal voucher in the café during the above business hours. On weekends, after café hours, please dial 3663 (FOOD) to purchase a meal voucher from room service. A room service representative will come to the room and collect payment. You may purchase more than one voucher at a time.

WiFi

All areas of the hospital are WiFi computer accessible for your convenience.

Waiting Area

The main waiting room at the hospital entrance provides comfortable seating with a view of the outdoors. Complimentary coffee is available in the main waiting area. On the second floor, there is another waiting room and a long hallway where families can walk and stretch their legs.

Pager

Your family and friends will receive a pager when you arrive. The pager only works at the hospital. If they leave the hospital while you are still in surgery, they should alert the concierge desk. When the pager sounds, your family should check-in at the concierge desk. From there they will be escorted to a private consultation room to review the surgical findings with your surgeon. Since family members are not allowed in the recovery room area, we will page them again when you are transferred from recovery.

Hotels

Ask for the OrthoIndy discount or medical rate when making your reservation. Rates vary by hotel.

Please visit OrthoIndy.com/Hospital and scroll down to the hotel information for a full and up-to-date listing of discounted hotel options.

Important Contact Information

- Operator/On Call OrthoIndy Physician
1.800.223.3381
- Operator Assistance
317.956.1000

Hospital Locations

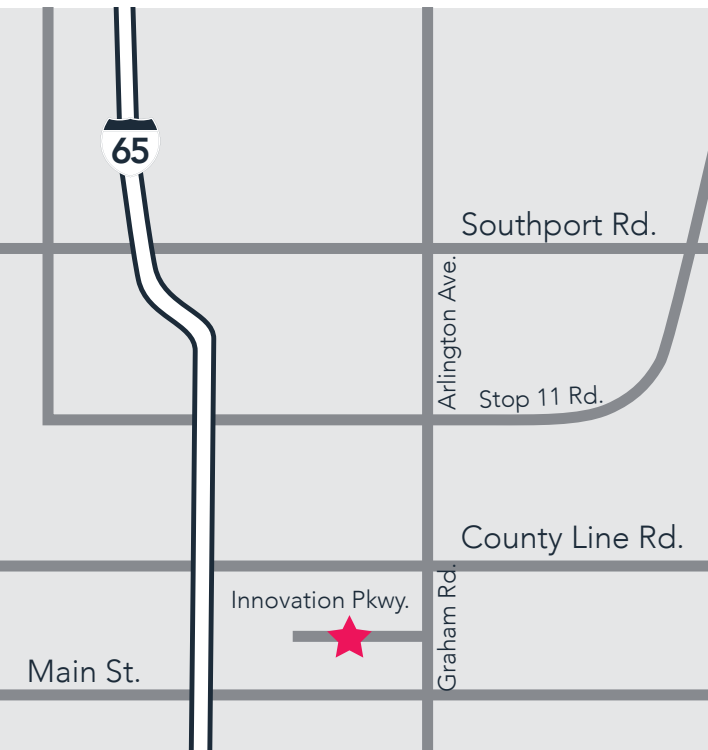
- OrthoIndy Hospital Northwest
317.956.1000
- OrthoIndy Hospital Greenwood
317.884.5200
- OrthoIndy Hospital Brownsburg
317.268.3600

If you need to cancel your surgery due to an illness or emergency, please contact your surgeon's office immediately.

OrthoIndy Hospital Greenwood



**1260 Innovation Pkwy.
Suite 150
Greenwood, IN 46143
317.884.5200**



Directions

South

Take I-65 North to the Main Street exit, 99. Turn East onto Main Street. Continue East to Graham Road. Turn North onto Graham Road. Continue North on Graham Road to Innovation Parkway. Turn West onto Innovation Parkway and follow Innovation Parkway to 1260 Innovation Parkway.

North

Take I-65 South to the County Line Road exit, 101. Turn East onto County Line Road. Continue East on County Line Road to Graham Road. Turn South on Graham Road. Continue South on Graham Road to Innovation Parkway. Turn West onto Innovation Parkway and follow Innovation Parkway to 1260 Innovation Parkway.

East

Take I-74 East towards Indianapolis. Merge on to I-465 South, exit 73A. Merge on to I-65 South, exit 53 B. Take I-65 South to the County Line Road exit 101. Turn East onto County Line Road. Continue East on County Line Road to Graham Road. Turn South on Graham Road. Continue South on Graham Road to Innovation Parkway. Turn West onto Innovation Parkway and follow Innovation Parkway to 1260 Innovation Parkway.

West

Take I-70 West towards Indianapolis. Merge on to I-465 South, exit 90. Merge on to I-65 South, exit 53 B. Take I-65 South to the County Line Road exit, 101. Turn East onto County Line Road. Continue East on County Line Road to Graham Road. Turn South on Graham Road. Continue South on Graham Road to Innovation Parkway. Turn West onto Innovation Parkway and follow Innovation Parkway to 1260 Innovation Parkway.

Services and Conveniences

Overnight Stay

One guest may spend the night in your room for an overnight stay.

Waiting Area

The main waiting room at the hospital entrance provides comfortable seating. Complimentary coffee is available in the main waiting room.

WiFi

All areas are WiFi computer accessible for your convenience.

Information

Our front desk staff will assist your family and friends with any questions about the waiting process, hospital or surrounding area.

Hotels

Ask for the OrthoIndy discount or medical rate when making your reservation. Rates vary by hotel.

Please visit OrthoIndy.com/Hospital and scroll down to the hotel information for a full and up-to-date listing of discounted hotel options.



OrthoIndy Hospital Brownsburg



9070 E. 56th St.
Brownsburg, IN 46112
317.268.3600



Directions

South

Take I-465 North to I-74 West. Go to the Ronald Reagan Parkway exit. Head north on Ronald Reagan Parkway to County Road 600 East. Take a left on to 600 E (56th Street). The facility is on the right.

North

Take I-465 West I-465 South to I-74 West. Go to the Ronald Reagan Parkway exit. Head north on Ronald Reagan Parkway to County Road 600 East. Take a left on to 600 E (56th Street). The facility is on the right.

I-74

Take I-74 to the Ronald Reagan Parkway exit. Head north on Ronald Reagan Parkway to County Road 600 East. Take a left on to 600 E (56th Street). The facility is on the right.

Services and Conveniences

Waiting Area

The main waiting room at the hospital entrance provides comfortable seating. Complimentary coffee is available in the waiting room.

WiFi

All areas are WiFi computer accessible for your convenience.

Information

Our front desk staff will assist your family and friends with any questions about the waiting process, hospital or surrounding area.

Hotels

Ask for the OrthoIndy discount or medical rate when making your reservation. Rates vary by hotel.

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OrthoIndy Hospital Westfield

Directions

South

From I-465 North, take exit 31 for Meridian Street toward US-31. Keep right to stay on Exit 31. Continue onto US-31 North/North Meridian Street. Take the exit for IN-32 toward Noblesville. Use any lane to turn slightly left onto West Main Street (IN-32W). Turn left onto Dartown Road. Follow it to the right to 175th Street. The facility is on your right.

North

Take US-31 South to IN-32 toward Noblesville. Turn right onto West Main Street (IN-32W). Turn left onto Dartown Road. Follow it to the right to 175th Street. The facility is on your right.

Services and Conveniences

Waiting Area

The main waiting room at the hospital entrance will provide comfortable seating. Complimentary coffee will also be available in the waiting room.

WiFi

All areas will be WiFi computer accessible for your convenience.

Information

Our front desk staff will assist your family and friends with any questions about the waiting process, hospital or surrounding area.

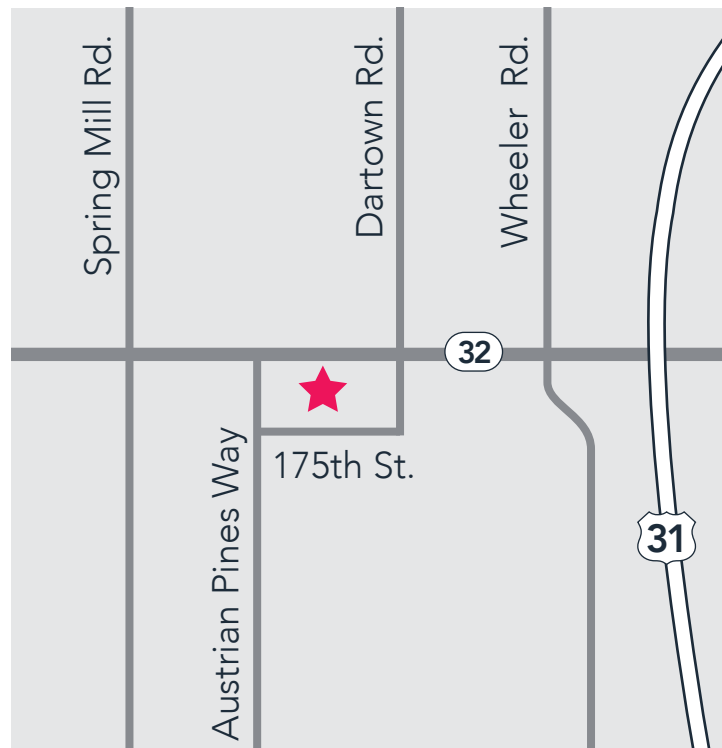
Hotels

Ask for the OrthoIndy discount or medical rate when making your reservation. Rates vary by hotel.

Please visit OrthoIndy.com/Hospital and scroll down to the hotel information for a full and up-to-date listing of discounted hotel options.



**246 E. 175th Street
Westfield, IN 46074
317.275.6116**



Before Your Surgery

Medical Evaluation Before Surgery

Your surgeon may require that you schedule a preoperative evaluation visit with OrthoIndy hospitalists before your surgery.

A proper medical evaluation helps to reduce the risk of problems that may occur after surgery. These include blood clots, heart attack, stroke, breathing difficulties or infection.

It is very important to supply all medical information. Please bring the following information to your appointment:

- A completed medical history
- All medications you currently take in their original containers from the pharmacy, as well as all supplements
- A list of **all** allergies (medications or other)
- Names and phone numbers of your cardiologist or other specialty physicians treating you for medical conditions

Cardiologist

If you need further evaluation by a cardiologist, the preoperative team will help arrange for special testing or appointments.

Primary Care Physician

Please let us know if your family physician is doing your medical clearance instead of our hospitalists. Your surgeon's staff and our Pre-Anesthesia Surgery Screening (PASS) department can provide them with information to make sure they complete all the necessary testing.

PASS Program

The nursing staff of the PASS program will call you by phone if preoperative evaluation is not necessary before your surgery. At that time, they will review your medical history, current medications and make sure all necessary evaluations are complete and reviewed.

Anesthesia Information

Can I choose my anesthesiologist?

If you request a certain OrthoIndy Hospital anesthesiologist, we try to honor your request but cannot guarantee. Visit our website to learn more about our anesthesiologists.

Types of Anesthesia

The type of anesthesia you receive depends on your surgery, your surgeon, your anesthesiologist and your health. The most common types of anesthesia include:

- **General Anesthesia:** You are given medication through your IV or may be given an inhaled (gas) anesthetic so that you are completely asleep during the entire surgery.
- **Monitored Anesthesia:** You are given medication through your IV that will make you sleepy during the procedure and you may be given a nerve block to numb your arm or leg for your surgery. It may be necessary for your safety to change monitored anesthesia to general anesthesia at any time during your surgery as decided by your anesthesiologist.
- **Local Anesthesia:** Only the area being worked on is injected with a numbing medicine.

Risks of Anesthesia

All surgeries and anesthesia have risks which depend on your health and the type of surgery you are having. Your anesthesiologist will discuss risks that may be associated with your surgery.

Side Effects from Anesthesia

Some patients may experience nausea, a minor sore throat or muscle pain lasting a day or more after general anesthesia. Please contact your anesthesiologist if any of these symptoms last more than one week after surgery.





Medications Management

The following recommendations are provided to help you manage your medication concerns before surgery. **Bring all** medications in their original containers with you the day of surgery. We may need to confirm the details on the container. On rare occasions, we may need to use your medication during your stay. Always check with your prescribing physician if you are uncertain about any information.

If you are taking **anti-inflammatories** and/or **Aspirin**, stop 7 days before surgery unless otherwise instructed. If you are unsure if your medication is an anti-inflammatory, please visit [WebMD.com/arthritis/anti-inflammatory-drugs](https://www.webmd.com/arthritis/anti-inflammatory-drugs) or contact your surgeon's office. **Tylenol (acetaminophen)** should be used as directed on the Tylenol packing.

Stop **all** herbal supplements, energy drinks, weight loss drugs, glucosamine and chondroitin two weeks prior to surgery. For a complete list of supplements please visit [OrthoIndy.com/Supplements](https://www.orthoindy.com/Supplements).

Erectile Dysfunction (ED) Medications

Stop 72 hours before surgery (Cialis, Viagra, Levitra).

Estrogen and Testosterone Supplements

Stop now. This includes Premarin, Evista, Birth Control Pills, Androderm, Androgel, Axiron and Testim.

Insulin

For day of surgery: Check with the physician that monitors your insulin or with the hospitalist staff about any adjustments needed the day of surgery.

Blood Pressure Medications

You may be given special instructions regarding this medication class. **Do not adjust** unless instructed.

Pain Medication

Should be taken as directed by your physician.

Illicit Drugs

All illicit drugs can have negative effects on your surgery. You are encouraged to stop illicit drug use immediately in preparation for surgery. If you do use illicit drugs prior to surgery, it is extremely important to discuss this with your surgeon, anesthesiologist or member of our medical team. For your safety, postponement or cancellation of your surgery may be necessary depending on the type of drug used and when it was used last.

Important Information to Know

Food and Drink

You will be given specific instructions on when to stop eating and drinking. It is imperative to follow the exact instructions to protect your lungs.

Stop Smoking and All Tobacco Use

Smoking and nicotine can increase your risk for infection and blood clots after surgery and can have a negative effect on your body's ability to heal wounds. Using oral tobacco products increases the risk of aspiration. For anesthesia purposes, you must not smoke or use oral tobacco products 24 hours prior to your procedure. The use of oral tobacco products on the day of surgery will result in a surgery cancellation. Visit Lung.org for assistance.

Contacts/Glasses

It is recommended that you wear your glasses instead of contacts, as contacts will have to be removed on the day of surgery. Please bring your glasses case and/or your supplies if you are unable to wear your glasses.

Pacemaker or Defibrillator

Please bring all information about your pacemaker or defibrillator to the hospital.

Call Your Surgeon

If there are any changes in your health before surgery such as a fever, skin infection or a new illness, please call your surgeon as soon as possible.

Advanced Directives

At OrthoIndy Hospital we want to make sure that every patient and their family has the information needed to make informed health care decisions. The Indiana State Department of Health has provided us with a complete discussion of health care decisions called "Advanced Directives." You will be provided a copy of this information when you check in for your surgery, or you may review and complete the information at any time by visiting www.in.gov/isdh/25880.htm.

Pain Management

Pain Relief Strategies

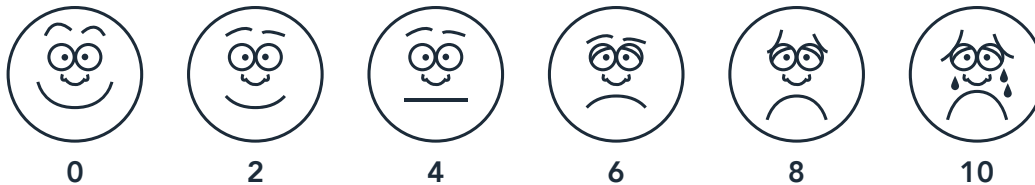
Understanding

Everyone experiences pain differently, but the goal of pain management is always the same: reduce your pain so that you may experience a safe, successful and quick recovery from your surgery. Here are some of the benefits of good pain management:

- Less pain means less stress on your body.
- Your body heals better with less stress.
- You can breathe deeply, cough and move more easily if you have less pain.
- If you are more active after surgery, you reduce your risks of infection, lung problems, muscle spasm or heart attack.
- It is important to communicate early about your pain (when the pain starts) so we can quickly begin the appropriate pain strategies.
- Since pain medicine may take 10 to 40 minutes to work, plan to ask for pain medication before physical therapy and before going home.

Communication

It is important to tell us if you are having pain. You will frequently be asked to rate your pain on a scale from 0 to 10. 0 = no pain; 10 = the worst pain you can imagine.



Pain Relief Options

There are many kinds of pain medications or pain management therapies that you may be given while you are a patient at OrthoIndy Hospital which include:

Prescription Pain Medications

Narcotic pain medications are effective for severe pain right after surgery. There are occasionally side effects including nausea or vomiting, itching, sleepiness, slowed breathing or constipation. Talk to your physician or nursing staff if you are bothered by these side effects.

Take your pain medicine with a small snack, such as clear liquid and crackers to help avoid nausea. Consider taking an over-the-counter stool softener while you are taking narcotic pain medicine to avoid constipation.

Anti-inflammatories

Some surgeons may order powerful anti-inflammatory medications for you to take after surgery. It is important to take these only as directed and to report any symptoms of stomach pain immediately to your surgeon.

Peripheral Nerve Blocks

This is a procedure done by the anesthesiologist. A nerve block is performed to numb a specific area so there is less pain when you wake up from surgery. Please refer to page 16 for more information.

Cold Therapy

Using ice packs or cold water sleeve devices can reduce swelling and pain after surgery. Your physician may prescribe cold therapy for you after surgery. Please check your post-operative instructions before starting any cold therapy.

Relaxation/Massage Therapy

Things that help you relax or distract you from your pain have been shown to help decrease pain after surgery and can improve the effectiveness of your pain medications. Deep breathing or things like watching TV, listening to music or turning the lights down can sometimes promote relaxation and decrease pain. Hand or foot massage can also be relaxing and help with reducing your pain.

Safer and More Effective Pain Management

Opioid pain medications, like oxycodone or hydrocodone, can help with severe, acute pain or pain from illness like cancer. Taking opioids, especially for longer periods of time, can often do more harm than good. Many non-opioid treatments have been shown to control pain effectively with fewer side effects.

As your healthcare providers, we are committed to:

- **Manage:** Identify and use the best possible treatment for your condition.
- **Personalize:** Work closely with you to set pain management goals and develop a treatment plan that will help you achieve your goals.
- **Collaborate:** Assess the risks and benefits of opioids together, and prescribe opioids only when their benefits outweigh their risks.

How You Can Help

1. Provide accurate and detailed information about your pain medication use in the past year.
2. Tell us about other strategies that have helped you in the past like ice, relaxation therapy or non-opioid medications.
3. Tell us about any problems you have had with opioid pain medications in the past.

After Surgery

1. If you are prescribed opioids, ask for detailed information about how long you should take them, possible side effects and how to stop taking them.
2. Never take opioids in greater amounts or more often than prescribed.
3. Store your prescriptions in a secure place and out of the reach of others.
4. Never share or sell your prescriptions.
5. Never use another person's prescriptions.
6. Check with your pharmacy about safely disposing of unused opioid medications.

Information obtained from Centers for Disease Control and Prevention (CDC)
[CDC.gov/rxawareness/prevent](https://www.cdc.gov/rxawareness/prevent).

Nerve Blocks for Pain Management

What is a nerve block?

A nerve block is a way to make your surgery site numb to help reduce pain after surgery. It is performed by an anesthesiologist most commonly before surgery but may be placed during or after surgery.

Who gets a nerve block?

If you are having surgery on the shoulder, arm, elbow, wrist, spine, hip, knee, leg, ankle or foot you may be a candidate for a nerve block.

Your surgeon and the anesthesiologist will discuss what pain management options would be the best for you. You may decline the option for a nerve block if you do not feel it is the best option for you.

How is a nerve block done?

A nerve block is usually done by injecting numbing medicine (local anesthetic) around the nerves that go into the surgical site. The nerve block may be done in a special treatment area called Acute Pain Service (APS) or it may be done in the operating room.

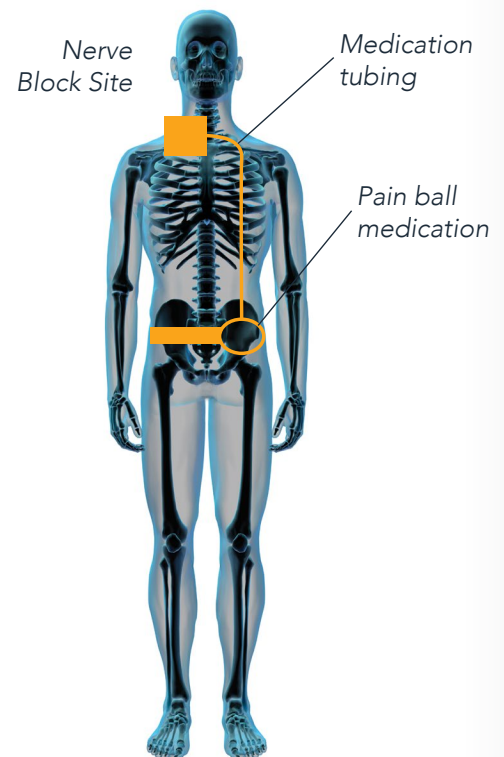
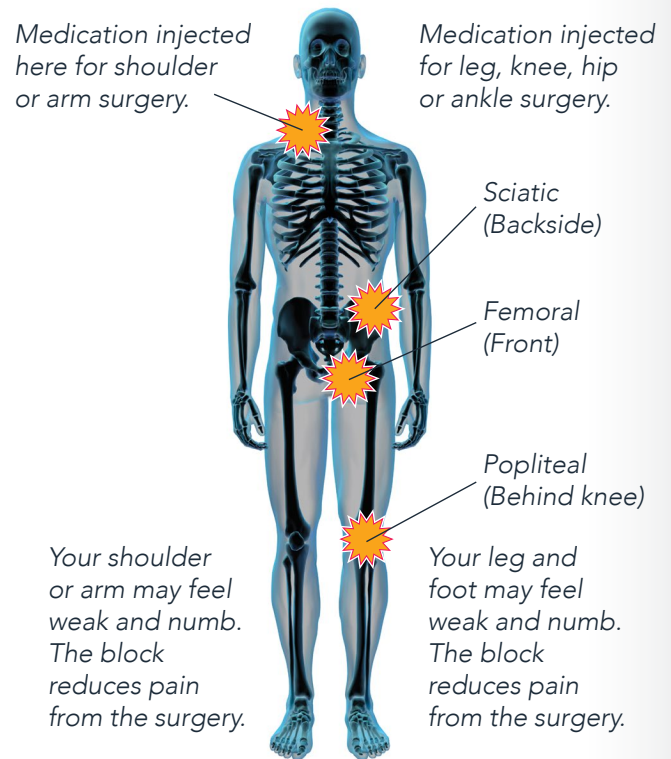
You will usually be given intravenous sedation for the procedure to help you relax.

Will I have any pain after surgery?

The nerve block should reduce your pain after surgery so you may not need as much pain medication. Pain relief from the block may last for up to 48 hours after surgery if you do not have a pain ball. You are encouraged to use the pain medications prescribed by your surgeon to help manage the pain during activity and to prevent an increase in pain when the block wears off.

Continuous Block with "Pain Ball"

Some patients may have a continuous pain block with a "pain ball" which can last up to three days. Your surgeon and anesthesiologist will determine what is best for you based on your desires and surgery.



After Your Surgery

Avoiding Infection

Preventing infection after any surgery is a major concern for health care professionals and their patients. The following information can help you avoid an infection after surgery while you are in the hospital and even when you go home:

- Hand washing plays a key role in improving patient safety by preventing infection. Frequent hand washing or use of hand sanitizer is the most effective way to prevent spreading communicable illnesses like colds, flu, skin infections or viruses. Our hand hygiene policy for staff protects **you** the patient as you go through many different areas in the hospital.
- Use soap and warm water, rub your hands for at least 20 seconds. Good hand washing includes the palms, fingernails, between your fingers and the backs of your hands.
- If hands are not visibly dirty, you may clean them with alcohol-based hand sanitizers. Rub the sanitizer all over your hands, especially under your nails and between your fingers, until your hands are dry.
- Clean your hands before touching or eating food or after you use the bathroom.
- If you do not see a hospital employee clean their hands before they care for you, ask them if they have washed their hands (this can be with soap and water or alcohol-based hand sanitizers).
- Hospital employees should wear clean gloves when they are exposed to blood, wounds or other body fluids. Don't be afraid to ask them if they should be wearing gloves.
- Cover your mouth and nose when sneezing or coughing and clean your hands right away.
- Avoid contact with those who are sick.
- OrthoIndy Hospital can provide flu shots during flu season. You will be encouraged to receive one if appropriate.



Discharge Planning

Your discharge needs for after surgery will be addressed by your care team. Issues to consider before discharge home include:

Transportation Home

Getting home after your surgery will require help from family or friends. Consider any movement restrictions that may require a larger vehicle.

Prescriptions After Surgery

You may need to stop by your pharmacy to pick up prescriptions after surgery.

Physical Therapy

You may be given exercises to complete after surgery on your own. If your surgeon wants you to work with a physical therapist, you will receive a detailed order and instructions from your surgeon on when to begin.

Appointments

Your post-operative follow-up with your surgeon or their staff will be arranged prior to discharge.

Safety After Surgery

For your safety, if you are an outpatient, we recommend that a responsible adult stay with you for 24 hours following surgery. If you live alone, arrange for a friend, neighbor or relative to check on you daily for the first few days after surgery.

If you require a **hospital stay**, your discharge needs will be addressed by your care team prior to discharge.



Preparing for After Surgery

Safety at Home

- Remove all loose scatter type rugs. These increase your risk for slipping and falling at home.
- Find a firm chair with arms that you will use after surgery. It is very difficult to get in and out of soft chairs or chairs with no arms after surgery.
- Minimize clutter that may cause you to trip or stumble.
- Make sure you have handrails on all flights of stairs.
- Make sure you have handrails in the bathroom near the toilet and in the shower.
Check with your surgeon about showering after surgery.
- Get your cleaning done before surgery. You won't have the energy or the interest to clean for awhile after your surgery.
- Do your grocery shopping before surgery. Plan your meals for two weeks and make sure you have lots of nutritious foods like vegetables and fruits available. Protein rich foods are also important to your recovery (refer to page 22). If you are usually bothered by nausea after surgery, be sure to have ginger-ale or 7up, as well as crackers.
- Arrange for help from family and friends. You may also need help with bathing, dressing, even walking for the first few days you are home.
- Apply clean bed sheets the day prior to arriving for surgery to decrease risk of infection.
- Keep your incision clean and dry according to your surgeon's instructions. Do not bathe or soak in a bath tub, pool, hot tub, lake or any other body of water until approved by your surgeon.
- Do not apply creams, lotions or ointments to a healing incision. These can inhibit new skin cell growth and/or introduce bacteria.
- Do not drive until approved by your surgeon.
- Do not drive while you are still taking narcotic medications.
- Check with your surgeon before starting any new exercise regimens.
- Observe any precautions regarding lifting, sitting and moving.

Medications After Surgery

Your physician and the nursing staff can provide guidance about resuming your medications after surgery. Take all medications as prescribed. Call your physician if you have any questions. Here are some additional recommendations:

Insulin or Pills for Diabetes

Diabetic patients are advised to check with the physician that manages their diabetes if they are uncertain how to resume taking their medications for blood sugar after surgery.

Blood Pressure and Heart Medications

Patients should resume their medications for blood pressure or heart disease unless told otherwise by their cardiologist or physician.

Vitamins/Supplements

You may take your vitamins and other herbal type supplements after surgery unless your surgeon instructs otherwise.

Blood Thinners

Patients taking Arixtra, Aspirin, Coumadin, Eliquis, Lovenox, Heparin, Xarelto or any medication prescribed to prevent blood clots should have clear instructions how to take the medication, how long to take the medication and when to contact their physician. Contact your surgeon right away if you notice blood in your bowel movements or urine or are having frequent bloody noses.



Blood Clots

What are blood clots?

When a clot forms in the deep veins of the body, it is called deep vein thrombosis, often referred to as DVT for short. DVT occurs most commonly in the leg; although it can occur anywhere in the body, including the arms, lungs, heart or brain. A potentially life-threatening complication of deep vein thrombosis (DVT) is pulmonary embolism, often referred to as PE for short. A PE occurs when a blood clot breaks off, travels through the blood stream and lodges in the lung.

The risk of developing a blood clot increases with certain surgical procedures. Therefore, specific measures may be used after surgery to help reduce that risk. Please review the mechanical and medication prevention measures on the next page. Not all surgical procedures will require these prevention measures.*

Did you know?

- Blood clots remain one of the top complications that can be avoided with medical and non-medical prevention.
- By having orthopedic surgery and being less active after surgery, your risk for developing a blood clot is increased.
- Taking steps for the prevention and treatment of blood clots after surgery is an important part of your recovery. Joint replacement patients are at highest risk for developing a blood clot two to ten days after surgery, and remain at risk for approximately three months.
- To decrease your chance of developing a blood clot, follow your physician's instructions and take your blood thinning medications **as prescribed**.

What signs and symptoms should you look for?

For a blood clot in the arm or leg, you may experience:

- Pain or tenderness of the thigh, calf or arm
- Skin that feels warm to the touch on the thigh, calf or arm area (other than the surgical site)
- Swelling (edema) of the thigh, calf or arm that does not get better at night; or does not get better with rest, ice and elevation of the extremity (surgical site swelling is normal and to be expected)

For more information about blood clots, please visit the websites below:

- National Blood Clot Alliance: StopTheClot.org
- Clot Care: ClotCare.com
- CDC: CDC.gov/ncbddd/dvt/facts.html
- Clot Connect: ClotConnect.org

For a blood clot in the lung, you may experience:

- Unexplained shortness of breath
- Rapid breathing at rest
- Chest pain anywhere under the rib cage (may be worse with deep breathing)
- Fast heart rate at rest
- Unexpected cough (may cough up blood)
- Lightheadedness or passing out

Signs and symptoms of a blood clot require immediate medical attention. If you are unable to reach your physician, **call 911** or go to the nearest emergency room.

** Increasing mobility as directed after surgery helps reduce the risk of blood clots. Your care team will ensure proper treatment is ordered for your procedure.*

How to Prevent a Blood Clot

How can you prevent blood clots?

- Avoid sitting for long periods of time. Increase your activity as soon as possible.
- Avoid crossing your legs and do not put a pillow behind your knee.
- Avoid wearing tight fitting clothes or socks.
- Do not travel more than two hours without getting out of the car and walking.
- Avoid alcohol and caffeine.
- Stop smoking and use of tobacco products.
- Follow both the mechanical and medication prevention steps.

Walking: Gentle activity, such as walking, helps to increase circulation. Be sure to follow any weight bearing restrictions from your surgeon.

Ankle Pumps: Your nurse will remind you to pull your toes up toward your chest and point your toes down. This action contracts and relaxes your calf muscles and increases circulation throughout your lower leg.

TED Hose: These are compression stockings that may be placed on both legs immediately after surgery to help control swelling and reduce the risk of blood clots in your legs.

Pneumatic Compression Device: If you stay in the hospital overnight, this device may be wrapped around the foot and/or lower leg. It is worn while lying in bed or sitting in a chair. Air is pumped into the compartments of this wrap that gently squeezes the foot or lower leg. This device helps circulate the blood in your veins.

Medication Prevention

There are a variety of medications that prevent and treat blood clots. These medications include: Aspirin, Xarelto, Eliquis, Lovenox, Coumadin, Heparin and Arixtra.

It is very important that you take your medication as prescribed. Further education will be provided if you are prescribed a medication for blood clot prevention or treatment. If for any reason you are unable to obtain the medication prescribed, you **must** contact your physician. Developing a blood clot is life threatening.

Nutrition

Eating well balanced meals will promote surgical recovery. A well-balanced meal includes foods from all food groups that will provide a variety of vitamins, minerals and nutrients from fruits, vegetables, whole grains, non- or low-fat dairy products and lean protein sources. Our bodies absorb vitamins and minerals from foods more efficiently than from supplements. Here is a guide to making healthy choices for your snacks and meals:

Benefits of High Fiber Diet

- Prevent and treat constipation
- Lowers cholesterol
- Help control blood sugar levels and prolong satiety
- The recommendation for fiber is 25 grams per day for women and 38 grams per day for men

How to Add Fiber to Your Diet

- Add more fiber to your diet gradually each day. If too much fiber is added too quickly, it may cause gas, cramping, bloating or diarrhea.
- Drink plenty of fluids – at least 64 ounces (8 cups) every day.
- Foods that are highest in fiber include whole grains (barley, oats, farro, kamut or quinoa), whole wheat flour, raw fruits and vegetables with peels or skins on, beans and legumes.

How to Add Protein to Your Diet

It is very important to include protein before and after surgery. Your protein needs will be higher after surgery. Try to choose at least one protein food at each meal and snack to increase your daily intake. Be sure to balance your diet with foods that contain lean sources of protein:

- Meat, poultry, fish and seafood
- Eggs and non- or low-fat dairy products
- Beans, legumes and soy products
- Nut, nut butters, seeds and wheat germ

Nutrition for Anemia

If you are anemic, especially after expected blood loss following a major surgery, you should eat more foods containing iron. Iron is a mineral that helps carry oxygen throughout the body. If you are not eating enough iron-rich foods in your diet, you may feel tired and run-down. The foods listed below are good sources of iron:

Animal Sources (better absorbed than plants)

- Beef, lamb, poultry, pork and liver
- Eggs, oysters and shrimp
- Sardines and tuna

Grain Sources

- Whole grain breads, tortillas
- Cereal, oatmeal, grits, cream of wheat
- Iron enriched or fortified grain products

Vegetable/Fruit Sources

- Dark, leafy greens
- Dried apricots, prunes and prune juice
- Potatoes with skins, peas and lentils
- Pinto beans, lima beans, navy beans, kidney beans and soy beans
- Tempeh, Veggie Burger and Tahini

Always follow your physician or dietitian's instructions for special dietary needs.

Checklists

Surgery Reminder Checklist

- ☐ Have you arranged for transportation upon discharge from your surgical procedure?
- ☐ Have you completed any lab testing and/or medical evaluation if ordered by your surgeon?
- ☐ Do you know what medications to take or not take leading up to the day of your surgery?
- ☐ Do you know your surgery time and arrival time? If unsure, please call your surgeon's office.
- ☐ Are you prepared to bring your medications with you the day of surgery in their original pharmacy containers?
- ☐ Do you understand pain management and how to prevent complications?
- ☐ Have you modified your home for safety as discussed in this booklet?
- ☐ Have you arranged for family or friends to check on you after you are released from the hospital?

Day of Surgery Checklist

Items to Bring

- ☐ Paperwork: picture ID, insurance card, proof of legal guardianship/power of attorney if applicable
- ☐ Loose fitting comfortable clothes such as shorts, T-shirt, flat rubber-soled shoes, not slippers
- ☐ Assistive devices (walker, crutches, etc.) that you already have and plan to use (please label with your name and bring in with you when you arrive for surgery)
- ☐ Orthotics or braces you normally wear when walking
- ☐ Containers for items such as glasses, contacts, dentures, hearing aids
- ☐ Check with your surgeon about any cooling devices you have used before that might be used again
- ☐ Medications in the original container, including inhalers and eye drops
- ☐ Pacemaker or defibrillator information
- ☐ Advance directives
- ☐ A family member or a friend who will be able to transport you home when you are released from the hospital

Items to Bring if Staying Overnight

- ☐ Toiletries, such as toothbrush, toothpaste, deodorant, comb/brush, electric razor and/or CPAP (if applicable)

Items to Leave at Home

- ☐ All valuables and jewelry

Questions or Concerns

When to Call Your Physician

Follow your specific instructions from your physician. **Call 911** if you are experiencing chest pain or severe shortness of breath. Call your surgeon at **317.802.2000** or **800.223.3381** for the following:

- If you are experiencing bleeding that won't stop
- If you are concerned about the appearance of your incision, i.e. increased redness
- If you have a fever over 101.5°
- If you are having side effects from any of your medications such as rash, itching, nausea or vomiting
- If you fall or feel you may have reinjured your surgical area
- If you have pain, tenderness or swelling in your calf (lower leg)

Plan for the Unexpected

Place your surgeon's phone number by the phone. When there is an unexpected problem, it can be difficult to find what you need.

You can always reach someone at OrthoIndy by calling **1.800.223.3381**.

Call 911 for any medical emergencies like chest pain or difficulty breathing.

Make sure you have the phone number of a family member or friend who can come to your house for any non-emergency needs.

Be sure you have your regular prescriptions filled and ready for you when you come home after your surgery.