



**Please have your
guidebook or a
piece of paper, and
a pen or pencil
ready to take notes.**

**If Joining On
Teams, MUTE your
microphones,
Turn up the volume
on your
computer speakers**

GBMC
HEALTHCARE



Malcolm Baldrige
National Quality Award
2020 Award Recipient

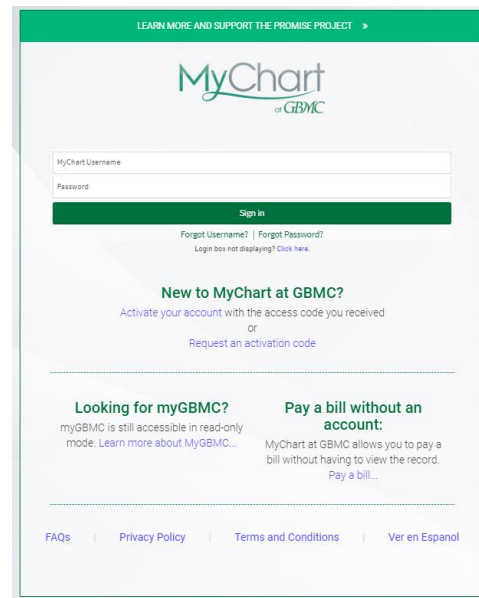
Pre-op Presentation: Joint Replacement Surgery

Presented by John Silver, RN, CMSRN & Emily Iseman, BSN, RN, ONC

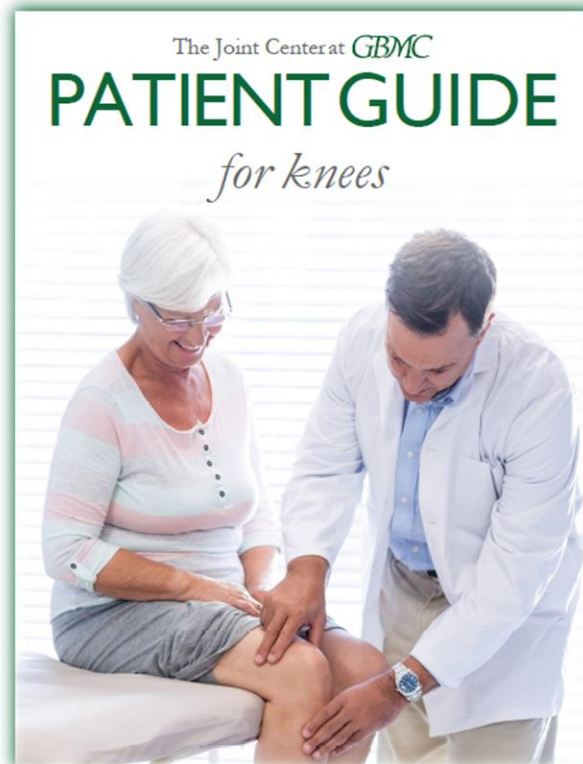
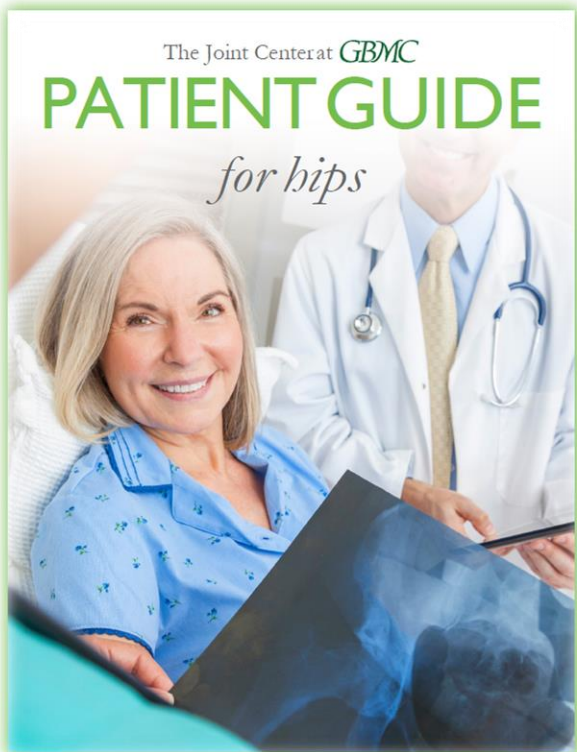
Updated 4-30-2026

Sign-up for GBMC MyChart

- **MyChart** allows you to
 - Verify your health insurance information, mailing address, phone number, e-mail, preferred pharmacy, etc.
 - Receive reminders for your pre-op appointments
 - Have access to your test results
 - Communicate with your providers
 - Pay your bill
 - Coordinate your healthcare needs
 - [Complete your Pre-op PROMs Questionnaires.](#)
- On the day of admission: **MyChart** will convert to **MyChart Bedside**, it is your portal for engaging with your care team while admitted to the hospital. Empower yourself and your family with access to your care team, clinical data, and health education.



Joint Replacement Guidebooks and Recommendations



Review all the Information from your Surgeon's Office



Pre-operative Testing: Blood Work, Lab Tests, EKG, Echocardiogram



History & Physicals



Medical Clearance (Cardiac and/or Pulmonology)



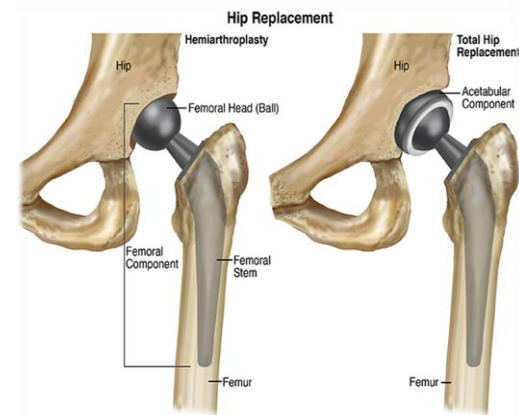
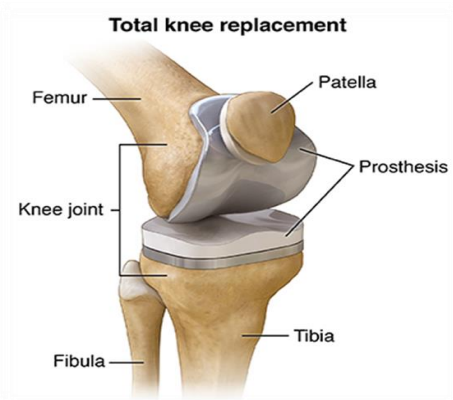
Home Medication Guidelines Before Surgery



Diet Before Your Surgery, When to Stop Eating and Drinking

Joint Replacement

2024 over 2.1 million combined hip and knee replacements were performed in the United States.



Pre-op Questionnaires in MyChart

FIVE (5) Sets of Questionnaires:
Total 23-24 Questions to Answer



- HOOS, JR **or** KOOS, JR
- VR-12
- 3 CJR questions
 - Health Literacy Screening
 - Quantified Spinal Pain
 - Total Painful Joint Count

Answer Questionnaires

For your **TOTAL HIP BOTH COMPONENTS (Right) with Peter Jay, MD on 2/19/2025**

- Single-Item Health Literacy Screening
- Quantified Spinal Pain
- Total Painful Joint Count

Recent questionnaire answers

VR-12 Health Survey (CJR)
For your REVISION TOTAL HIP BOTH COMPONENTS (Right) with Peter Jay, MD on 2/19/2025
Submitted 2/18/2025 at 3:27 PM
[Show past responses](#)

Hip Disability and Osteoarthritis Outcome Score for Joint Replacement
For your REVISION TOTAL HIP BOTH COMPONENTS (Right) with Peter Jay, MD on 2/19/2025
Submitted 2/17/2025 at 10:20 AM
[Show past responses](#)

Answer Questionnaires

Single-Item Health Literacy Screening

For your **TOTAL HIP BOTH COMPONENTS (Right) with Peter Jay, MD on 2/19/2025**

Submit your responses. Or, review first and then submit.

Responses ▼

[Submit](#) [Back](#) [Finish later](#) [Cancel](#)

Morris, N.S., MacLean, C.D., Chew, L.D., & Littenberg, B. (2006). The Single Item Literacy Screening instrument to identify limited reading ability. BMC Fam Pract, 7:21

SUBMIT



Higher score indicate
better physical or
mental health

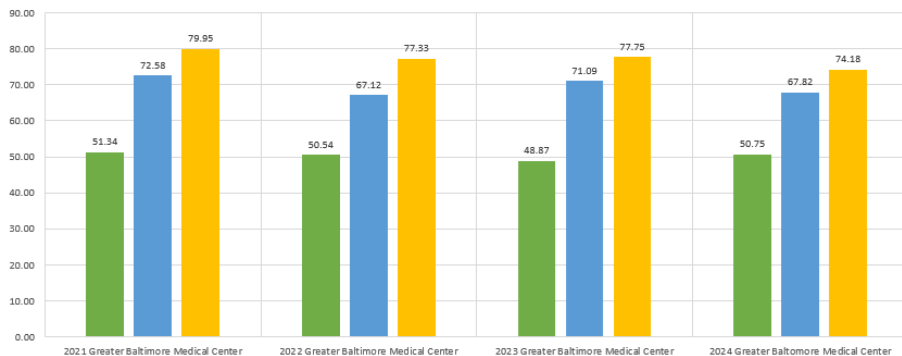
■ Pre-op ■ 3- Month ■ 1- Year

Data retrieved from the American Joint Replacement Registry

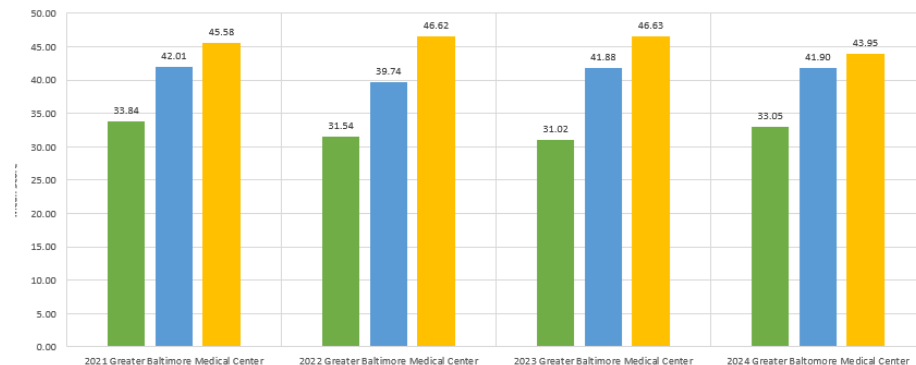
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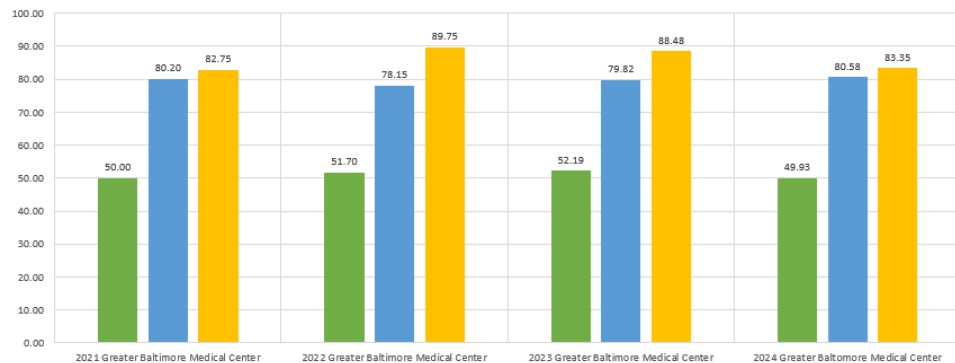
KOOS (Knee) Jr. Mean Scores



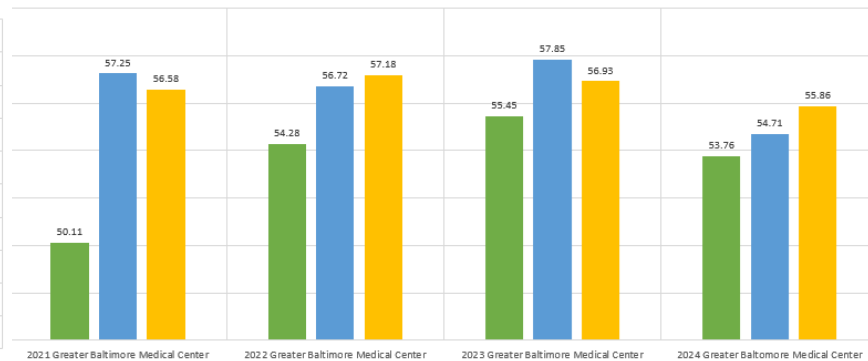
VR-12 Mean Physical Component Score



HOOS (Hip) Jr. Mean Scores



VR-12 Mean Mental Component Score



Time Sensitive Tasks to Complete Before Your Surgery

➤ Nasal swab for MRSA/MSSA

- **Golden window** for completion is within **10-30 days** prior to surgery. Must be completed ***no later than 10 days*** prior to your surgery date.
 - Non-Kaiser Permanente patients (GBMA Ortho, GBMA Neurosurgery, Ortho Maryland/CAO)
 - Testing at GBMC Diagnostic Testing Center
 - **Monday-Friday 8:00 am - 4:00 pm, no holidays**
 - Results valid for 60-days

➤ Preop CHG Wash Kit with directions

- Four (4) Showers, begin 3 nights before surgery

➤ Pre-op PROMs Questionnaires in MyChart

➤ Pick up your post-op prescriptions before your surgery date

➤ Pre-op clearance from your Primary Care team(s), Diagnostic Tests, and blood work

Diagnostic Center and Laboratory Medicine at GBMC

GBMC Main Hospital 6701 N. Charles St./ Suite 3100/ Towson, MD 21204

MSSA/MRSA preop testing: Monday-Friday 8:00 am-4:00 pm, no holidays

★ GBMC Diagnostic Center Suite #3100 (near the Einstein Bagel Coffee)

- ❖ Pre-op MSSA/MRSA nasal swab: To be completed **10 days to 30 days** prior to your surgery date; the test result is valid for 60-days.
- ❖ Walk-in, **no appointment needed** for the **MSSA/MRSA** nasal swab.
- ❖ Monday-Friday 8am-4pm, no holidays. Sign-in at the front desk.
- ❖ Park at ★ **Iris Parking** (near the East Pavilion Entrance)



For those entering from Iris Park at Pavilion East entrance, proceed down the hallway towards Zone A and turn right once you reach Einstein Bagels. The Diagnostic Testing Center will be the next office on your left.





SHUTTLE STOP



VALET PARKING

N



VALET SERVICES

Valet services (cash ONLY)
will be available

Monday through Friday

at the following times/locations:

7 a.m. - 6:30 p.m.

- Labor & Delivery (OB entrance) the Yaggy Atrium
- Louis and Phyllis Friedman Building entrance
8:30 a.m. - 5:00 p.m.
- Physicians Pavilion West



SHUTTLE SERVICES

Beginning 11/9/2023 GBMC will
provide shuttle services
on a continuous loop

Monday - Friday

7 a.m. - 5 p.m.

The shuttle accommodates 4 passengers at a time
and will pick up from 3 locations:

- Friedman Building entrance
- PPW, Physicians Pavilion West
- Bus loop, Physicians Pavilion East

Preparing for Surgery

Exercises for before surgery

- Review exercises in your pre-op section of guidebook
- Start **NOW**
 - 2-3 times a day to strengthen your body before surgery
- Stop or do less repetitions if pain is severe

- Exercises for knee replacement: videos are labeled as post-op exercises but can be used for pre-op readiness:
 - <https://www.gbmc.org/post-op-exercises-for-total-knee-replacement>
- Exercises for hip replacement: videos are labeled as post-op exercises but can be used for pre-op readiness:
 - <https://www.gbmc.org/post-op-exercises-for-total-hip-replacement>



Joint Class Videos

[Watch Class Videos](#)

[Post-Op Knee Replacement](#)

[Post-Op Hip Replacement](#)

[How to Use Your Incentive Spirometer](#)



[Joint Replacement Class - Video Library - GBMC HealthCare in Baltimore, MD](#)

Preparing for Surgery: Health Condition Checklist

How to Prevent Infection and Complications



- Control your blood sugar before, during and after your surgery.
- Exercising and healthy weight loss.
- **You must STOP** smoking (including cigars, e-cigarettes and vaping) 2 weeks before surgery and at least 6 weeks after surgery
- *Keep pets and animals away from the incision site after surgery.*
- Applying fresh linens to bed before surgery. *No pets are to sleep in bed or on the sofa with you until cleared by your surgeon.*

Preparing for Surgery: Health Condition Checklist

How to Prevent Infection and Complications

- No dental work within the 2-weeks prior to surgery and/or the first 3-months after surgery.
- Frequent UTI's, notify your primary team & surgeon.
- Making sure skin is healthy and clean.
- **Remove any polish and/or artificial nails**
- Good nutrition with adequate calories and protein.
- Stay hydrated
- Sleep Hygiene



Resources:

- <https://orthoinfo.aaos.org/en/treatment/surgery-and-smoking/>
- [Preparing for Surgery: Health Condition Checklist - OrthoInfo – AAOS](#)
- <https://orthoinfo.aaos.org/en/treatment/preventing-infection-after-joint-replacement-surgery-video/>

Pre-surgery Hibiclens CHG Showers: Preventing Surgical Site Infection

Cloths #1-6: Pump Hibiclens onto cloths, lather skin as instructed below.

#1: Surgical Site. (If multiple surgical sites, use a new cloth)

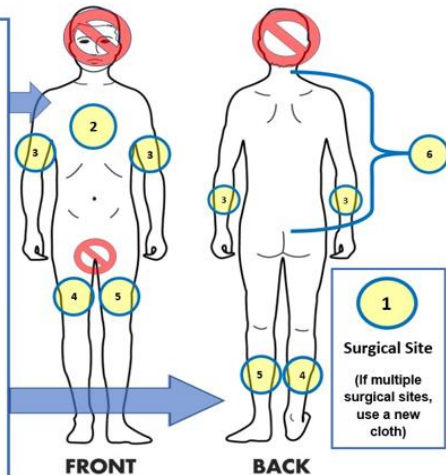
#2: Neck, chest, and stomach.

#3: Both arms front and back, arm pits, hands, and fingers.

#4: Starting at right hip, front and back of leg, feet, toes.

#5: Starting at left hip, front and back of leg, feet, and toes.

#6: Shoulders, back of neck, upper and lower back, and buttocks.



Do NOT shave or use hair removal lotions, deodorant, perfume, lotion, creams, or oils on your body.



First - wash with your normal hair shampoo and body/facial soap, rinse away completely, then step out of water stream

- **Hibiclens Shower #1** begin three (3) nights before your surgery
- **Hibiclens Shower #2** is two (2) nights before surgery.
- **Hibiclens Shower #3** is the night before surgery.
- **Hibiclens Shower #4** is at home on the morning of surgery



[Hibiclens CHG Shower Video](#)

"To every patient, every time, we will provide the care that we would want for our own loved ones."

GBMC

Lung Exercises: Before & After Surgery

Purpose:

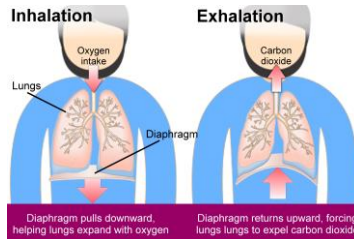
These exercises will help to optimize the functions of your lungs when breathing in and out, increasing oxygen and carbon dioxide exchange before, during, and after surgery.

Will help prevent complications such as pneumonia infection and/or collapse of lungs. Improves wound healing.

- **Before surgery:** At least 30 times throughout the day, starting in the morning.
- **After surgery:** 10 times an hour when awake.

➤ Deep Breathing & Coughing

1. Sit upright.
2. Take a few slow breaths, then take a slow, deep breath in through your nose.
3. Hold your breath for 2-5 seconds.
4. Gently and Slowly breathe out through your mouth making an “O” shape.
5. Repeat 10-15 times.



➤ Incentive Spirometer

1. Exhale.
2. Place mouth on mouthpiece.
3. Take a slow, **deep breath in** and hold for 5-10 seconds.
4. Exhale.



MyChart
at GBMC

How to Properly Use an
Incentive Spirometer

Coach/Support Person

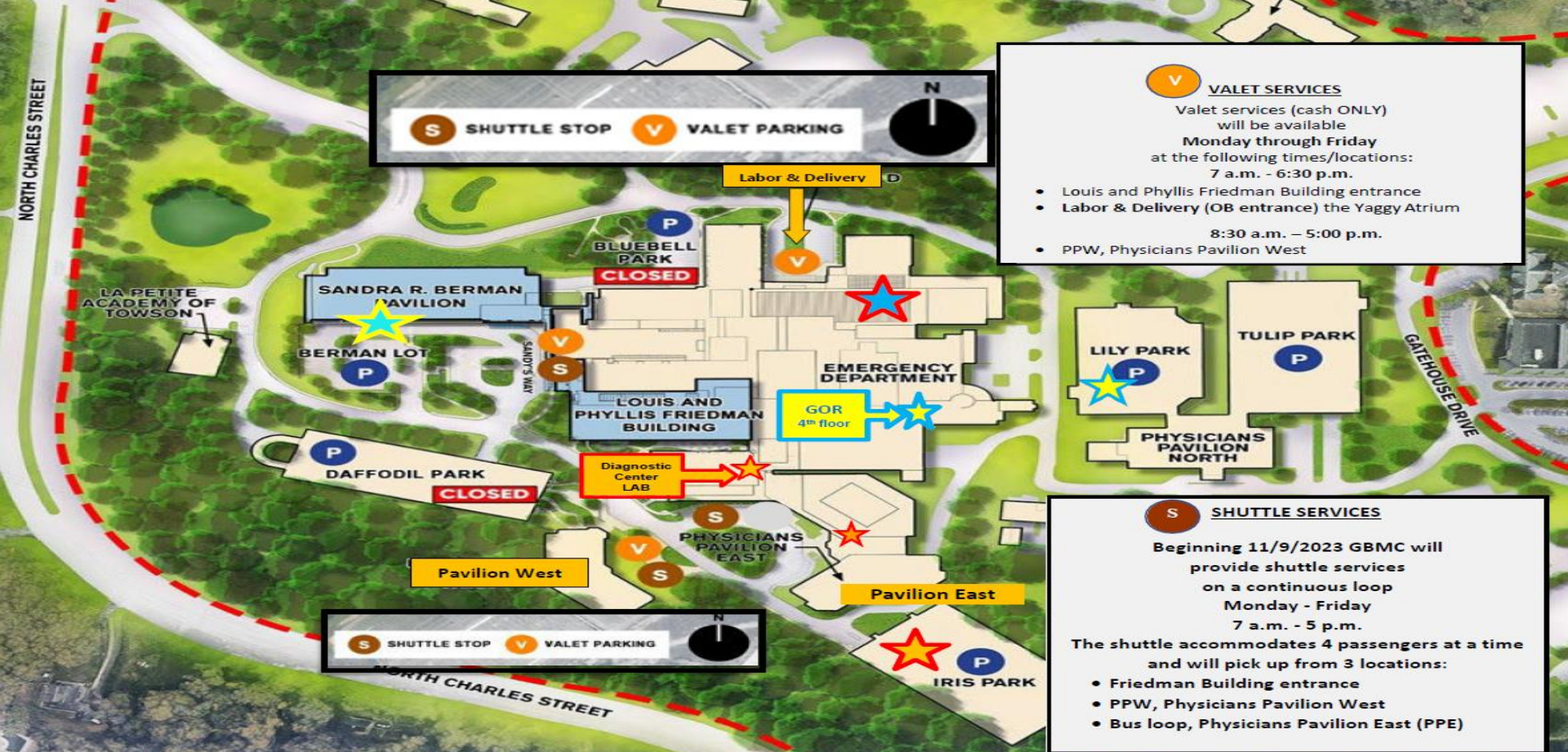
Enlist a family member or friend for help

- Help to clean and prepare home; clean laundry
- Help patient to plan who will care for pets, children, grandchildren, etc
- Exercises: encouraging patient to do their pre-op & post-op exercises
- Day of Surgery: Transportation to hospital and brings the walker
- Day of Discharge: Participates in Discharge Education
 - Transfers to the toilet, tub, etc.
 - Moving around with your walker or cane
 - Bathing/dressing (using adaptive equipment if needed)
 - Transports patient to home with walker
- Assist with food shopping, preparing meals, and driving to appointments



What to Bring to the Hospital

- ☐ Your ID card
- ☐ Insurance card(s) and Medicare card-if applicable
- ☐ Advance directive (if you have one, bring a copy)
- ☐ If you already have: **Walker w/ 2-front wheels, cane,** or **crutches** from home (place your full name on the device)
- ☐ Bring your **eyeglasses, contact lenses, hearing aids, dentures**
- ☐ Regular clothing
 - Loose fitting shorts or pants; elastic waist is easiest, under garments
 - Walking shoes with good ankle support (no open heel shoes). Do not buy new shoes: bring something comfortable
- ☐ Any braces, shoe inserts or splints that you normally use
- ☐ CPAP machine** (Patients with sleep apnea, **overnight stay only**)
- ☐ Joint Replacement Guidebook (*optional*)



Arriving to the Hospital on the Day of Surgery

- Arrive at the hospital at least **2 hours** before your surgery time.
- Park in **Lily Garage**.
- Take elevator to the main floor to enter Lobby E.
- Lobby E is on the 3rd floor of main hospital.



Directions to the General Operating Room (GOR)

- Once inside, **Lobby E**, walk down the corridor, you will pass a sitting area on the LEFT.



- Continue until you reach elevator E.
- Take **Elevator E** on the left to the 4th floor



- When you exit the elevator walk straight forward to the GOR registration desk.



Goals for Same-Day Discharge Home:

- **Coach/Family member present for education and training. **Must Bring Walker!****
- Self Scheduled Outpatient PT appointments are in place.
- Medically stable (vital signs within normal limits, pain managed).
- Cleared by your care team (ambulate with your walker and go up and down steps safely and appropriately, etc.).
- Given the final clearance for home by your surgeon.
- You and your Coach/Support Person will be given Home Discharge Instructions (AVS) and post-op supplies by your nurse.



ADL Equipment Needed for Discharge –Hip Replacement



Reacher



Sockaid

These items are provided by
GBMC at discharge

Pain Management

*After surgery there will be bruising, swelling, and pain;
this is normal after a joint replacement.*

- Pain scale 0-10
 - “0” means no pain
 - “10” means the worst pain that you have ever had
- Remember: You should **not** expect your pain level to be “0” after surgery
- Pain medications are available as needed (prn)

- **Call** your nurse when you are experiencing pain above your goal



Fall Prevention Risk

- **Red** non-skid socks will be placed on you, signaling that you are at a high risk for experiencing a fall
- Do **NOT** get up without the help of staff assisting you.
- Use walker
- Use your call bell



Post-op Infection Prevention

Do you have an **orange fruit oil allergy**?

- **First dose:** after surgery upon arrival to PACU Phase II or Unit 58
- **Next dose:** at 9 pm, then every 12 hours
- **Continue every 12 hours** until your 1st post-op visit or until the bottle is empty (30 days)

Nozin.
NASAL SANITIZER.
NOZASEPTIM FORMULA ADVANCED ANTISEPTIC

Nozin® Nasal Sanitizer® Multidose 12ML Bottle

How to Apply

Clean nostrils with a tissue. Discard.



1. Shake



Shake bottle well.
Remove cap.

2. Saturate



Apply **four (4) drops** of solution onto cotton swab tip.

3. Apply



Insert swab tip into **RIGHT** nostril. Swab **eight (8)** times clockwise and **eight (8)** times counterclockwise.

4. Swab



Ensure swab rotation covers all surfaces, including the inside tip of the nostril.

5. Saturate Again



Re-saturate the swab tip by applying **two (2) drops** of solution.

6. Apply Left Nostril



Repeat application **steps 3 - 4** in the **LEFT** nostril.

Do not use if you have allergy to citrus oil, or you have nasal bleeding or irritation.

Intended Use: Nozin® Nasal Sanitizer® is a topical antiseptic used to decrease bacteria on the nasal vestibule skin.

Active Ingredient: Alcohol 62%

Precautions: Do not extend applicator into nose beyond swab tip. Please also refer to Instructions for Use (IFU), product package and Nozin.com.

Nozin.
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*“To every patient, every time, we will provide the care
that we would want for our own loved ones.”*

DVT Prevention: Sequential Compression Device

Worn in the hospital

- Used on your lower extremities to help promote circulation
- Helps prevent post-op lower leg DVT (blood clot)



DVT Prevention

Everyone will be prescribed an anticoagulant medication to help prevent blood clots

- Aspirin, or
- Eliquis tablets, or
- Xarelto tablets, or
- Lovenox Injections into the abdomen (only): education provided by nurse
- **Your ability to do your exercises and ambulate is paramount in preventing a blood clot**
- Stay hydrated by drinking fluids
- Avoid excessive time on your feet or with your legs dependent as this can cause lower leg swelling which can lead to blood clots

To Help Reduce Swelling and Discomfort

- Ice packs and elastic wrap placed on your operative joint after surgery:
 - 2 packs of ice (hips)
 - 4 packs of ice (knees)
 - Do not place the ice packs directly on skin.
 - Place a cloth between ice wrap and your skin.
 - 20-minutes “On” for every hour of use.
 - Do not sleep at night with the ice packs on.
 - Assess skin often for redness, tingling, numbness, blistering.
-
- Elevate your leg when at rest to promote circulation
 - Knee: knee extended
 - Hip: be mindful of your hip precautions



Discharge Instructions

Your discharge nurse will provide verbal and written discharge instructions from your surgeon located on the printed **After Visit Summary (AVS)** packet:

- Blood clot prevention, signs, symptoms, medications, and activity:
- Medication(s) ordered by your surgeon:
 - pain management, preventing constipation, Nozin, etc.
- Surgical Dressing and Wound Care.
- No soaking in the bath until approved by surgeon
- Activity:
 - physical therapy exercises, ice and ice wrap, and precautions
- No driving until cleared by your surgeon
- Follow Up and When to Notify Your Surgeon's Office.

The image shows a printed 'Discharge Instructions' packet from GBMC. At the top, it says 'DISCHARGE INSTRUCTIONS' and 'GBMC'. Below that, patient information is listed: 'Patient NAME: MRN: 000xxxxx Date of birth: xx/xx/19xx', 'Osteoarthritis (arthritis due to wear and tear of joints)', '1/29/2024 - 1/30/2024', 'Unit 58 - Ortho/ENT', and '443-849-2670'. The location is 'Greater Baltimore Medical Center 6701 North Charles Street Baltimore, MD 21204'. The packet is divided into three main sections: 'Instructions', 'Your Next Steps', and 'MyChart Signup Information'. The 'Instructions' section has a red header and lists medication changes: 'START taking: acetaminophen (TYLENOL), aspirin, ethyl alcohol (NOZIN), sennosides-docusate sodium (SENNA-S), traMADOL (ULTRAM)' and 'CHANGE how you take: oxyCODONE (ROXICODONE)'. It also includes 'Activity instructions' with a list of five safety tips for home. The 'Your Next Steps' section has a blue header and lists 'Ask' (medications) and 'Go' (1st Post OP 1:00 PM with Leroy M. Schmitt, MD at 63 E Padonia Road). The 'MyChart Signup Information' section has a blue header and provides a URL and phone number for more information. At the bottom, it says 'patient NAME (MRN: 000xxxxx) [xx/xx/19xx] • Printed at 1/30/2024 11:54 AM' and 'Page 1 of 17' with an Epic logo.

DISCHARGE INSTRUCTIONS GBMC

Patient NAME: MRN: 000xxxxx Date of birth: xx/xx/19xx
Osteoarthritis (arthritis due to wear and tear of joints) 1/29/2024 - 1/30/2024 Unit 58 - Ortho/ENT
443-849-2670
Greater Baltimore Medical Center 6701 North Charles Street Baltimore, MD 21204

Instructions

Your medications have changed

START taking:
acetaminophen (TYLENOL)
aspirin
ethyl alcohol (NOZIN)
sennosides-docusate sodium (SENNA-S)
traMADOL (ULTRAM)

CHANGE how you take:
oxyCODONE (ROXICODONE)

Review details of your medication changes below.

The information in this after visit summary is up to date as of: 01/30/24 11:54 AM.

Activity instructions

Thank you for working with your rehab team during your stay.
Please consider the following to increase your safety upon return home:

1. Keep hallways and entryways free of objects (including electrical cords) which may be tripped over.
2. Remove or tack down throw rugs.
3. Improve lighting throughout the home, use night lights.
4. Use nonslip mats in the tub or shower.
5. Move frequently used items to easy to reach areas.

Your rehab team,
Physical Therapy & Occupational Therapy

MyChart Signup Information

View your After Visit Summary and more online at <https://portal.gbmc.org/mychart/>. If you have questions, please call 443-849-6100 to speak with our MyChart at GBMC staff.

patient NAME (MRN: 000xxxxx) [xx/xx/19xx] • Printed at 1/30/2024 11:54 AM Page 1 of 17 Epic

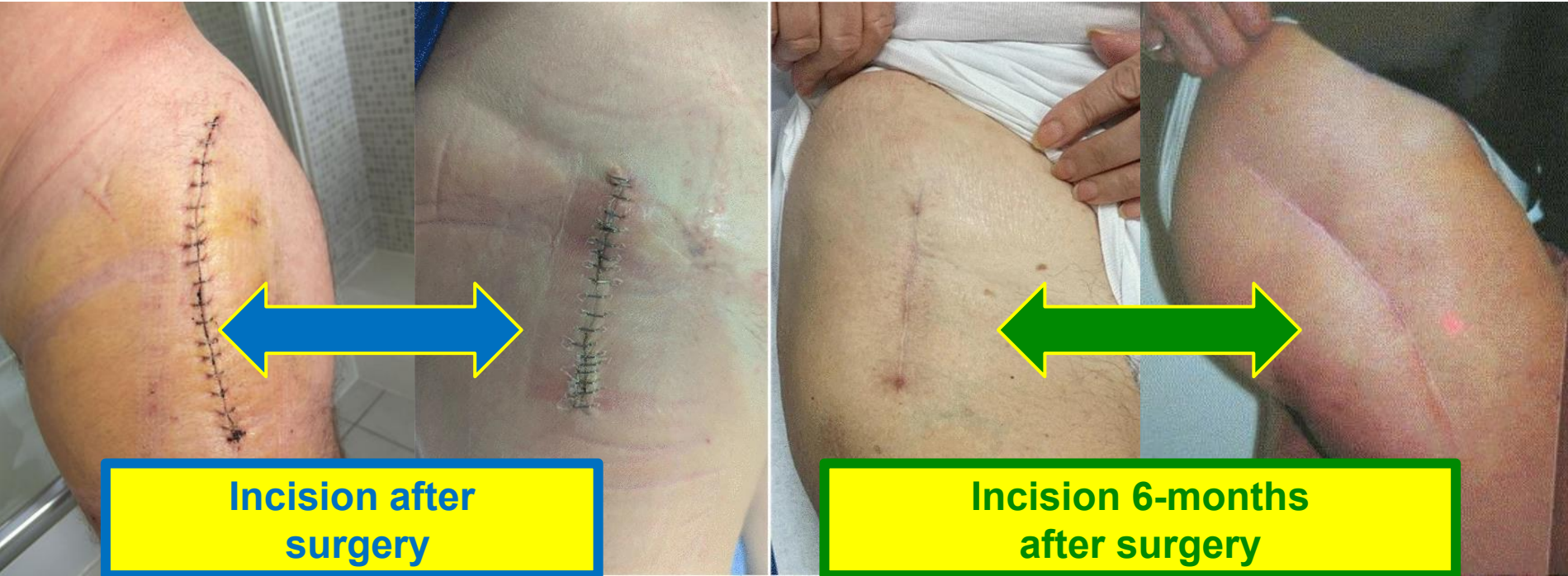
Incision after surgery



Incision 6-months after surgery



Hip Surgery



Follow-up

- Notify your surgeon's office for worsening weakness, numbness, or pain.
- Notify your surgeon's office for temperatures above 100.5
- For any questions or concerns after discharge, call your surgeon's office.



Thank you for choosing GBMC for your Joint Replacement!

Joint and Spine Center
6701 N Charles St
Towson, MD 21204
Phone: 443-849-6261

Email: jointspinecenter@gbmc.org

Website: www.gbmc.org/JointandSpine

ACTIVATE your **MyChart** today



GBMC
HEALTHCARE



Egress Test Checklist

Same-Day Surgery patients must pass all three parts:

- Three Reps of Sit-to-Stand
- Three Reps of Marching in Place
- Advance Step and Return Each Foot

Please Circle One:

Pass

Fail



Pass

Fail



Pass

Fail

