

## Southcoast VNA

### Administrative Office

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 Southcoast® Health

More than medicine.

## Southcoast VNA

# Preparing for Joint Replacement Surgery



 Southcoast® Health  
Visiting Nurse Association

## Benefits of joint replacement

- Decreased pain, improved strength and movement
- Easier time with daily activities such as walking and stair climbing

## Preparing your home before surgery

- Remove or tape down scatter rugs
- Remove trip hazards like extension cords, wires and clutter
- Arrange your home so you can easily walk to bedroom, bathroom and kitchen with a walker
- Put night lights in pathways leading to the bathroom
- Cook and freeze several days of meals
- Make arrangements for pets, mail, etc.
- Have a large amount of ice available

## Items to bring to the hospital

- 2 changes of loose clothing, including sneakers and socks
- Personal items – toothbrush, toothpaste, deodorant, etc.
- Reading materials, phone chargers, important phone numbers, etc.
- Glasses, hearing aids, CPAP, etc.
- List of medicines, vitamins, photo ID, insurance cards, and Advance Directives

## What to do after surgery

- Move your ankles up and down to help prevent blood clots
- Take deep breaths every two hours using the spirometer from the hospital
- Ice your joint for 15 to 20 minutes several times a day to reduce swelling and pain
- Take your temperature daily and notify your surgeon if your temperature is greater than 100.5
- Follow your physician's post op instructions and precautions

## Physical and occupational therapy

- Physical therapy will help you with exercises, walking and moving around your home. They will also provide you with education on joint protection, pain management, minimizing swelling and developing a home exercise program.
- Occupational therapy, if needed, will help you with day-to-day tasks like showering, dressing and meal preparation.

