

## **TOTAL KNEE REPLACEMENT AT MEMORIAL HEALTH SYSTEM OF EAST TEXAS**

**Travel with us on your journey to a better, more satisfying life as you experience a total knee replacement procedure at Memorial Health System of East Texas. Total knee replacement is a surgical procedure of removing painful arthritic bone and surrounding tissue, and replacing the removed tissue with a metal and plastic joint implant made specifically for each patient. This procedure usually takes approximately 2-2 1/2 hours. Now, let's travel together through your procedure as you experience our five star quality care throughout your stay at Memorial Health System of East Texas**

**Once your surgeon has informed you of your upcoming surgery, his office will provide you with the necessary information through the "Passport" folder for your journey to begin. This "Passport" folder is designed and developed by the Orthopedic Center to administer a teaching tool. In this folder, you will receive a "Welcome Letter" with a list of items needed for pre-registration, a "Home Safety Checklist" to provide a safer environment, a "Question and Answer" sheet for your surgery awareness, and "Rehab" information explaining physical and/or occupational therapy during your stay with us. A simple reminder to please call the number listed, to expedite your pre-operative visit in which you will be scheduled with the coordinator for your pre-registration, pre-operative lab work, EKG, chest x-ray, and patient preparedness with a twelve minute DVD video.**

**On the day of your surgery, our caring and highly-experienced day surgery nurses will assess your medical history and prepare you for your procedure. Once you have been thoroughly prepared, you will travel, by stretcher, to the operating room. Upon arrival to the operating room, you will be warmly greeted by our staff as you receive warm blankets as needed for your comfort. A certified nurse anesthetist will insert a spinal, epidural, or general anesthesia to begin your procedure. The "spinal" and "epidural" are similar in that it numbs you from the waist down. "General" anesthesia is administering medication through the IV that you will be induced into a deep sleep with a breathing tube inserted into your windpipe for airway management. A foley catheter will be inserted to drain your bladder and your leg prepped, or cleansed, for surgery by a specially made soap for surgical cleansing of your leg. Now, you are ready for surgery.**

**As the surgery begins, the degenerative, damaged, painful joint, and tissue is removed and an artificial implant joint which contains four parts is attached. The four parts to the implant are: the patella, the insert, and two chrome or titanium pieces. Once the procedure is completed, a drain may be inserted into the knee area and will be utilized to collect blood oozing from within the joint and given back to you through your IV. You will be transported to recovery room where our highly-skilled nursing staff will observe you for any post operative complications for about an hour. At that time, you will transfer to our specialized orthopedic unit.**

**Your recovery at the hospital usually will last from three to five days. Memorial's finest orthopedic nurses and physical therapists will monitor you closely during your first days of recovery prior to going home. The nurses and physical therapists work side by side with pain management throughout your rehab. Do not expect your knee to work like the old one for several weeks. A physical therapist is critical in regaining your mobility. The exercises provided are very important and should be performed on a daily basis. You may feel the knee hurts too much to do the exercises, but it is imperative that these exercises are continued. DON'T LET THE LEG GET STIFF BY PAMPERING IT FROM PAIN. It would be beneficial to take your pain medication approximately thirty minutes prior to your physical therapy session in order to optimize your rehabilitation.**

**This journey will continue as you travel to your home, to your family, or to your extended care facility. As your health improves you will become stronger and more independent. Please keep in mind that our commitment to you continues beyond your hospital stay. We are here to address any questions or concerns that you might have once you leave the hospital.**

**We realize that you chose to be hospitalized at Memorial Health System of East Texas. We are honored that you allowed us to care for you in a time of need. We pride ourselves on delivering the highest quality of patient care and hope that we met or exceeded your expectations. In the future, if you should need medical attention, it is our hope that you will again allow us the opportunity to care for you. Thank you for choosing the Orthopedic Center of East Texas.**