

Princeton Health

WELCOME

Dear Patient,

Thank you for choosing the Jim Craigie Center for Joint Replacement for your care. Our primary goal is to prepare you for a successful surgery and recovery. We provide comprehensive state-of-the-art care that offers the highest level of comfort. As a patient, you have access to our dedicated orthopaedic nurse navigator who will guide you through your joint replacement journey. This knowledgeable and caring nurse is available to you before, during, and after your procedure, providing education, answering questions, and assisting with your transition to home. In addition, you will meet our professional discharge planner who will make sure that all your recovery needs are met. Our surgeons, orthopaedic nurses, physical therapists, and pharmacists are specially trained to provide excellent care. If you and your surgeon determine that you are an appropriate candidate for same-day joint replacement, you can have your surgery and return to the comfort of your home the very same day!

The Jim Craigie Center for Joint Replacement at Penn Medicine Princeton Medical Center is one of just a few hospitals in this region to hold Joint Commission Advanced Disease Certification in Total Hip and Knee Replacement Surgery. Additionally, the Jim Craigie Center for Joint Replacement is recognized by both Blue Cross and Aetna as a preferred provider, boasting highly competitive rates related to infection and complications. The Jim Craigie Center's strategic coordination between our surgeons, technology, and highly trained staff helps to ensure seamless care and an excellent outcome for you.



Brian Culp, MD

Medical Director,
Jim Craigie Center for Joint Replacement



Elizabeth Shokoff, MSN, RN, ONC

Director, Penn Medicine Princeton
Health Orthopaedic Service Line



The Jim Craigie Center for Joint Replacement has earned the Joint Commission's Gold Seal of Approval® by achieving Advanced Certification for Total Hip Replacement and Total Knee Replacement. This is a symbol of excellence and reflects our commitment to meeting performance standards at the highest level.

Contact Information

If you have any questions throughout your joint replacement journey, please contact the orthopaedic nurse navigator at **609.853.7954** or jointcenter@pennmedicine.upenn.edu.

Jim Craigie Center for Joint Replacement:
609.853.7954

Princeton Medical Center (Main Hospital):
609.853.7000

Pre-Admission Testing:
609.853.7360

Weight Management:
609.853.6285, Option #7

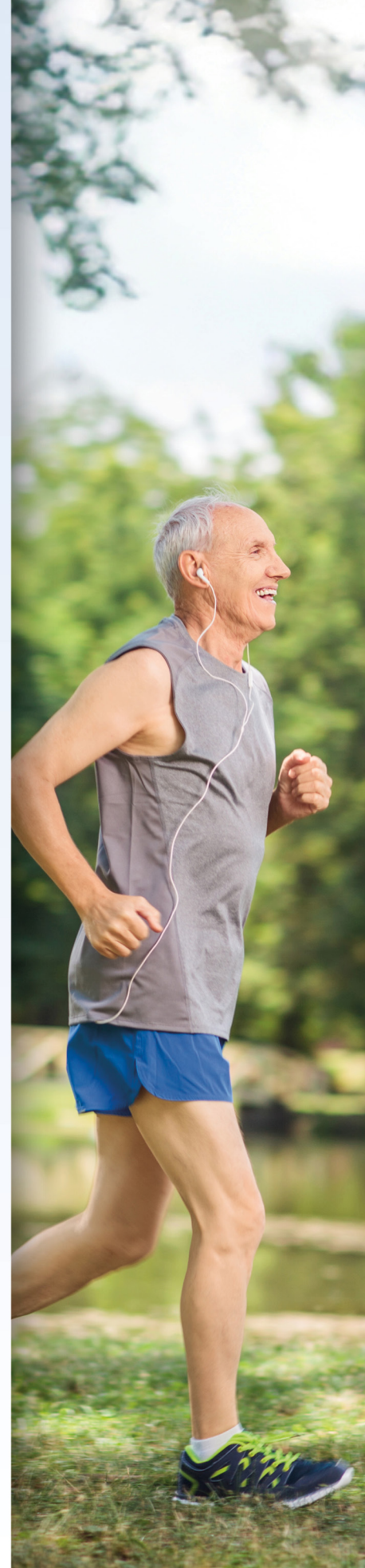
The Princeton Health Weight Management Program offers weight management through diet, physical activity, behavioral modification, and medication if needed. It is a lifestyle program that has helped many patients achieve their goals and improve their health.

Patient Portal

Please sign up for our patient portal, MyChart by myPennMedicine, at myPennMedicine.org:



This platform will enable you to safely and securely communicate with your care team, pay bills, view test results, and access and share your health information.



Preparing for Joint Replacement Surgery

Your Joint Replacement Team

The Jim Craigie Center for Joint Replacement has an experienced and highly skilled team to care for you.

Orthopaedic Surgeon

Your orthopaedic surgeon is the physician who will perform your joint replacement operation and oversee your care.

Physician Assistant

Your physician assistant may assist your orthopaedic surgeon in the operating room and help manage your care and recovery processes.

Orthopaedic Nurse Navigator

Your navigator is a registered nurse who will serve as a coordinator of care throughout your joint replacement journey. They will work directly with your surgeon and the rest of the team to ensure that you and your family will have the best possible experience.

Orthopaedic Nurse Practitioner

Your nurse practitioner is an advanced-practice nurse who is available to assist with concerns regarding your plan of care. They are a clinical expert who collaborates with the team to ensure that you receive optimal care and the most favorable outcomes.

Coach

Your coach is the person that you designate to support you as you prepare for and recover from your joint replacement surgery. This can be a spouse, family member, or friend who will assist and encourage you throughout your experience.

Discharge Planning Team

A case manager, social worker, and/or the home care liaison will help plan your transition from the hospital to your home and arrange for any additional equipment and services needed.

Anesthesiologist

Your anesthesiologist is responsible for administering the medications required to keep you asleep and comfortable throughout your surgery and help manage any post-operative pain.

Primary Care Provider

Your primary care provider is your family physician who manages your overall health. You can expect your primary care provider to stay in contact with your orthopaedic surgeon, perform your pre-surgery physical, and be informed regarding your progress after discharge.

Hospitalist

If you stay overnight in the hospital, this physician will follow your medical care, if needed, and communicate with your orthopaedic surgeon.

Registered Nurse

During your visit, you will be cared for by a team of highly skilled, specialized nurses that will help prepare you for surgery and will be in the operating room with you throughout the procedure. After surgery, our nursing team will continue to care for you and provide information for your transition home.

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Physical Therapist

Your physical therapist and assistant will help you gain strength and mobility in your new joint by teaching you how to exercise correctly. Your physical therapist will also teach you how to use your walker after surgery and help prepare you for the transition home.

Occupational Therapist

Your occupational therapist and assistant will teach you how to perform activities of daily living, such as bathing and dressing. They will also teach you how to use any special equipment that you need during recovery.

Other team members that you may meet during your time with us include pharmacists, respiratory therapists, lab or x-ray technicians, patient transporters, and volunteers.

Pre-Operative Education Class

Our education class is designed to make sure you are fully prepared for your joint replacement surgery. The class will help you better understand the joint replacement process and what to expect throughout your journey.

For further information about the preoperative education class, call **609.853.7954** or email jointcenter@pennmedicine.upenn.edu.

You can register for an upcoming class here:



Pre-Operative Exercises

Included in the guidebook, you will find exercises to do before surgery. You'll also be instructed on important exercises and tips that will help speed recovery and ensure lasting success. Performing these exercises consistently is perhaps the most important factor in speeding recovery and determining long term success of your new joint.

Pre-Admission Testing

Complete Pre-Admission Testing no more than 30 days prior to your surgery date. Your Pre-Admission Testing appointment consists of blood work, EKG, a nursing assessment, and consultation with a representative from the Department of Anesthesia. That day, you may eat breakfast and take all of your daily medications. Please bring a list of all your medications (with dosages and frequencies), as well as any over-the-counter drugs, vitamins, supplements, and patches to your pre-operative visit with the surgeon and to your pre-admission testing appointment. Alert your surgeon if you have any changes in medications or in your medical condition after your pre-admission testing appointment.

Arrival Time Confirmation

You will receive a phone call from a hospital representative to confirm your expected arrival time. If you are not available at the time of the call, a message will be left on your voicemail. Follow the directions you receive from pre-admission testing or your surgeon regarding what you can eat or drink the night before and day of surgery.

Surgery Locations

Your surgery may take place at one of three locations:

The Jim Craigie Center for Joint Replacement

Princeton Medical Center

1 Plainsboro Road, Plainsboro Township, NJ 08536

The Stephen & Roxanne Distler Center for Ambulatory Surgery

Princeton Medical Arts Pavilion

5 Plainsboro Road, Plainsboro Township, NJ 08536

Monroe Ambulatory Surgery Center

8 Centre Drive, Monroe, NJ 08831

Rehabilitation

You may use any outpatient location for your rehabilitation after surgery. Penn Medicine Princeton Rehabilitation offers outpatient physical therapy at several locations to help with your recovery after joint replacement surgery. Improving your functional ability and independence is our primary goal.

Please call us at **609.853.7840** to schedule an outpatient physical therapy appointment.



A Note from Jim Craigie



The decision to have joint replacement surgery, and selecting the best surgeon and facility for care, can have a major impact on the quality of your life, so I did extensive research before making the decision to have both of my hips replaced.

I consider it a privilege to have had my procedures with the team at Penn Medicine Princeton Medical Center, a state-of-the-art hospital with advanced technology and an environment that was specially designed to promote safety and healing.

To show my gratitude for the improved quality of life afforded me by my hip replacement procedures, I made a significant contribution to Princeton Medical Center. Now, as you progress through what I know will be a life-changing series of events at the Jim Craigie Center for Joint Replacement – whether you are having your procedure at the hospital or in an ambulatory care center – I am confident that you will receive exceptional care from highly skilled surgeons and staff.

I wish you a happy, healthy, pain-free life.



Jim Craigie

Support the Jim Craigie Center for Joint Replacement

Dear Patient,

The team at the Jim Craigie Center for Joint Replacement at Penn Medicine Princeton Health is proud to provide our patients with high quality, comprehensive, individualized care close to home. The Craigie Center was established in 2013 when Jim Craigie had both hips replaced and was grateful for the excellent care he received. As a result of this improved quality of life, he made a generous gift to Penn Medicine Princeton Health. Jim Craigie wanted to ensure that other patients having a joint replacement would have access to a stellar team of providers, advanced technology, and an environment that is designed to promote safety and healing. We are very grateful to Jim Craigie and to other patients and families who have supported the Jim Craigie Center for Joint Replacement. Our programs and future patients and families will continue to benefit from their generosity.

If you feel that you have received outstanding care and want to express your gratitude for your experience as a patient, we hope you will consider making a philanthropic gift of any amount in honor of a surgeon, nurse, or other staff member; or honor a friend, family member, or your joint replacement coach. Your gift can be designated for the Jim Craigie Center for Joint Replacement Fund. The gift will provide immediate support for our surgical programs and will be recognized by the Princeton Medical Center Foundation. There are several ways that your contribution will make a difference:

New Equipment Philanthropic support enables the Craigie Center to replace and upgrade state-of-the-art equipment so we can continue to provide the most advanced level of care for our patients and the community.

Education & Training Community support ensures that specialized training and certifications, continuing education, and professional development opportunities are available for staff, nurses, and clinicians.

Innovation & New Initiatives Philanthropy provides invaluable funding for the pursuit of clinical innovation and novel technological advancement, treatments, and patient care.

Patient & Caregiver Experience Enhancements Charitable gifts support capital improvements, renovations, and facility upgrades so our patients and their caregivers can experience exceptional care in a soothing, healing environment.

To make a gift to the Craigie Center, please visit **PennMedicine.org/CraigieCenterDonation** or scan the QR code below.


If you have questions or would like to speak to someone about making a gift, please contact the Princeton Medical Center Foundation at **609.252.8710** or email **PMPH-foundation@pennmedicine.upenn.edu**.

Thank you for choosing the Jim Craigie Center for Joint Replacement for your care.



Brian Culp, MD

Medical Director,
Jim Craigie Center for Joint Replacement



W. Thomas Gutowski, MD, FACS

Chairman of the Foundation
Board of Directors



