

PREPARING FOR JOINT REPLACEMENT SURGERY

Pre-Operative Education Class

When your surgery was scheduled, you should have scheduled your pre-operative joint replacement education class, which will be held virtually via the MyChart by myPennMedicine patient portal.

Pre-Admission Testing

Please refer to your guidebook for more information about pre-admission testing. We offer pre-admission bloodwork and imaging at the following locations:

Penn Medicine University City

3737 Market Street, 8th Floor, Philadelphia, PA 19104

Perelman Center for Advanced Medicine

3400 Civic Center Boulevard, Philadelphia, PA 19104

Penn Medicine Cherry Hill

1865 Route 70 East Cherry Hill, NJ 08003

Penn Medicine Radnor

145 King of Prussia Road, Radnor, PA 19087

Penn Medicine Washington Square

800 Walnut Street, 8th Floor, Philadelphia, PA 19107

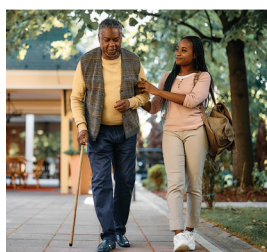
Penn Medicine Valley Forge

1001 Chesterbrook Boulevard, Berwyn, PA 19312

**Please note that lab testing is available at all of these locations, but medical evaluations primarily occur at Penn Medicine University City and Pennsylvania Hospital.*

Arrival Time Confirmation

Operating room schedules change on a daily basis. To avoid confusion, you will receive a phone call after 2pm the day before your surgery to confirm your arrival time. If your surgery is on a Monday, you will receive your phone call on Friday. If you do not receive a call by 3pm, please contact your surgeon's office immediately at **215.662.3340**.



Joint Replacement Surgery

Locations & Arrival

Your joint replacement surgery will be performed at one of the following locations. Please follow these instructions upon arrival:

Penn Presbyterian Medical Center

51 North 39th Street, Philadelphia, PA 19104

When you arrive, please enter through the Cupp Building entrance. When inside, check in with security. You will be directed down the hall towards a spiral staircase. Take the elevator to the second floor, where you will be met by admissions, who will check you in for surgery. Family is welcome to stay with you while you wait for surgery. During your surgery, family and friends can stay in the waiting area and receive updates on your surgery.

Pennsylvania Hospital

800 Spruce Street, Philadelphia, PA 19107

When you arrive at the hospital, please go directly to the admissions department to be checked in and given more directions. You will be directed to the anesthesia prep area, where you will be prepped for surgery. During your preparation and surgery, your loved ones can stay in the Liberty Lounge, located on the first floor near the cafeteria. Your loved ones will receive updates during your surgery.

Hospital of the University of Pennsylvania Pavilion

3400 Spruce Street, Philadelphia, PA 19104

Procedural Reception Areas are located on levels 4, 5, and 6 of the Pavilion. You will be told which level to go to during your pre-operative phone call. To access the Procedural Reception Area and Family Lounge, take the visitor elevators in elevator bank A, located just beyond the information desk in the main lobby. As you exit the elevators, you will arrive in the Lounge.

Blood Donation

Patients rarely require a blood transfusion after a joint replacement procedure. Your chance of needing a transfusion is lower if you have a normal blood count prior to surgery. If you are anemic, you have a higher risk of needing a transfusion and you may be given medication to boost your blood count before surgery to lower your risk. Taking iron supplements before surgery helps build your own blood and lessens the need for a blood transfusion. If taking iron supplements, you may also be given stool softeners to help with constipation. Your surgeon will discuss dosage information with you.

You may choose to accept blood from the hospital blood bank, if necessary, or you may donate your own blood or have blood donated by a family member and reserved for your surgery. You should discuss this with your surgeon to find out what is best for you. For patients who do not wish to accept blood products, some Penn Medicine locations offer a safe and unique bloodless surgery program.

Accommodations

The Philadelphia region has a lot to offer visitors. For a detailed list of hotels, restaurants, and attractions, please ask the front desk staff at your surgeon's practice and they will gladly provide you with recommendations.

Life After Joint Replacement Surgery

Outpatient Therapy

We offer rehabilitation services through Penn Medicine | Good Shepherd Rehabilitation Outpatient Therapy. A team of physical and occupational therapists is seamlessly integrated into your recovery after joint replacement surgery. For a full listing of outpatient therapy sites, please call **877.969.7342** or visit pennrehab.org/outpatient.



Therapy Milestones

Not everyone advances through the recovery pathway at the same rate. Each person is different but there are general expectations for what you'll be able to do in the first days and weeks after your surgery, with little to no help from family or friends. Your therapist will make adjustments to your program based on fitness-level and specific needs. Ask your surgeon or therapist if you have any questions or concerns.

When you leave your surgical location, you'll typically be able to:

- Get dressed and perform bathing with some assistance if needed.
- Get in/out of bed and stand up from the bed and chair.
- Walk the distance needed in your home or greater using a walker.
- Go up/down the number of stairs in your home.
- Do your home exercise program.

Within 2 weeks of therapy you'll typically be able to:

- Complete your morning self-care routine (dressing, bathing, etc.) by yourself.
- Walk at least 5–10 minutes continuously, several times a day.
- Go up/down the number of stairs inside and outside your home.
- Perform light housekeeping tasks.
- Do your home exercise program by yourself.
- Walk outdoors, possibly with some difficulty.

When you finish therapy, you'll typically be able to:

- Perform self-care and household activities without restrictions.
- Walk at least 10–20 minutes continuously, several times a day.
- Start your own exercise program, increasing strength and endurance.

Your ultimate benefit from surgery depends on your continued exercise effort. Motion, endurance, and strength will improve with your ongoing work.

My main therapy goal is:

I know this surgery has been a success if:

My therapists want me to be able to:

Sex

When the time comes, sex may feel a little awkward, so some additional planning is advised:

- Take mild pain medication 20 to 30 minutes before to help prevent minor aches. Avoid taking anything too strong that will mask warning pains.
- Have extra pillows or rolled up towels nearby to help support your body as you try different positions.
- Stretch before, following any guidelines your surgeon may have given you.
- Maintain your hip precautions when positioning your operative leg.
- Do not push yourself. Your body is still recovering from a major surgery. Sex may be easiest and most comfortable once your new hip is healed completely.

Here are some safe sex positions to consider:

Face to Face

Both men and women can try this position after having either hip surgery:

- You should be on the bottom. You may lie flat or prop yourself up with pillows, whichever is most comfortable.
- Keep your legs apart.
- Place pillows on the outside and inside of your legs for added support.

Sitting in a Chair

This position works for both men and women after having hip surgery:

- Male should sit in a straight-backed chair with his feet flat on the floor.
- Female sits on his lap, facing him.

Woman Lying & Man Kneeling

This position is suitable for a woman with a new hip or a man with a new hip:

- Female lies on her back with her buttocks near the edge of the bed with feet supported or flat on the floor.
- Male kneels in front of the bed with his hands on either side of his partner.

Side Lying Position

This position is suitable for a woman with a new hip or a man with a new hip:

- Both female and male lie on their sides with the male lying behind the female.
- Make sure that the new hip is on the bottom.
- Use pillows as a form of support.

Man Propped on Elbows

This position is suitable for a woman or man with a new hip:

- Male lies on top of his partner with legs stretched out behind him and a pillow between his knees.
- Support weight with elbows.



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