



Mackenzie  
Health



# Total Joint Replacement Surgery

Patient Visit Guide

### Purpose of this guide

This guide has been designed to help you and your loved one prepare for your joint surgery. It contains information you will need before your surgery, during your time in the hospital and after you return home.

You have an important role in making your joint replacement surgery successful. Please use the table of contents below to learn more about your upcoming surgery.

### Contents

Contact Information .....	2
Overview .....	3
About your procedure .....	4
Preparing for your surgery .....	5
Recovery support services .....	8
The day before your surgery .....	9
The day of your surgery .....	10
After your surgery .....	11
Leaving the hospital .....	12
Potential complications of surgery .....	13
Delirium after surgery .....	14
Falls prevention tip sheet .....	15
Joint precautions .....	18
Equipment .....	19

### Patient Navigator Contact Information

Mackenzie Health's Bundled Care Patient Navigator is here to assist you throughout your bundled care journey and can be reached in the following ways:

#### **MyChart**

Once logged in, select Ask a Question and select the Bundled Care Patient Navigator option.

#### **Phone**

Monday to Friday: 8 am to 4 pm

Telephone: 905-417-2000 ext. 7660

#### **E-mail**

[HipandKneeNavigator@mackenziehealth.ca](mailto:HipandKneeNavigator@mackenziehealth.ca)

### Clinic Contact Information

The Orthopedic Unit is available 24 hours a day, 7 days a week:

Telephone: 905-417-2000 ext. 5800

### Sign-Up for MyChart

Visit [mychart@mackenziehealth.ca](mailto:mychart@mackenziehealth.ca) and select the **Self Sign-Up Now** option.

MyChart Support can be reached:

Monday to Friday: 8:00am to 4:00pm

Telephone: 905-832-4554 ext. 2202

After gaining access to MyChart, you will be enrolled into a care plan to help you prepare for your procedure and recover faster after surgery. The care plan is an interactive, step-by-step guide that you and/or a caregiver can access through MyChart. Through your care plan, you will receive tasks and daily health check surveys via email and/or push notifications through the MyChart app on your mobile device.

You can expect to be enrolled into the care plan 30 days prior to your surgery. Enrollment will be done automatically. If you choose not to participate in the program, please contact the Patient Flow Navigator.

## What is a hip or knee replacement?

- This procedure replaces the original hip or knee joint with an artificial joint.
- This procedure is done when the original joint is damaged or worn from use, arthritis, injury or malformation and is intended to relieve pain and improve mobility.
- A single joint replacement surgery typically takes about 1.5 to 2 hours. A double joint replacement surgery (bilateral total hip or knee replacement) typically takes between 3 to 4 hours.
- All joint implants are brand new and sterile at the time of replacement and will typically last about 20 to 25 years.

## What to expect



It is important to have a loved one with you when you are getting information about your surgery and recovery.



You will visit Mackenzie Richmond Hill Hospital for your pre-education class and pre-admission appointments booked by the surgeon's office. You will undergo hip or knee replacement surgery at Cortellucci Vaughan Hospital.



You may return home on the same day as your surgery or the day after your surgery. Your care team will determine the length of your hospital stay.



You are required to use a walker and/or cane after your surgery. Your physiotherapist will guide you to know when it is safe to change or stop using your aid.



You will not be able to drive for **2 to 3 weeks** after your surgery if the surgery is on your **left** leg, and for **6 weeks** if the surgery is on your **right** leg. You should get clearance from your surgeon to drive before you do so. Please check with your automobile insurance company regarding any policy specific rules.



You may travel and go through airport security after your joint replacement surgery.



You may resume sexual activity within two to four weeks after surgery, once your incision heals and you can move the joint without pain.



Depending on your job, you may be able to return to work 6 weeks after surgery. You may require a period of adjustment before returning to full time duties. Your surgeon and physiotherapist will help you decide when it is safe to return to work.



Sports and exercise with low activity and impact are preferable for the first six weeks. You can return to high-impact activities when advised by your surgeon.

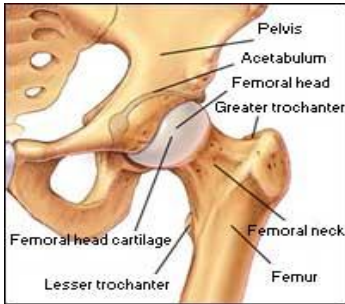


Typically, you can resume swimming when the wound is sufficiently healed but you will need clearance from your surgeon before resuming swimming in a pool or using a hot tub.



Complete recovery ranges between 4 to 6 months and requires your active participation in rehabilitation.

### Total Hip Replacement



Your hip joint is made up of a “ball and socket”. The rounded upper end of the thigh bone is called the *femoral head*, and the hollow space in the pelvic bone forming a socket is called the *acetabulum*. The head and socket are each covered with smooth cartilage, allowing the head to slide along easily inside the socket. When this cartilage is worn, it no longer serves as a cushion, so the bones can rub together resulting in pain during movement and occasionally during rest. During a total hip replacement, the femoral head is removed and replaced with a metal ball and stem.

This stem is secured into the hollow space inside the thigh bone. The socket is then replaced with a plastic socket. After the replacement, all parts of the hip will have smooth surfaces for comfortable movement and will not wear as easily.

Following a total hip replacement, there are temporary precautions (avoiding certain positions and movements) that you will follow for 6 to 8 weeks after your surgery. Hip precautions will be reviewed with you before and after surgery by your care team and can be found in Appendix A on page 17.

### Total Knee Replacement



The knee joint is like a hinge and is formed by the top of the shinbone and the bottom of the thighbone. Cartilage provides padding to ensure a smooth gliding movement of the joint. After years of use, arthritis or injury, cartilage begins to crack and wear. The result is erosion of the joint and pain that can gradually disrupt quality of life, reduce mobility and independence and increase risk of falls. A total knee replacement involves removing the damaged bone of the knee joint and replacing it with an artificial joint which prevents the bones from rubbing together.

The new, smooth surfaces allow the bones to once again glide freely, restoring movement.

Following a total knee replacement, you will be informed of what movements to avoid to help your knee heal after surgery and keep your knees healthy. These instructions will be reviewed with you before and after your surgery by your care team and can be found in Appendix A on page 17.

A bilateral knee replacement or bilateral hip replacement involves replacing both knee joints or both hip joints at the same time. These procedures are more intensive and require additional work on the part of the patient for a successful recovery.



### Quitting smoking

#### Benefits

Studies have shown that quitting smoking before surgery can reduce the risk of breathing problems and infection and can improve healing. Talk to your care team about quitting smoking before your surgery. Immediate benefits include:

- **20 minutes:** Your blood pressure and pulse return to normal.
- **24 hours:** Your risk of heart attack starts to drop.
- **14 days:** Your circulation increases. The airways in your lungs relax.

#### Counselling and support groups

- Talk to your family doctor or local public health unit about getting counselling or joining a support group.
- The Canadian Cancer Society has a toll-free Helpline at 811 and online support at: [www.smokershelpline.ca](http://www.smokershelpline.ca)
- For more information and support on how to quit smoking, visit the Government of Ontario's website at [www.ontario.ca/page/support-quit-smoking](http://www.ontario.ca/page/support-quit-smoking)

### Stop Drinking Alcohol

Alcohol can increase the risk of uncontrolled bleeding which may affect your qualification for surgery, and negatively impact the duration and success of your recovery. Alcohol combined with pain medications can have serious side effects and may be lethal. It can impair your balance and increase your risk of falls.

- Stop drinking alcohol at least 2 days before your surgery.
- Tell your doctor if you have ever had trouble quitting alcohol or any other recreational drug.
- Tell your doctor exactly how much alcohol you drink and how often.
- Should there be alcohol in your system on the day of your surgery, your surgery may be cancelled.
- If you have concerns or questions about quitting alcohol, please contact your primary care provider.

### Maintaining a healthy body weight

Research has shown having a healthy body weight reduces the risk of complications after surgery and speeds up recovery. Having extra weight can contribute to problems with blood pressure, breathing and mobility after your surgery. We recommend you aim for, and maintain, a healthy weight range that is appropriate for your age and height (check with your family physician to determine what this is).

#### Exercise



Recovery after surgery can be a workout. Regular exercise is the only way to increase your strength and keep your muscles and heart healthy enough to support your recovery. Before your surgery, start performing the exercises that you need to do after your surgery. This will lead to a faster recovery by helping you gain strength and improve your hip or knee mobility (please refer to your assigned Exercise Guide).

### Pre-Strengthening Program



- Pre-strengthening includes approximately 1-2 sessions with the physiotherapist and/or physiotherapy assistant. It includes an assessment of current strength, range of motion, and functional mobility. Sessions will focus on re-enforcing pre-operative education and post-operative rehabilitation expectations and a home exercise program. Research has shown that pre-strengthening exercises can improve your surgical experience and results.
- Please contact your patient flow navigator to book an appointment at 905-417-2000 ext. 7660.

### Nutrition tips



To reduce the stress of surgery on your body and help alleviate symptoms experienced during recovery, including poor appetite, it is important to ensure you eat foods that are rich in the following vitamins and nutrients before your surgery:

- **Folic Acid** – fruits, vegetables and legumes
- **Vitamin B12** – meat, eggs, milk and soy products
- **Iron** – meat, whole grains, beans and tofu
- **Zinc** – meat, eggs, peanuts and whole grains.
- **Vitamin C** – fruits and vegetables
- **Protein** – meat, fish, cheese, tofu, eggs and Greek yogurt
- **Fibre** – high fibre breads and cereals, oats, fruits and vegetables

Drink plenty of fluids to keep hydrated (unless you have a medical restriction). This will help with blood pressure stability and with bowel movements. It will also help your body process your medications and keep your energy levels up.

**For more information on healthy eating, please see Canada's Food Guide**

### Preparing your home



- Ensure there are railings on all stairs.
- Remove all loose rugs.
- Ensure you have a comfortable chair with appropriate seat height and arm rests.
- Ensure you have a bed that allows you to get in and out easily.
- Place frequently used items between shoulder and waist level for easy access.
- Prepare meals ahead of time including nutritional supplements in case your appetite is low (ask your care team about appropriate nutritional supplements).

### Recommended Equipment



- It is recommended you use a two wheeled walker with skis and a single-point cane if you will be climbing stairs.
- Ensure you have ice packs for pain management in the freezer ready to go.
- For hip replacement patients, it is recommended you have a raised toilet seat with arms and a firm wedge cushion
- See Page 18 for pictures. If you have private insurance, you may be eligible for partial or full coverage of these items. Please contact your insurance provider for more information. <sup>6</sup>

### Support



- Whether you are going home the same day as your surgery or the day after your surgery, **you must have another person stay with you for the first 24 hours at home.**
- Have someone check in on you regularly and assist with chores for the first 2 to 3 days after you leave the hospital.
- If you live alone, consider looking into personal alert systems such as Lifeline.
- If you need private care information, please contact your Patient Flow Navigator at 905-417-2000 ext. 7660.

### Transportation



- If you are staying overnight, CHATS has a no-cost service called Home at Last that can assist seniors with a ride home from the hospital. Please ask your patient flow navigator about this option.
- YRT Mobility Plus through York Region Transit is available for people with functional limitations who cannot board, ride or disembark from a regular public transit bus. To apply for this service, call 905-763-2112 or 1-866-744-1119. Note that applications may take 4 to 6 weeks to process and acceptance is not guaranteed.
- You can apply for a Ministry of Health Accessible parking permit in person through Service Ontario or online at [www.Ontario.ca/page/get-accessible-parking-permit](http://www.Ontario.ca/page/get-accessible-parking-permit)

### Dental Work



- No non-emergency dental work within 1 month of upcoming surgery to 3 months after surgery. If dental work is required within that time, please advise the surgeon's office and follow their recommendations.

### Staying at the hospital



- Do not leave valuables (cash, jewelry or electronics) unattended at your bedside. There is no locking bedside cupboard for personal belongings and **the hospital is not responsible for lost, stolen or damaged items.**
- Please ensure your personal belongings such as glasses, dentures and hearing aids are well labeled with your name and contact information.
- If you are staying overnight, bring your credit card for purchasing items such as bedside TV, phone or preferred accommodations.
- Equipment costs or wound care supplies do not require cash and will be invoiced to you at home after discharge.



### Recovering at home: health care partners to help you

Your Patient Care Navigator is a dedicated patient resource to support you and your caregivers across the entire continuum of orthopedic care. Your Patient Care Navigator can be reached Monday to Friday from 8 a.m. to 4 p.m. at 905-883-1212 ext. 7660 or through MyChart by selecting the “Ask A Question” option under the “Messaging” menu.

You will be receiving daily health check surveys through MyChart once you have had your surgery. The surveys will help you monitor your recovery and provide helpful tips to help you recover faster.

SE Health is our preferred provider for post-surgery care. You may have appointments with them. If you have questions about these appointments, you can call 1-855-845-7342.

If you are a care provider to someone who has just undergone a total joint replacement and need assistance while they are recovering, you may be able to access services from Home and Community care. To find out if you are eligible, speak to your family physician or visit [www.healthcareathome.ca](http://www.healthcareathome.ca).

### Respite: recovering somewhere other than your home

If you feel you cannot manage your recovery at home, many retirement homes offer recuperative or respite care (short-term stays) at daily, weekly or monthly rates. Services offered usually include:

- Private or semi-private rooms
- Assistance with bathing/showering
- 24/7 supervised care with emergency call system
- Daily housekeeping and meals
- Medication administration

Please arrange your respite care before the day of your surgery to ensure your respite bed is available on the day you are discharged. If you are planning to go to respite care, please note that we discharge patients on weekends.

### Retirement homes offering respite care *including but not limited to:*

**Kingsway Arms, Aurora Retirement Centre**

905-841-2777

**Chartwell Valley Vista Retirement Residence**

289-963-9973

**Viva Retirement Communities**

1-888-984-8482

**Amica Lifestyle Communities**

(416) 487-2020

**Del Manor Retirement Living**

905-770-7963

**Aurora Hollandview Trail**

905-841-1001

**Sunrise Living**

905-841-0022

**Richview Manor**

905-585-5000

### Shower



- Take a shower and scrub well with soap before you come to the hospital for your surgery. There is a scrub brush kit available for purchase at the hospital pharmacy. Follow the instructions that come with the scrub kit (do not use if you are allergic to this type of product or have very sensitive skin).
- You can choose to wash with an antibacterial wash to further decrease the quantity of bacteria on your skin. *This is an optional step.*

- Please do not shave your hips or legs before surgery. Discontinue shaving for one week before surgery.
- Rinse well after washing. Do **NOT** apply moisturizer or powder after your shower.
- Dry off your skin with a clean towel and put on clean night clothes.

### What to bring to your surgery

For a smooth experience, please bring the following:

- Ontario Health Card.
- Medications you are currently taking in their original containers.
- An up-to-date list of medications from your pharmacy.
- Personal hygiene items (toothbrush, toothpaste, soap, comb, brush, moisturizing lotion, etc.).
- Non-slip, closed heeled footwear and stretchy socks.
- Loose, comfortable clothing.
- Containers for must-have items such as glasses, hearing aids and dentures.
- Ear plugs or ear buds.
- Gum to chew after your surgery. This will help your digestive system get back to normal.
- A walker and/or cane. Your care team will check that it is set up correctly.
- As part of our carbon reduction policy, we recommend that you bring a large bag for all your belongings to fit in.

### Other important details

- Put fresh linen on your bed in preparation for your return home.
- Eat well on the day before your surgery and drink lots of fluids to hydrate yourself (unless you are given other instruction from your care team).
- Remove all piercings and jewelry and leave them at home.
- **Do not eat solid food after midnight the night before your surgery.** You may drink high carbohydrate clear fluids (e.g. apple juice) up to two hours before your surgery.
- Confirm you have a ride to the hospital on the day of your surgery and home when you are discharged.

# Total Joint Replacement

## The day of your surgery

### Before you leave home

- On the morning of your surgery, take only the medications that your care team told you to take with a small amount of water.
- **You cannot eat anything on the morning of your surgery.** You can drink clear fluids up to two hours before arriving at the hospital.
- Arrive at the hospital two hours before your scheduled surgery.
- Bring a loved one to help you find your way on the day of surgery. If English is not your first language, please bring someone to help translate for you.

### Parking



In addition to daily parking, you can purchase a non-consecutive, multi-day parking pass from the Parking Office. You can use this pass at both hospitals.

H Pass Option	Price
Daily	\$17.00/day
Day pass (24 hour in/out access)	\$22.00/day

\*Subject to change without advanced notice

### Check in for your surgery

Go to **Cortellucci Vaughan Hospital** for your surgery. When you arrive, go to Patient Registration on the first floor. If you have completed electronic check in through MyChart, you can scan your barcode at Patient Registration and get to your appointment faster. Otherwise, check in when you arrive.



[Log in or sign up for MyChart at mychart.mackenziehealth.ca](http://mychart.mackenziehealth.ca)



### Smoke-free environment



Mackenzie Health is a smoke-free environment. You may not use tobacco or other smoking products in any area of the hospital including the inside of each building, the exterior grounds and parking lots. This policy applies to staff, volunteers, students, visitors and patients who are within the boundaries of the hospital.

### Visiting hours

We believe that support from family and friends can positively influence the healing process. However, please remind your visitors not to visit you in the hospital or after discharge if they are unwell or possibly infectious.

#### General visiting hours:

7 days a week from 11:00 a.m. to 8:30 p.m.

### Discharge times

Please make arrangements before your surgery to have someone take you home when you are discharged.

**If you stay overnight, discharge time is around 11 a.m.**

### Postoperative stay

Immediately after your operation, you will go to the recovery area. While you are recovering, nurses will frequently check your temperature, pulse, blood pressure and surgical bandages. You will also receive pain medication.

If your health care team feels you are ready, you may be discharged on the same day as your surgery. If you need to stay overnight, you will move from the recovery area to a room in the Inpatient Surgical Unit.

There is a TV screen in the waiting room that shows the stage of your surgery and recovery. This will ensure your loved ones know when you are ready to go home or to your inpatient room.

Once you are in your inpatient room, your nurse will continue monitoring your condition and help you get oriented to your surroundings, including showing you how to call for assistance. Your nurse will complete a full assessment to ensure you are recovering well from your surgery. Once your nurse has completed this care, your visitors can see you.

Ask your visitors to check the hospital website for current visiting hours. Please limit your visitors to two at a time. If you have children coming to visit, please ask an adult to bring one child at a time. Please tell your loved ones not to visit if they are feeling unwell.

The nurse will encourage you to do foot pumping which prevents blood clots. The nurse will also ask you to take deep breaths and cough which will help clear your lungs after surgery.

After surgery, you will start drinking clear liquids (e.g., water, ginger ale). By your first evening, you may be eating a full diet. For activity on the day of your surgery, you will sit at your bedside, or you may be asked to stand or take a few steps. Your health care team will help you to do this after they assess that you are ready.

### Taking care of your wound

During your stay, the nurse will change your surgery bandages (dressing). This dressing will stay on until you have your first Fracture Clinic visit. Sometimes, your dressing gets soiled or wet and you may need to change it. If this happens, please contact your Patient Care Navigator to discuss.

You may take a short shower starting three days after surgery. Do not take baths, swim or use a hot tub. Check your incision every day for signs of infection including increased redness, swelling, or pain, increasing drainage, warmth, and pus or a bad smell.

Before you leave the hospital, you will be required to purchase a dressing change kit. The kit is approximately \$15.00 and will be added to your bill that is mailed to you after discharge.

# Total Joint Replacement

## Leaving the hospital

### Exercise

Please ensure you are exercising on a regular basis.

#### For a knee replacement:



- Exercise 2 to 3 times per day after your surgery until your first physiotherapy appointment which will be approximately 7 to 10 days from the date of your surgery

#### For a hip replacement:



- Exercise 1 to 2 times per day after your surgery until your first physiotherapy appointment which will be approximately 10 to 14 days from the date of your surgery

### Outpatient and home care services

Outpatient therapy can occur at any community clinic that participates in the bundled care program. SE Health provides physiotherapy service and is affiliated with Mackenzie Health. Your patient flow navigator can arrange the appointment for you.



Health

#### SE Rehab Outpatient Physiotherapy Clinic:

Phone: 905-883-2000

Mon/Wed: 8 a.m. to 7 p.m.

Tues/Thurs/Fri: 8 a.m. to 5 p.m.

10830 Bayview Ave #201

Richmond Hill, ON L4S 1L7

### Side effects or complications

#### Call your family physician if you develop any of the following conditions:

- Excessive bruising or unexplained swelling anywhere
- Increasing pain not managed with your prescribed medications
- Red or dark urine or red/black stools
- Bleeding gums or nosebleeds
- Fever or chills
- Excessive discharge from your incision site

If you have any questions, you can always call your Patient Care Navigator at 905-883-1212 ext. 7660 between 8:30 a.m. and 4:30 p.m. Monday to Friday or through MyChart by selecting the “Ask A Question” option under the “Messaging” menu.



All surgeries carry some level of risk or possible complications. Aside from the risks/complications discussed with your surgeon, a number of conditions may occur after surgery, including:

- **Swelling** is to be expected after surgery. It can be reduced by raising your leg (elevate) above the level of your heart when you are lying down. You can also use ice therapy to manage swelling. Leave an icepack on for 20 minutes at a time.
- **Nausea.** Medicine can be given to help with this. This may be related to pain medications or anesthetic. It usually goes away with 48 hours. It is important to try and keep taking in fluids to help with recovery from nausea.
- **Pain** is to be expected after a major surgery. It can be reduced with medications, movement and icing. You will be sent home with a prescription for pain management. If you develop new pain in your chest after surgery, please seek medical assessment.
- **Anemia** is a condition in which the level of hemoglobin (a protein in red blood cells that carries oxygen) is too low. Anemia can cause you to feel tired and decrease the ability of the body to heal. Talk to your doctor if you are feeling tired or your incision is not healing. A good post-surgery diet can help your body rebuild your blood supply.
- **Constipation** is a slowing or stopping of bowel movements which can cause nausea, vomiting and discomfort or pain in your abdomen (belly). Drinking fluids, consuming foods high in fiber and walking can help with this. You may need to use a supplementary laxative to help get your bowels moving after surgery.
- **Urinary retention** is an inability to pass urine. This can be relieved by the temporary insertion of a urinary catheter. If you cannot pee, please go to your local emergency department.
- **Infection** can happen at your surgery site, in your urine or in your lungs (pneumonia). To prevent this, be active and continue deep breathing regularly. If you have a symptom indicating infection (i.e. fever, yellow/green discharge, redness) please reach out to your care team.
  - Seek medical assessment if you have trouble passing your urine (pee) or if you experience bleeding, burning or urgency when you go.
  - To prevent lung infections, be active throughout the day and continue deep breathing exercises regularly. Keep yourself distanced from others who are sick with any infective illnesses.
- **Blood clots** can happen after surgery if you don't move regularly. To prevent blood clots, your surgeon may prescribe a blood thinner. Move as soon as you can after your surgery. If you develop a new pain in your lower leg after surgery, please seek medical assessment.
- **Delirium** is the sudden onset of confusion after surgery. It is common in older people and can last hours or days. Please see the next page for more information on delirium after surgery.
- **Falls** can occur for a variety of reasons including tripping, loss of balance, dizziness or leg weakness. Please see the falls prevention tip sheets on page 14 for more information.

After surgery, anyone can have sudden changes in behavior or get confused. Delirium is common in older people, people living with cognitive impairment (such as dementia), or people who have experienced delirium in the past.

Delirium is a temporary state that can last hours to weeks. It typically comes and goes, and most people will return to their pre-confusion state with little to no lasting effect. *Experiencing delirium after surgery does not mean you have or are developing dementia.*

A person with delirium can become:

- Confused about who and where they are
- Restless and upset
- Forgetful
- Irritable
- Physically aggressive or very quiet
- Have difficulty with normal sleep/wake patterns
- See or hear things that are not really there

Delirium can be scary for the person experiencing it and for loved ones visiting or caring for that person. Our care teams on the surgical unit can assist in the reduction of and recovery from this state.

There are many things that can cause or contribute to delirium including medications, pain, sleep changes, substance withdrawal, stress, low oxygen levels or medical complications.

It is important to let your care team know (starting at the preoperative appointments) if you have experienced delirium or confusion in the past so they can work to reduce the risk of it happening again.

Loved ones may assist in helping someone recover from delirium by:

- Speaking in a calm, soft voice in a familiar language
- Reminding the person of where they are, the date, the time, why they are in the hospital and that they are safe
- Providing opportunities for exposure to daylight and regular routine
- Providing close family and friends as company and support
- Encouraging good fluid intake and regular toileting
- Ensuring hearing aids and eyeglasses are in place
- Bringing in familiar pictures and playing familiar music quietly

Please feel free to speak to your health care team about questions or concerns regarding confusion and delirium.

Falls are not a normal part of aging; they can be prevented. Below are some tips on how to prevent falls.

### Create a safe home

Your home could put you at risk for a fall. Conduct a walk-through of your home to identify possible problems that may lead to slips, trips or falls. The most common hazards for falls are:

- Objects on the floor
- Lack of grab bars and unsteady furniture
- Loose rugs
- Poor lighting

### Floors



- Wipe up spills as soon as possible.
- Make sure there are no objects in your path.
- Create colour contrasts between your walls and floors - lighter coloured floors make it easier to see objects that may have fallen into your path.
- Remove throw rugs or secure them with double-sided carpet tape. Avoid placing area rugs and throw rugs on top of carpeting.
- Keep all cords out of the way and never put cords under carpeting or across where you walk.

### Living area



- If seating is too low, increase the height by adding extra cushions.
- Select chairs that are easy for you to get in and out of - avoid chairs that swivel, rock or have wheels.
- Footstools and ottomans cause falls - when you are not using them, move them out of your path.
- Always put footrests for recliners into the closed position before getting up.
- Place a phone next to your living room chair or carry a cordless one so you do not have to rush to answer it.
- Arrange chairs, couches and other furniture so you can move around them easily.

### Bathroom



- If you have difficulty standing in the shower, use a shower chair and professionally installed grab bars.
- Place bathing items in a shower caddy to limit the need to reach or turn around while bathing.
- Place a non-slip mat in front of the sink and on the floor where you exit the tub or shower to absorb splashed water.
- Avoid holding onto the towel bars or shower doors when getting in and out of the tub/shower, use professionally installed grab bars instead.
- If it is difficult getting on and off the toilet, get a raised toilet seat.

### Lighting



- Make sure your home is well lit and that you can safely access lamps and light switches.
- Use non-glare bulbs that are 100 watts or greater. Replace burned-out bulbs.

### Bedroom



- Place a phone next to your bed.
- Blankets and bedspreads should be tucked in at the corners to prevent tripping.
- Make sure the bed does not move and that it is high enough for you to get in and out of easily.
- Have a firm chair with arms in the bedroom for dressing.

### Kitchen



- Rearrange the items in your kitchen so that the items you use the most are where you can easily reach them.
- Place a non-slip mat in front of the sink to absorb splashed water.
- Store heavy items on lower shelves.

### In public places and outdoors



- Watch for obstacles in your path such as uneven pavement or tree roots.
- Avoid walking outside when it is icy or wet or on uneven surfaces such as grass.
- Use your cane or walker in the community, if recommended.
- Keep a flashlight with you to illuminate your path when in dark places such as a restaurant or movie theatre.
- Use a wheeled cart to transport groceries or laundry. If you use a walker, get a walker tray.
- Ask for help in a restaurant to push in your chair or to carry your food.
- Call ahead to inquire about the availability of adapted bathrooms, ramps and bright lighting.
- When visiting other people's homes, ask for a guided tour so you can alert yourself to flooring changes, steps and the location of the bathroom.
- Use caution on stairs. Hold onto the handrail and be aware that the step height may be higher or lower than normal.

*Please refer to page 22 in the Total Hip Replacement Exercise Guide to review all the hip precautions.*



### What to do if you fall

- 1) Do not panic. Take some deep breaths. If you try to get up too quickly, you may make an injury worse.
- 2) Assess the situation and determine if you are injured.
- 3) If you believe you are injured, do not attempt to get up, follow the Rest and Wait Plan (below).
- 4) If you believe you are uninjured and feel strong enough to get up, follow the Up and About Plan (below).

### Rest and Wait Plan

If you have fallen and have a medical alert system, use it. Remember, a medical alert system can only help if you have it on when a fall occurs; your medical alert should be worn at all times, including in bed and in the shower.

If you do not have a medical alert system:

- 1) Try to attract someone's attention by banging on the wall or floor and shouting.
- 2) Reach for a tablecloth, blanket or clothing to keep yourself warm.
- 3) If your bladder "lets go," try to move away from the damp area.
- 4) Gently move around to make sure there isn't too much pressure on one part of your body.

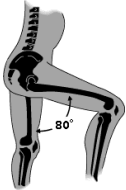
### Up and About Plan

- 1) Roll onto your hands and knees and crawl towards a sturdy chair.
- 2) Place your hands on the chair and place your stronger foot flat on the floor with your knee bent towards your stomach.
- 3) Lean forward, putting your weight onto your arms.
- 4) Count to three and then push with your legs, feet and hands until you are standing upright.
- 5) Turn around and sit down. Rest there until you feel ready to stand.
- 6) Always see your health care provider after a fall. It is important to find out why you fell and to take steps to reduce the chances of future falls.



### Hip precautions

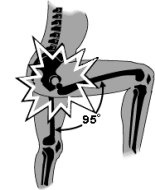
#### SAFE



On your surgical leg, avoid bringing your knee above your hip or your shoulders towards your knees



When sitting, keep knees below hips. Avoid reaching forward or rocking forward to get out of a chair, out of bed or off a toilet.



When stooping, bend one knee and keep your new joint leg back. Avoid squatting.



When reclining with both legs straight, lean back on hands. Avoid reaching forward past knees.



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### Knee precautions

- 1) Keep your leg and knee straight and flat at a rest. **Do not** place a pillow or other item under your knee when at rest.
- 2) Avoid high-impact activities such as jumping or running which can loosen your new knee joint.
- 3) Avoid twisting on your new knee. Instead, take small steps to turn your body.
- 4) Avoid kneeling on your surgical knee. Most faiths provide an exemption from kneeling during prayer during this time of recovery.

# Total Joint Replacement Equipment

Date:  
 Patient Name:  
 Recommended by:  
 Contact Information:

## EQUIPMENT / ASSISTIVE DEVICES LIST

### BATHROOM EQUIPMENT:



Raised Toilet Seat



Toilet Safety Frame



Stationary Commode



Commode with Wheels & Locks



Handheld Shower



Bath Chair



Bath Stool



Bath Board



Tub Transfer Bench



Clamp-on Tub Rail



Grab Bars



Non-Slip Bathmat

### MOBILITY and TRANSFER AIDS:



Standard Walker



2-Wheeled Walker with Skis on Back Legs



skis



Rollator Walker



Manual Wheelchair

### ADDITIONAL RECOMMENDATIONS:

Wedge Cushion



Single Point Cane



Quad Cane



Mini-tip Quad Cane



Crutches



Bedrail



Slow Down Brake

### DRESSING AIDS



Reacher



Sock Aid



Long-handled Shoehorn



Elastic Shoelaces



Long-handled Bath Sponge



Velcro-Front Loafer

# Total Joint Replacement Equipment Vendor List



## VENDORS LIST

### Where to Rent or Buy Equipment in Southern York Region/ Surrounding Areas

Disclaimer	Vaughan (Thornhill/Concord/Woodbridge)	Wellwise by Shoppers Drug Mart
<b>Please note that this is not a comprehensive list. Mackenzie Health and SE Health are unable to endorse the providers on the list.</b>	<b>Wellwise by Shoppers Drug Mart</b> 8000 Bathurst Street, Unit 2 Thornhill Phone: (905) 763-9525 <a href="http://www.wellwise.ca">www.wellwise.ca</a>	1 Kennedy Road S Brampton Phone: (905) 455-5939 <a href="http://www.wellwise.ca">www.wellwise.ca</a>
Aurora	<b>AmeriGlide Accessibility Solutions (Stair Lifts &amp; Porch Lifts)</b> 155 Edward St Phone: (416) 628-8132 or 1-855-888-0333 <a href="http://www.ameriglide-toronto-aurora.ca">www.ameriglide-toronto-aurora.ca</a>	<b>AgeComfort Home Health Care Products</b> 130 Great Gulf Dr, Concord Phone: 1-800-520-3259 <a href="http://www.agecomfort.com">www.agecomfort.com</a>
Barrie	Newmarket	Richmond Hill
<b>Wellwise by Shoppers Drug Mart</b> 524 Bayfield Street N Phone: (705) 722-6336 <a href="http://www.wellwise.ca">www.wellwise.ca</a>	<b>Wellwise by Shoppers Drug Mart</b> 17725 Yonge Street, Unit 5 Phone: (905) 953-9907 <a href="http://www.wellwise.ca">www.wellwise.ca</a>	<b>Bayview Hill Pharmacy</b> 104-420 highway 7 East Phone: (905) 882-9588 <a href="http://www.bayviewhillpharmacy.ca">www.bayviewhillpharmacy.ca</a>
<b>PureHealth Pharmacy</b> 201 Georgian Dr, Located inside Royal Victoria Hospital, Beside the Emergency Department Phone: 705-797-3070 <a href="http://www.purehealthpharmacy.com">www.purehealthpharmacy.com</a>	<b>Silver Cross (Stair Lift and Mobility Equipment) Covers Newmarket Area</b> 14 Goodmark Place – North York Phone: (416) 755-1164 or 1-855-352-7677 <a href="http://www.silvercross.com">www.silvercross.com</a>	<b>PureHealth Pharmacy</b> 10 Trench St, Located inside Mackenzie Richmond Hill Hospital - C-Wing Entrance Phone: 905-883-7500 <a href="http://www.purehealthpharmacy.com">www.purehealthpharmacy.com</a>
<b>AGTA - Home Health Care</b> 130 Saunders Rd Unit 13, Barrie, ON L4N-9A8 Phone: (705) 881-2458 <a href="http://www.agtahomecare.com">www.agtahomecare.com</a>	<b>Medigas (Home O2 orders from Hospital)</b> 17705-B Leslie Street N Phone: (905) 853-8744 or 1-800-225-8247 <a href="http://www.medigas.com">www.medigas.com</a>	Toronto
Vaughan (Thornhill/Concord/Woodbridge)	Etobicoke	<b>Vital Mobility Home Health Care</b> 3537 Bathurst St Phone: (416) 901-3509 or 1-866-508-4825 <a href="http://www.vitalmobility.ca">www.vitalmobility.ca</a>
<b>PureHealth Pharmacy</b> 3200 Major MacKenzie Dr. W. Located inside Cortellucci Vaughan Hospital 365-922-3200 <a href="http://www.purehealthpharmacy.com">www.purehealthpharmacy.com</a>	<b>Mobility Specialties INC</b> Address: Unit 16B, 106 Humber College Blvd Phone: 905-798-1853 or 905-220-1666 <a href="http://www.mobilityspecialties.com">www.mobilityspecialties.com</a>	<b>Wellwise by Shoppers Drug Mart - Lawrence</b> 528 Lawrence Avenue W, Unit 16A Phone: (416) 789-3368 <a href="http://www.wellwise.ca">www.wellwise.ca</a>
<b>Baygreen Home Healthcare</b> 8 Green Lane, Thornhill - Phone: (905) 771-0010 <a href="http://www.baygreen.ca">www.baygreen.ca</a>	<b>Motion</b> Address: 202 Sparks Ave Phone: (905) 715-7853 <a href="http://www.motioncares.ca">www.motioncares.ca</a>	Markham/Scarborough
<b>AGTA - Home Health Care</b> 7695 Jane St. Unit # 3, Concord, ON L4K-1A8 Phone: (905) 760-2482 Ext 257 or 1-866-528-4753 <a href="http://www.agtahomecare.com">www.agtahomecare.com</a>	<b>HME Ltd. Home Medical Equipment</b> Address: 77 St Regis Crescent S Phone: (416) 633-9333 or 1-866-571-9333 <a href="http://www.hmemobility.com">www.hmemobility.com</a>	<b>Versatile Medical Ltd.</b> Address: 20 Steelcase Rd W, Unit 1E & F Phone: (905) 604-8199 <a href="http://www.versatilemedical.com">www.versatilemedical.com</a>
<b>Vaughan Wheelchair &amp; Home Health Supplies</b> 7700 Pine Valley Drive, Unit 4A, Woodbridge Phone: 905-264-6653/ 416-653-6646	<b>Mediwise Healthcare Solutions</b> 12-2777 Steeles Ave West Phone: (416) 514-1400 <a href="http://www.mediwise.ca">www.mediwise.ca</a>	<b>Wellwise by Shoppers Drug Mart</b> 9255 Woodbine Avenue, Unit 5 Phone: (905) 887-9055 <a href="http://www.wellwise.ca">www.wellwise.ca</a>
<b>Vital Mobility Home Health Care</b> 130 Bass Pro Mills Drive, Unit 62 Phone: (905) 532-9494 or 1-866-508-4825 <a href="http://www.vitalmobility.ca">www.vitalmobility.ca</a>	<b>In Motion Services</b> 24 Martin Ross Ave, Unit 6 Phone: (416) 638-9522 <a href="http://www.inmotionservices.ca">www.inmotionservices.ca</a>	<b>Medigas</b> 385 Bentley Street Phone: (416) 365-1050 or 1-800-225-8247 <a href="http://www.medigas.com">www.medigas.com</a>
<b>A2Z Mobility Inc.</b> 241 Edgeley Blvd. Concord (905) 761-9969 <a href="http://www.a2zmobility.ca">www.a2zmobility.ca</a>	<b>Silver Cross Superstore</b> Address: 14 Goodmark Place Phone: (416) 755-1164 or 1-844-352-7677 <a href="http://www.silvercross.com">www.silvercross.com</a>	<b>MEDability Home Medical Equipment (HME)</b> 5293 Hwy 7 East, Unit 5 Phone: (905) 471-5224 <a href="http://www.medability.com">www.medability.com</a>
Factory Direct Medical	Brampton/Mississauga	<b>Stannah (Stair Lifts)</b> 25 Valleywood Drive, Unit 15 Phone: 1-888-964-8645 <a href="http://www.stannah.ca">www.stannah.ca</a>
<b>Factory Direct Medical</b> 34 Futurity Gate, Unit 15, Concord Phone: (416) 739-8393 or 1-855-235-2400 <a href="http://www.factorydirectmedical.com">www.factorydirectmedical.com</a>	<b>MED+ Medical Equipment Distribution</b> 2586 Dunwin Drive, Unit 5 Mississauga Phone: (416) 477-5960 <a href="http://www.medplushealth.ca">www.medplushealth.ca</a>	<b>MED+ Medical Equipment Distribution</b> 285 Midwest Road, Scarborough Phone: (416) 477-5960 <a href="http://www.medplushealth.ca">www.medplushealth.ca</a>
<b>Mobility Spot Inc.</b> 34 Futurity Gate, Unit 11, Concord Phone: (905) 764-0706 or 1-866-404-2080 <a href="http://www.mobilityspot.ca">www.mobilityspot.ca</a>	<b>Wellwise by Shoppers Drug Mart</b> 1077 North Service Road, Unit 21 Mississauga Phone: (905) 281-0166 <a href="http://www.wellwise.ca">www.wellwise.ca</a>	