

Post Discharge Care (After Hospital)

After my discharge from hospital,
I will ensure that I:

- Attend my first Outpatient Physiotherapy appointment with SE Health

Your First Outpatient Physiotherapy Appointment (Service, Date and Time):

- Continue with my exercises daily and see my physiotherapist as follows:
 - For Knee Replacement**
2 to 3 times per week
Starting 5 to 7 days after surgery
 - For Hip Replacement**
1 to 2 times per week
Starting 1 to 2 weeks after surgery
- Call my family physician if I develop any of the following conditions:
 - Excessive bruising or unexplained swelling anywhere
 - Red or dark urine or red/black stools (poo)
 - Bleeding gums or nosebleeds
 - Fever or chills
 - Excessive discharge from your incision site
 - Increasing pain, not managed with prescribed medication
- Call my Navigator at any time if I have any questions

SE Health Hips & Knees Replacement Program

As part of your care following your total joint replacement, you have been referred to SE Health for rehabilitation services following discharge from the hospital. Your SE Health team is here to assist you with your recovery and return to function.

Outpatient Physiotherapy Clinic, SE Rehab Health:

Phone: 905-883-2000

Mon/Wed/Fri: 8:30 a.m. to 4:30 p.m.
Tues/Thurs: 8:30 a.m. to 7p.m.

10830 Bayview Ave #201
Richmond Hill, ON L4S 1L7

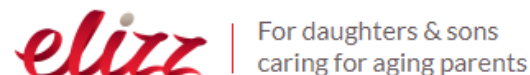


In-Home Services

Phone: 1-855-845-7342

7 days a week, 24 hours a day

For tips and resources to assist with caring for aging parents, visit Elizz at <https://elizz.com>



Can't find the information you are looking for or need assistance?

Patient Navigator

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

MyChart: Ask A Question and select the Bundled Care Patient Navigator option

Phone #: 905-883-1212 ext. 7660

Hours: 8:30am to 4:30pm
Monday to Friday (excluding holidays)

MyChart Support

Monday - Friday, 8:00 a.m. to 4:00 p.m.

mychart@mackenziehealth.ca

Richmond Hill: 905-883-1212 ext. 2202

Vaughan: 905-832-4554 ext. 2202

Download the free MyChart app to your smartphone or tablet from the Apple Store or Google Play.



10 Trench Street
Richmond Hill, ON L4C 4Z3
T: 905-883-1212 or 905-832-4554
www.mackenziehealth.ca



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Total Joint Replacement: Passport to Bundled Care



This belongs to: _____

Pre-Admission Testing *Arrive 20 minutes prior

Appt. Date: _____ Appt. Time: _____

Surgery *Arrive 2 hours prior

Appt. Date: _____ Appt. Time: _____

For further instructions and patient education,
please log in to your MyChart account at
mychart.mackenziehealth.ca

MyChart does not replace your relationship with your physician.

In the event of an emergency, visit your closest Emergency Department or dial 911



What is Bundled Care?



Bundled care is a service delivery and funding model designed to promote greater integration in health care delivery, driving high-quality, efficient care and improving patient outcomes and

experiences. The hospital will coordinate your preparation and care for up to 90 days post-surgery in the community.

You will have access to our hip and knee Navigator, a dedicated patient contact to support patients and caregivers across the entire continuum of orthopedic care.

SE Health is our partner for post-surgery care which includes a 24/7 support call line available for patient concerns and clinical support requirements.

Why use MyChart?



- 24/7 secure access to your personal health information any time from any device
- Update your demographics any time ensuring your information is always up to date
- Access and view your appointment schedules with preparation instructions so you're ready in advance for your visit and eCheck-in* up to seven days prior
- Save time and money with online access to your images (including x-rays, ultrasounds, CTs, MRIs and other diagnostic testing)
- Less paperwork at appointments by completing questionnaires and surveys online with access to associated education materials
- Empowers you and your family in making informed decisions and having improved communications about your care by being closely connected to your health care history

Before Surgery



To help ensure you have a seamless stay at Mackenzie Health, please ensure the following is completed, noting that items marked with a ☆ are available to be completed or viewed from within [MyChart](#).

- I have signed up for MyChart at mychart.mackenziehealth.ca
- I have watched the Welcome Video ☆
- I have reviewed my Patient Visit Guides and Exercise Guide(s) prior to my visit ☆
- I have completed my Pre-Operative Anaesthetic Questionnaire ☆
- I have completed my Pre-Education Requirements Questionnaire
- I have attend my Pre-Admit Appointment
- I will have all my recommended and necessary equipment ready by day of my surgery including a 2-wheeled walker
- I have arranged for transportation to and from the hospital on day of surgery, on day of discharge, my surgeon's appointments and my outpatient physiotherapy appointments
- I have arranged for help at home for 2 to 3 days after leaving the hospital. This includes chores like vacuuming, making beds, laundry, yard work, taking our garbage and carrying/moving objects and pet care. If you live alone, consider Personal Alert systems, such as LifeLine.
- I will pack loose clothing, comfortable non-skid closed shoes, earplugs, medications, a pack of gum, and other personal hygiene items
- I understand that Mackenzie Health is not responsible for my personal items (jewelry, laptops and personal belongings of value to me)
*Remember that the hospital is scent free
- I have pre-booked my physio appointment for after discharge with SE Health (see reverse for contact information) or an approved physiotherapy clinic
- I have updated my personal information (address, phone number, family physician, emergency contacts and secondary insurance) and e-Checked in to confirm my appointment up to seven (7) days prior ☆
- I understand that I need to shower and scrub down well with soap and water the morning of my surgery. I will **not** apply lotion or powder to my skin after my shower.
- I know not to eat or drink anything after midnight unless advised by my Pre-Admission team or Surgeon
- I understand that I should quit smoking and eat healthy weeks in advance of my surgery to support the recovery and healing process
- I have prepared ice packs at home prior to my surgery
- I have prepared my home and have meals ready for when I return from the hospital

While at Hospital

On the day of my operation I am:

- doing deep breathing exercises every hour
- doing ankle circles and "gas pedal pumping" with feet
- working with nurses to minimize pain
- working to sit up and stand at the side of the bed
- reviewing care plan and discharge plan with my care team
- working to drink fluids and start eating if ready

Before discharge, I have learned:

- how to use my 2-wheeled walker and set up the walker with the rehab team
- how to get in and out of bed safely and with minimal help ☆
- how to use my equipment safely and walk with my walker
- **to do my daily exercises (homework!)**
- how to go up and down stairs (if needed) with minimal help and using a cane ☆
- how to care for my incision and wound bandages
- how to wash, dress and go to the toilet with minimal help ☆
- understand my instructions for follow up with my surgeon ☆
- understand how to take my pain medications and blood thinning medicines at home ☆

I have packed to go home:

- my medications from home
- my prescriptions and discharge papers ☆
- my walker and other equipment
- my personal belongings and toiletries
- cell phone and charging cord
- purchased bandage supplies ☆ (*Pay invoice after discharge in MyChart*)

☆ Additional information available in MyChart