

Your Joint Replacement Journey

Your Care. Our Commitment.

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Knowing What to Expect

Thank you for choosing UPMC for your joint replacement surgery (an operation in which your whole hip or knee will be replaced). The UPMC Joint Replacement Program, was designed with you in mind. It is a complete package of services to make your surgery experience seamless and worry-free. By taking an active part in your care plan, you will play a big part in your UPMC team getting you back to the things you love.

We know that surgery might seem scary and stressful for you and your loved ones, but we are here for you each step of the way. With your help, we will work together to make this a positive journey.

Joint Replacement Program

The Joint Replacement Program at UPMC offers many resources before, during, and after your surgery. Our goal is to help you throughout your journey so that you know what to expect and are able to be a part of your care team.

Making Your Decision About Surgery

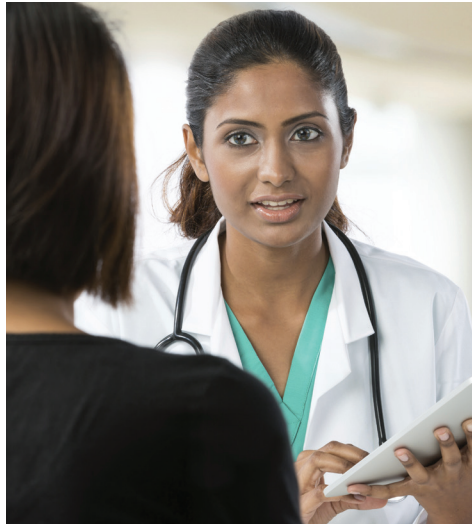
UPMC has health tools to help you decide if surgery is right for you. These tools have useful information to help you before you talk with your orthopaedic surgeon. Go to [UPMC.com/YourJointReplacement](https://www.upmc.com/YourJointReplacement) to learn more.

Before Your Stay

- **“Pre-hab” Assessment** - You may also hear this called a “pre-op” assessment. This assessment will review your current activity (e.g. how well you can walk or climb steps) and your needs before and after surgery. Based on your assessment and general health issues, your doctor may talk to you about additional ways to lower your health risks such as smoking cessation, blood sugar control, or weight management.



- **Preoperative Education** – UPMC offers a full range of education programs to help you get ready for your surgery. These steps are usually done within 45 days of your surgery. Your experience may be a little bit different, depending on your overall health and the location of your service.
 - > **What to Expect: Total Joint Replacement Surgery Booklet** – This easy-to-use guide will walk you through the surgery and what to expect during the process, including preoperative home exercises for total joint replacement. Please keep in mind that you are an important part of your care.
 - > **Preoperative Education Class** – Please ask at your doctor’s office for information about going to this required class. Your participation is critical to having a successful surgery experience. The education program can also be found on **UPMC.com/JointEducation**.
- **Preoperative Testing Requirements** – You must have pre-admission testing done before your surgery. Your doctor will talk to you about which tests are needed.
- **Preoperative Preparation Checklist** – This useful tool will help you get ready for your surgery, and includes a few of the following important items:
 - > Home preparation
 - > Packing personal items for your hospital stay
 - > Exercises to practice before your surgery
 - > Your medicine list



While You Are in the Hospital

- **Transferring to the Orthopaedic Nursing Unit** – When you are discharged from the Post Anesthesia Care Unit, you will be transferred to the nursing unit. On this unit, you will recover from your surgery and learn the skills needed to return home and go on with your normal routine.
- **Starting Therapy** – Therapy is an important part of the healing process. You will start therapy soon after your surgery and have therapy each day that you are in the hospital.
- **Seeing Your Doctor** – Your doctor will talk to you about your recovery process and will give you discharge instructions.
- **Getting to Know the Members of Your Care Team** – Knowing who will be taking care of you will help make you feel more at ease during your stay. In addition to your orthopaedic surgeon, other members of your care team may include:
 - > Primary Care Doctor (PCP)
 - > Nurse
 - > Care Managers
 - > Social Worker
 - > Physical and/or Occupational Therapist

Remember, you are a key member of your care team. Please follow the instructions you are given and ask questions if you do not understand.

Information for You and Your Family

We will help you know where to go and what to expect when you get there:

- **Discharge Patient Instructions** – Your doctor will talk to you about the steps to take care of yourself after you leave the hospital.
- **Patient Handbook** – This book shares important information that will be helpful during your hospital stay. You will get this handbook when you arrive at the hospital.
- **Visitor's Guides and Maps** – Ask which resources are available for you and your loved ones at your hospital.



After Your Hospital Stay

- **Postoperative Physical Therapy** – After you leave the hospital, your physical therapy will most likely either be in an outpatient center or at home depending on your needs.
- **Leaving the Hospital** – Most patients are able to go home after surgery. In special cases, rehab or a skilled nursing facility may be an option until you are able to go home. Your doctor and care team will talk to you about this during your discharge planning.
- **UPMC Health Library Patient Education** – You may visit **UPMC.com/HealthLibrary** to learn more about your joint replacement.
- **Patient Reported Outcomes** – You will be contacted 9 to 12 months after your surgery to tell us how you are feeling. Our goal is to keep track of the results of your surgery and see if you are making progress.

Easy Access to Your Medical Records

Before and after your surgery, it will be important for you to access your medical record and talk with your care team. In order to make this easy for you, we offer several ways to view your medical records. We encourage you and your family to use our patient portal, **MyUPMC.com**, to view your records online 24/7 and talk with your care team, among many more benefits.

MyUPMC.com also provides access to UPMC billing information. To see your claims information, please contact your health insurance company. If you do not have a **MyUPMC.com** account, you can sign up online at **MyUPMC.com** or call **1-866-884-8579**.

Tell Us How We're Doing

Throughout your care, we will be asking for feedback. Please let us know how we are doing and if there is anything we can do to make your journey more comfortable.



For more information, please
call **1-800-533-UPMC (8762)** or visit
UPMC.com/YourJointReplacement

UPMC policy prohibits discrimination or harassment on the basis of race, color, religion, ancestry, national origin, age, sex, genetics, sexual orientation, gender identity, marital status, familial status, disability, veteran status, or any other legally protected group status. Further, UPMC will continue to support and promote equal employment opportunity, human dignity, and racial, ethnic, and cultural diversity. This policy applies to admissions, employment, and access to and treatment in UPMC programs and activities. This commitment is made by UPMC in accordance with federal, state, and/or local laws and regulations.