

hipclips

Postoperative • Day Two

What's on Today's Menu?

Our care team will provide you a menu to complete breakfast, lunch and dinner.

We recommend that you order small portions of non-spicy foods.

Let us know if you have special dietary needs or have food allergies. Our Food and Nutrition Services staff work hard to deliver warm meals to you during scheduled delivery times.

We take into account physical therapy sessions when planning deliveries; however, meals might be delivered while you are away from your room.

Meal delivery times

- Breakfast: 7:05 a.m.
- Lunch: 12:15 p.m.
- Supper: 5:05 p.m.

A Snapshot of Tomorrow ...

It seems like you just got here. Now you are planning to leave. We will miss you.

While you, your coach, family and friends are preparing for your departure, your care team is at work planning for your discharge from the hospital — whether you are going directly home or to a sub-acute rehabilitation center.

A medical social worker and other staff will finalize your medical equipment needs, transfer plans and other details related to your departure.

Make sure you finalize transportation arrangements (see the patient guidebook for automobile transfer instructions). Coaches: If you've been jotting down questions you need answered before hospital discharge, today is the day to ask members of your care team. Sleep well tonight.

Just a little farther ...
Just 100'
200'
300'



By now you've realized walking is critically important to your recovery. Make sure you record your laps as you cruise around the third floor of the Patient Tower.

Each day, try to go a little farther by adding more laps. Your goal is to increase the distance you walk as you become more independent in your personal care.

Reaching a recovery level of your optimal strength and stamina might seem impossible today, but you'll start seeing an improvement with each new step and with each new day.

Keep moving toward the finish line.

Ready, Set, Go! It is Time to Energize and Exercise

Invite your coach to join you for therapy.

You will also work with an occupational therapist in the morning to help you increase independence in personal care.

Your physical and occupational therapists have been working with you on general exercises, movement and the best way to complete tasks postoperatively.

Don't forget to do these important exercises (see your guidebook for directions) throughout the day while you are still in our care here at the Joint Center:

- Ankle pumps
- Quad sets
- Gluteal sets



SOUTH CAROLINA JOINT CENTER

Advanced joint replacement services of

SELF REGIONAL
HEALTHCARE