

# hipclips

Surgery Day • Information for Patients

## What's on Today's Menu?

Try ice chips or sips of water when you wake up from surgery.

Your care team will provide you a menu to complete for lunch and dinner. We recommend that you order small portions of non-spicy foods. Fluid intake is more important than large meals.

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. We apologize for any inconvenience.

### Meal delivery times

- Lunch: 12:15 p.m.
- Supper: 5:05 p.m.

## A Snapshot of Tomorrow ...

The lab will draw blood for blood work about 4 a.m., and your nurse will take your vital signs about 7 a.m.

We want to make sure you are awake and ready for breakfast before it's time to meet your physical therapist and begin exercising.

Your exercise goal for tomorrow will be to walk. In other words, we want to get you on that "racetrack" we champion in this Hip Clips newsletter.

Your entire care team, which you may call your "pit crew," if you wish, will be there to assist you in achieving that goal. Rest well.

It's off to the races tomorrow.



# CONGRATULATIONS!

## Are You Ready for the Next Steps?

Now that your surgery is complete, it's time to move ahead – literally. Your surgeon expects you to begin moving around soon. Your nurse and/or physical therapist will let you know when it's time to get on your feet and begin walking, and they will provide assistance, as needed.

Refer to your patient guidebook for information on the steps we take – and the ones you will take – as you transition from the surgical track to the recovery track.

The South Carolina Joint Center care team will cheer you on as you turn the third-floor Patient Tower hallways into your personal racetrack over the next few days.

Take it easy today, though, and follow your care team's instructions and the advice in your Hip Clips newsletters.



When you get clearance to begin walking, remember to wave each time you lap the nurses' station. We want you to take care of yourself and your new implant equipment, so be sure to take breaks when you need them. OK. Now let's hit the track. We will see you at the finish line.

## What You Need to Know About Today ...

You probably will feel sleepy. It is OK to take naps today. Your nurses will wake you, as needed, to record vital signs and to assist you with breathing exercises. You will be turned every two hours today.

We encourage you to eat and drink as much as you can. Your care team will work to manage postoperative discomfort, which is normal after total hip replacement.

Your surgeon has prescribed pain medication for you. Let your nurses know how the medication is working. Your incentive spirometer is an important recovery tool you need to use daily. Your "coach" should help you exercise your lungs at least once each hour. Try to do 5-10 inhalations with each exercise. We want you to move your feet and ankles often to keep your blood circulating well.

See if you can "write" the alphabet with your feet. Movement can help reduce the chance of postoperative blood clots.

**SOUTH CAROLINA JOINT CENTER**

Advanced joint replacement services of

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HEALTHCARE