

Sacred Heart Hospital on the Emerald Coast Joint Replacement Program



Welcome to the Joint Replacement Program at Sacred Heart! The following presentation provides a brief overview of our educational program.

If you are considering having joint replacement surgery, we strongly recommend you sign up for one of the free classes.

For more information, please contact:

Linda Ledford, RN
Joint Replacement Coordinator
(850) 278-3646

Joint Replacement Class

The goal of the Joint Replacement Class is to prepare you and your support team for what to expect before, during and after surgery in order to ensure the best results.

Specifically, the class will:

- Help reduce your anxiety level by explaining the whole process
- Guide your steps before and after surgery, including everything from registration to physical therapy
- Prepare you to take an active role in your recovery and rehabilitation



What to Expect Before Surgery

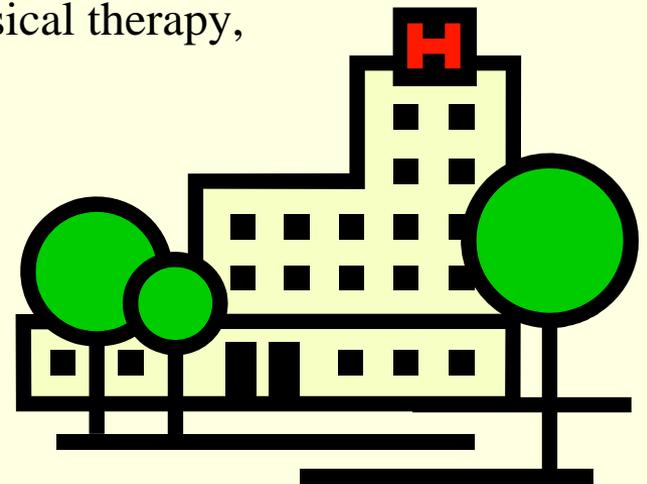
- **Medical Clearance/Test:**
 - Talk to your physician about completing any medical clearance tests required well before surgery time
- **Preoperative Exercises:**
 - Do the designated exercises to strengthen your muscles before surgery
- **Home Preparation:**
 - Arrange your furniture to avoid twisting and turning while using your walker or crutches when walking
 - Ensure sleeping arrangements are on the first floor
- **Medications:**
 - Talk to your physician about any medications that you may need to stop taking prior to surgery



What to Expect During Your Hospital Stay

The Joint Replacement Class will cover a variety of topics relating to your hospital stay, including:

- What to do the morning of surgery before coming to the hospital
- Which items you should bring with you for your stay
- What to expect regarding anesthesia
- What to expect in the recovery room
- What to expect in your private hospital room on the first, second and third days following surgery, including physical therapy, meals, visitors, etc.
- Discharge planning and social services
- Developing a physical therapy plan



What to Expect After Going Home

The Joint Replacement Class will prepare you for what to expect after leaving the hospital, including information on:

- Social Services
- Outpatient Physical Therapy
- Inpatient Rehabilitation Facilities
- Home Health Care
- Helpful Equipment
- Follow Up Appointments
- & More!



Enjoying Life After Joint Replacement

Most patients experience a significant increase in the quality of life following joint replacement surgery. Our goal is to help you get back in the swing of life!



Need More Information?

For more information on the Joint Replacement Program at Sacred Heart Hospital on the Emerald Coast or to attend the FREE Joint Replacement Class, please call:

Linda Ledford, RN

Joint Replacement Coordinator

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