



Department of Surgery
DIVISION OF ORTHOPAEDIC
SURGERY

Département de chirurgie
DIVISION DE CHIRURGIE
ORTHOPÉDIQUE

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Dear patient,

As you were informed by our office, you now have a date for your joint replacement surgery. Here is important information and the key appointments and phone calls that you will receive in preparation for your surgery for which a number of health-care workers are involved. Please carefully read the following information.

Important Information

After an elective joint replacement surgery, you can expect your hospital stay to be 24-48 hours or you will be discharged same day please ask your surgeons office if you are unsure. Once you are discharged home, you will need someone to accompany you home and to stay with you for the first 24-48 hours. You will also need to rent or purchase equipment to ensure safe mobility.

We strongly advise you to begin speaking with your family and friends to assist you with your discharge plan.

- **Home Maintenance:** You will not be able to complete heavy housework/yard work for about 6-12 weeks while you recover. Do you have someone to help you? If help is not available, please organize convalescent care.
- **Meals:** Preparing meals may be difficult while you are using a mobility device (e.g., Walker or Crutches). Is there someone who can provide meals for you? Can you prepare meals ahead of time and freeze them?
- **Transportation:** You will not be allowed to drive for approx. 2-8 weeks. Do you have someone to provide transportation for you? Ottawa has Para Transpo services. A Para Transpo application can be provided to you upon request at the Joint Replacement education session.
- **Equipment:** You will require a mobility device (e.g., Walker or Crutches) as well as equipment for your bathroom to be in place the day of discharge from the hospital.

You are responsible for the financial cost of rental and / or purchase of these items.

Correspondence Address:

The Ottawa Hospital, General Campus, Suite W1652, Box 502 501 Smyth Road, Ottawa, ON K1H 8L6

Joint Replacement Clinic Information Session

Before your surgery, you will receive an email with a link to an educational video. This video will guide you on how to prepare for your surgery, including what to expect while in hospital, equipment you 'll need to obtain beforehand, and details about post-operative care. You will be scheduled for a telephone appointment from a physiotherapist to answer any questions you have about the video. It is important to watch the video before this appointment and prepare your questions in advance. The expectation is for you to go home after surgery with a length of stay in the hospital between 1 day counting the day of the surgery. You will not be discharged if your health is at risk. You will need help at home. It is strongly advised for you to arrange for someone capable to be with you for the first week. You may need help with the toilet, with a walk, with meals and other aspects. If you feel you will not have adequate support at home after surgery, you may consider arranging for a private convalescence (a privately operated retirement home that will allow for recuperation and additional care following your surgery) at your own cost. If you have concerns regarding your discharge home, please inform us during your visit at the Joint Replacement Clinic education session. A referral to the Social Worker may be initiated.

Preoperative Assessment Unit

Next you will receive a phone call from the Preoperative Assessment Unit where you will be given an appointment with a nurse to review your basic health status as well see an anesthesiologist **if needed**. Please feel free to ask questions about what type of anesthesia will be used for your surgery.

The night before surgery you will receive a phone call between 4 p.m. and 9 p.m. from The Hospital admitting office to inform you of the time to arrive for your surgery the next day.

Finally, we wish you al the best for your surgery and hope you have a world-class experience at The Ottawa Hospital.

If you experience any concerns regarding fever, leg swelling, your surgical wound, or worsening pain within the first 14 days after your surgery please:

- **Call your surgeon's office.**
- **If you are unable to reach the administrative assistant after several attempts, you can present yourself to the Plaster Room (Module P) at the General Campus anytime between the following times:**



- Mondays 12:00pm to 4:00pm
- Tuesdays 9:00am to 4:00pm
- Wednesdays 9:00am to 4:00pm
- Thursdays 9:00am to 4:00pm
- Fridays 12:00pm to 4:00pm

Sincerely,

The Ottawa Hospital Joint Replacement Program



Eating and Drinking Instructions

- **Stop eating solid food at midnight** the night before your surgery.
- Do not chew gum or suck on hard candy after midnight.
- Clear fluids make you feel well before surgery and may help speed up your recovery. Continue to drink clear fluids up to **90 minutes** (1 ½ hours) before your arrival time to the hospital on the day of surgery. Drink at least 2 cups of:
 - ☐ Water
 - ☐ Apple juice
 - ☐ White cranberry or white grape juice
 - ☐ Colourless soft drinks (Sprite, Ginger Ale, 7-Up)
 - ☐ Colourless sport drinks (Gatorade, Powerade)
 - ☐ _____
- **Stop drinking 90 minutes** (1 ½ hours) before your arrival to hospital.

Dr. _____

Date: _____



The Department of Anesthesia and Pain Medicine has designed various Anesthesia videos in preparation for your upcoming surgery. Prior to your Pre-admission visit, we recommend you have a look at the follow videos.

Spinal

Lower Limb Block

To view these videos, follow these steps.

On the internet search for “The Ottawa Hospital” to find the “The Ottawa Hospital – Official site” www.ottawahospital.on.ca/en/

Once on the site click on “Clinical services”, then “My Surgery” and finally “My Pre-Admission (PAU) Appointment”

www.ottawahospital.on.ca/en/clinical-services/my-surgery/my-pre-admission-pau-appointment/

If you scroll down, you will see a list of available videos.