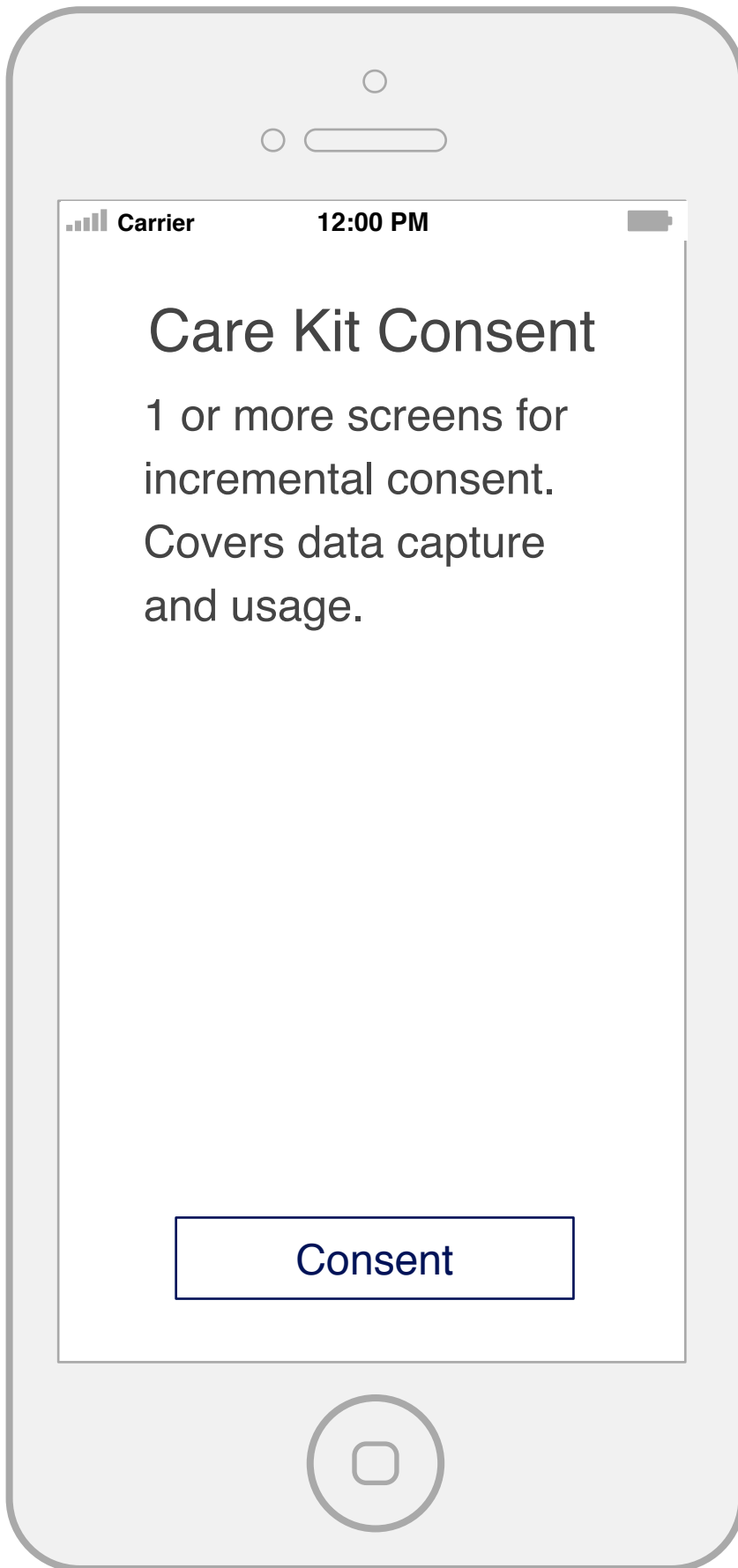
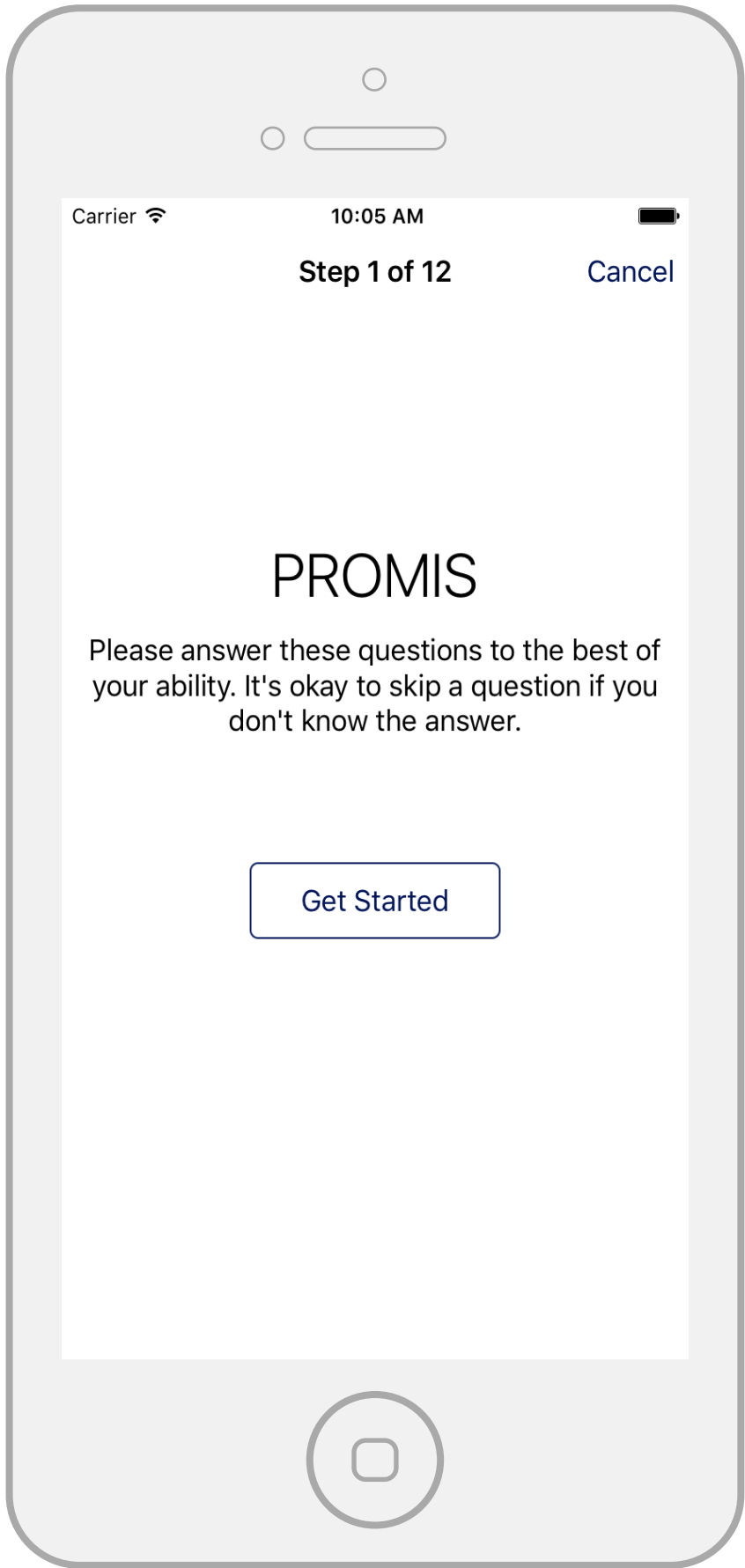




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Welcome **1**

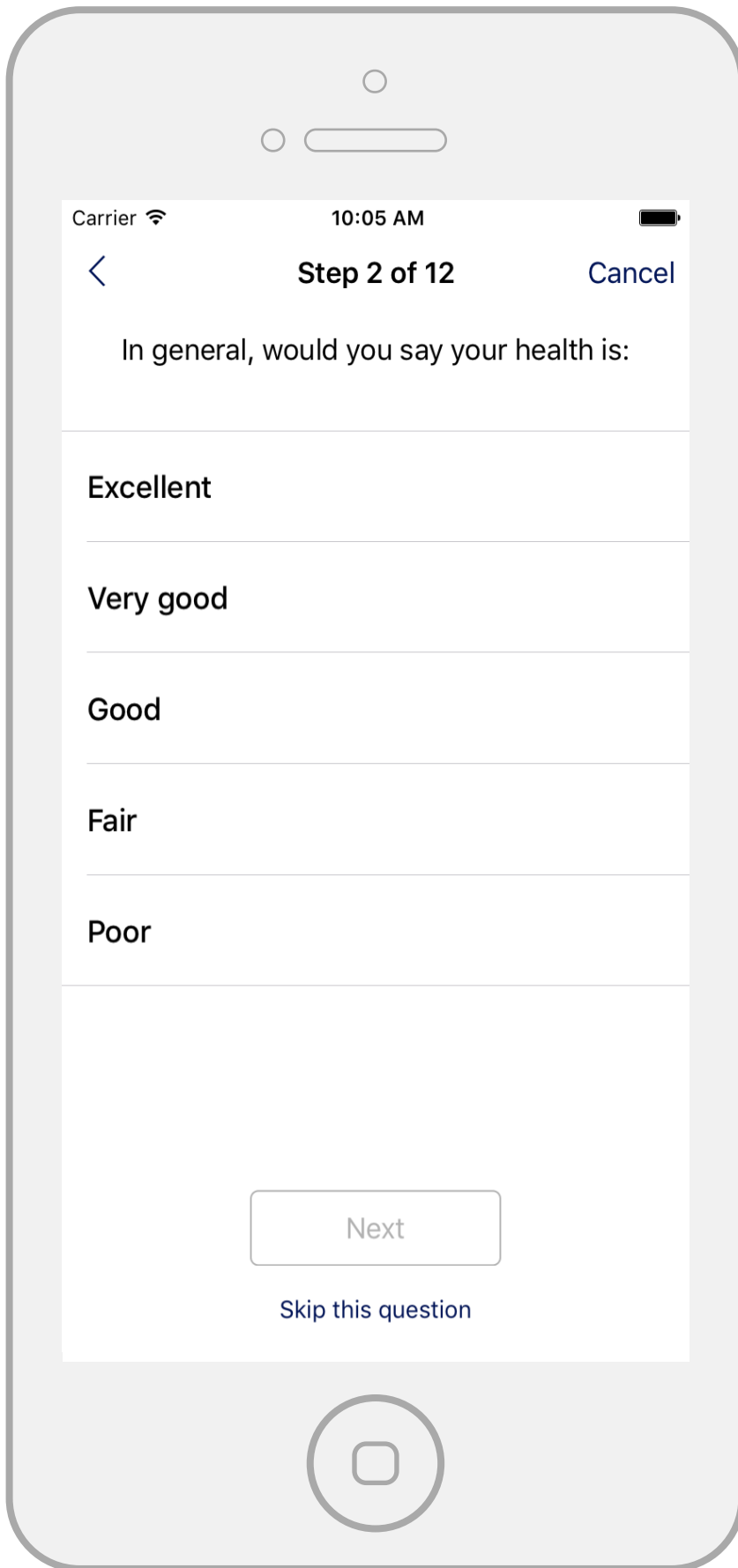


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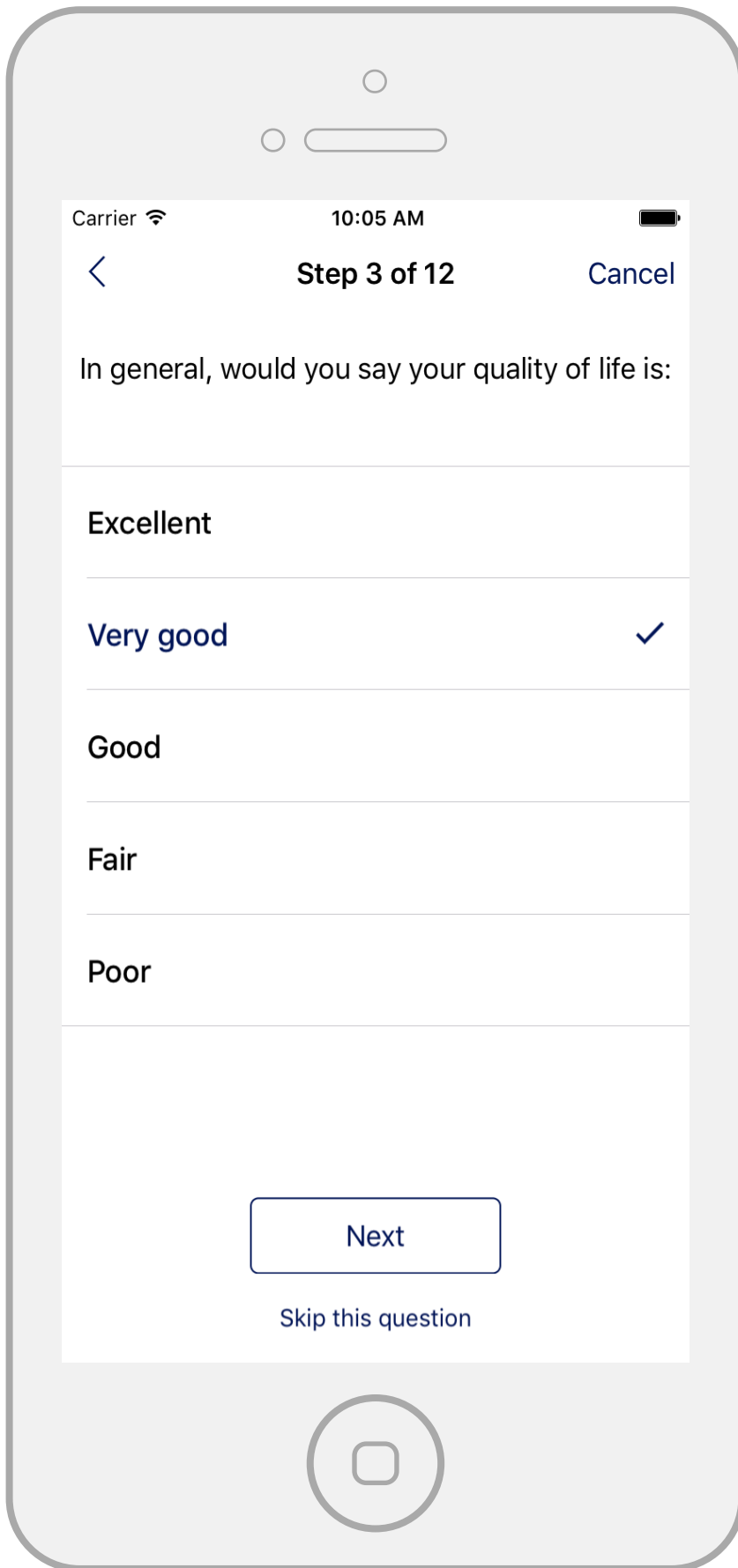


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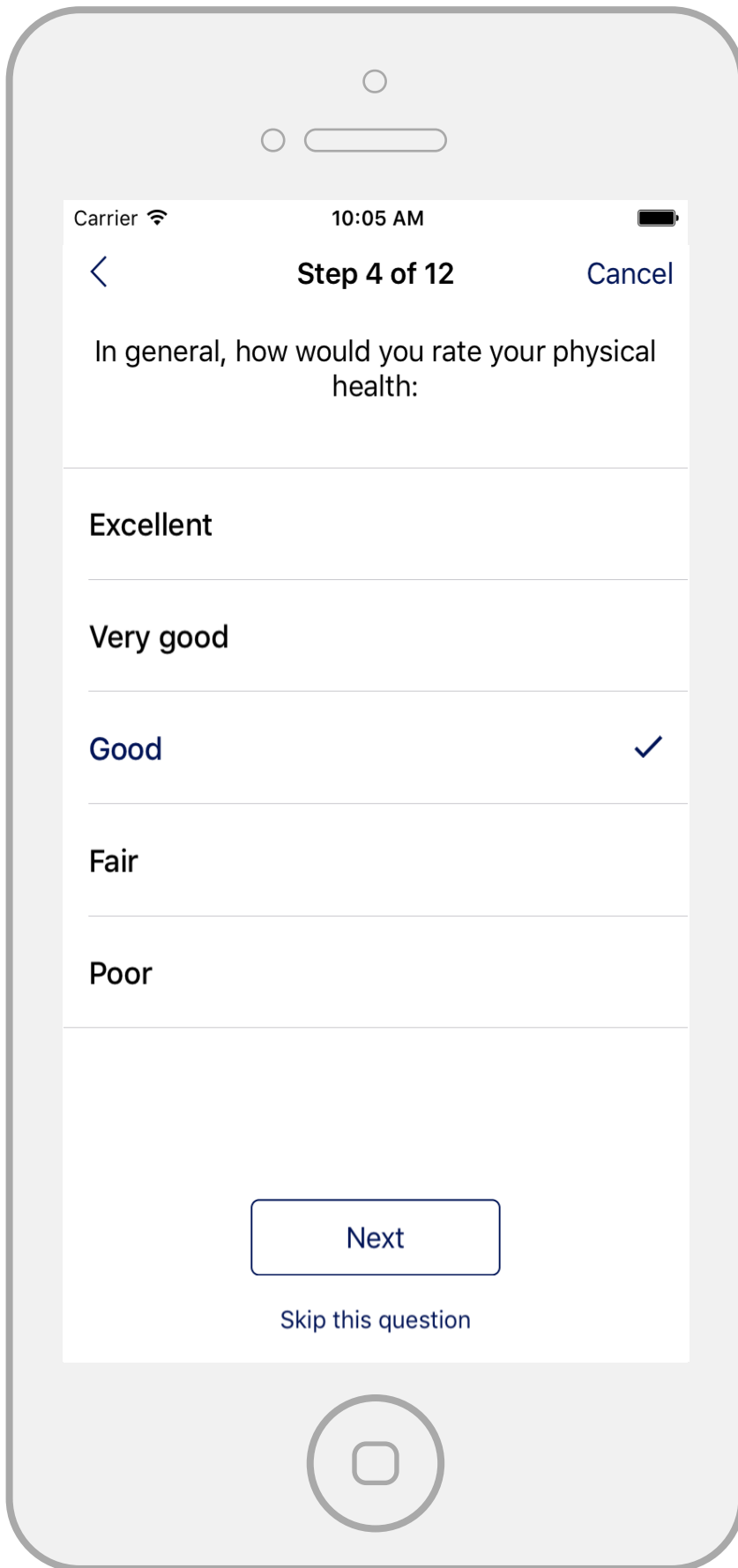
PROMIS 1 **3**



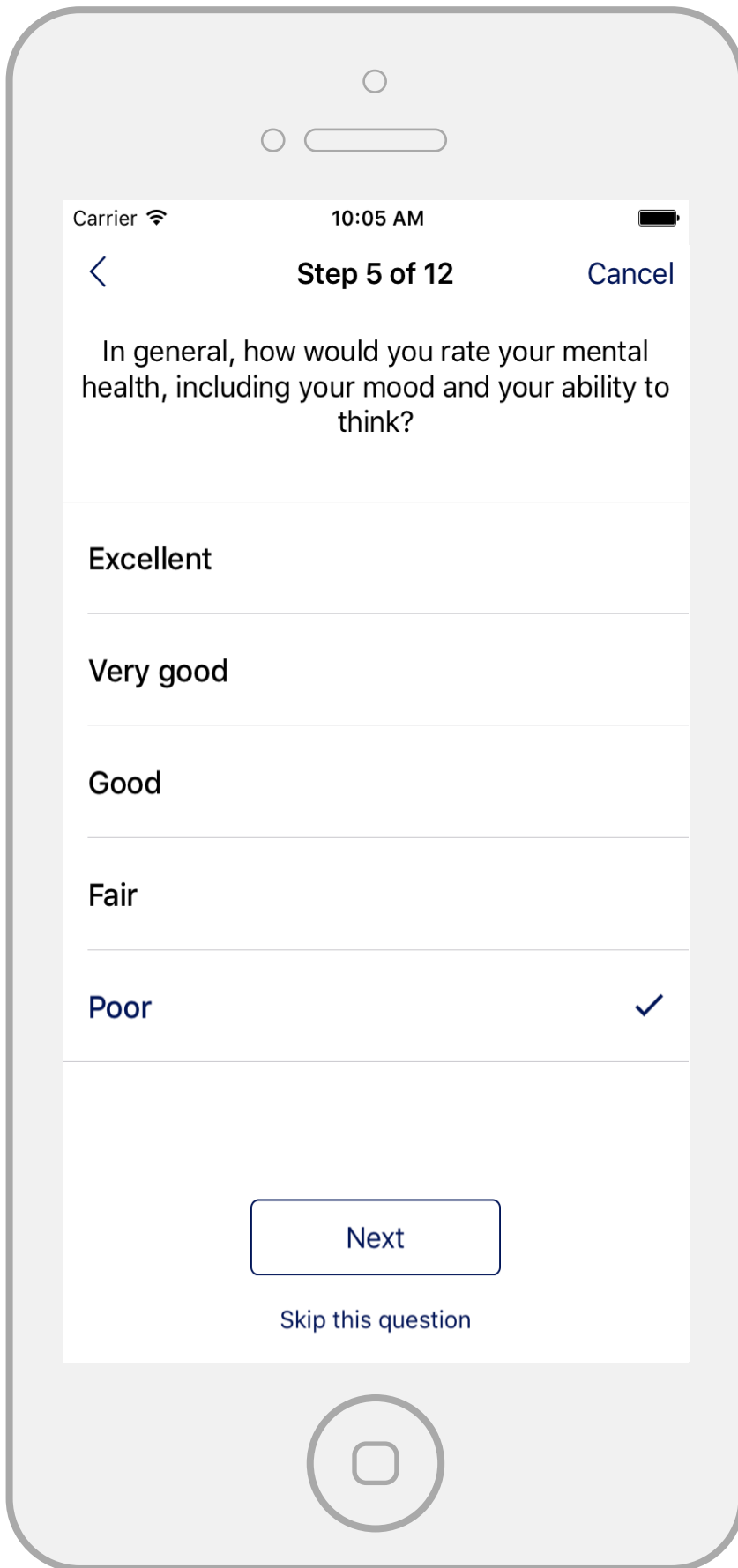
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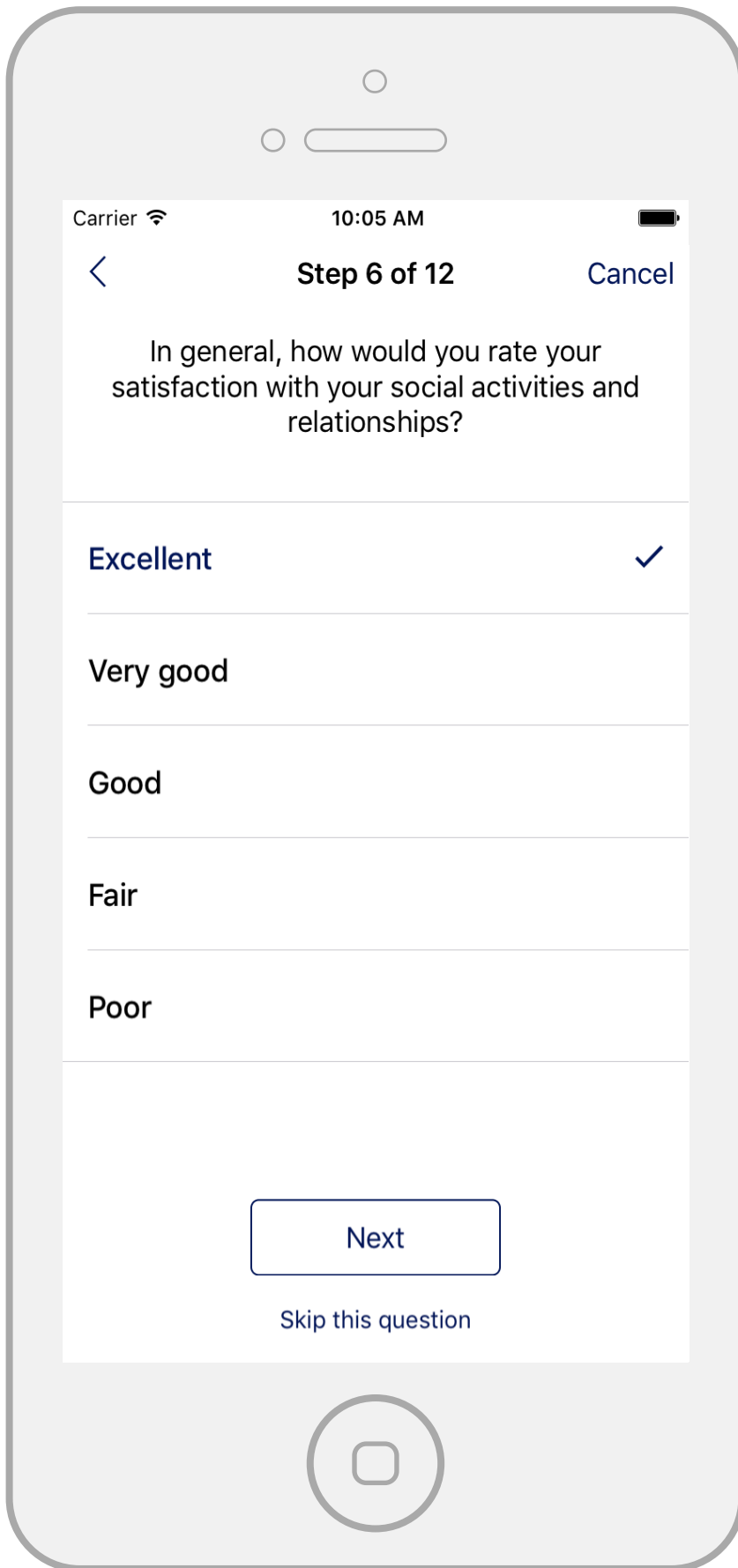
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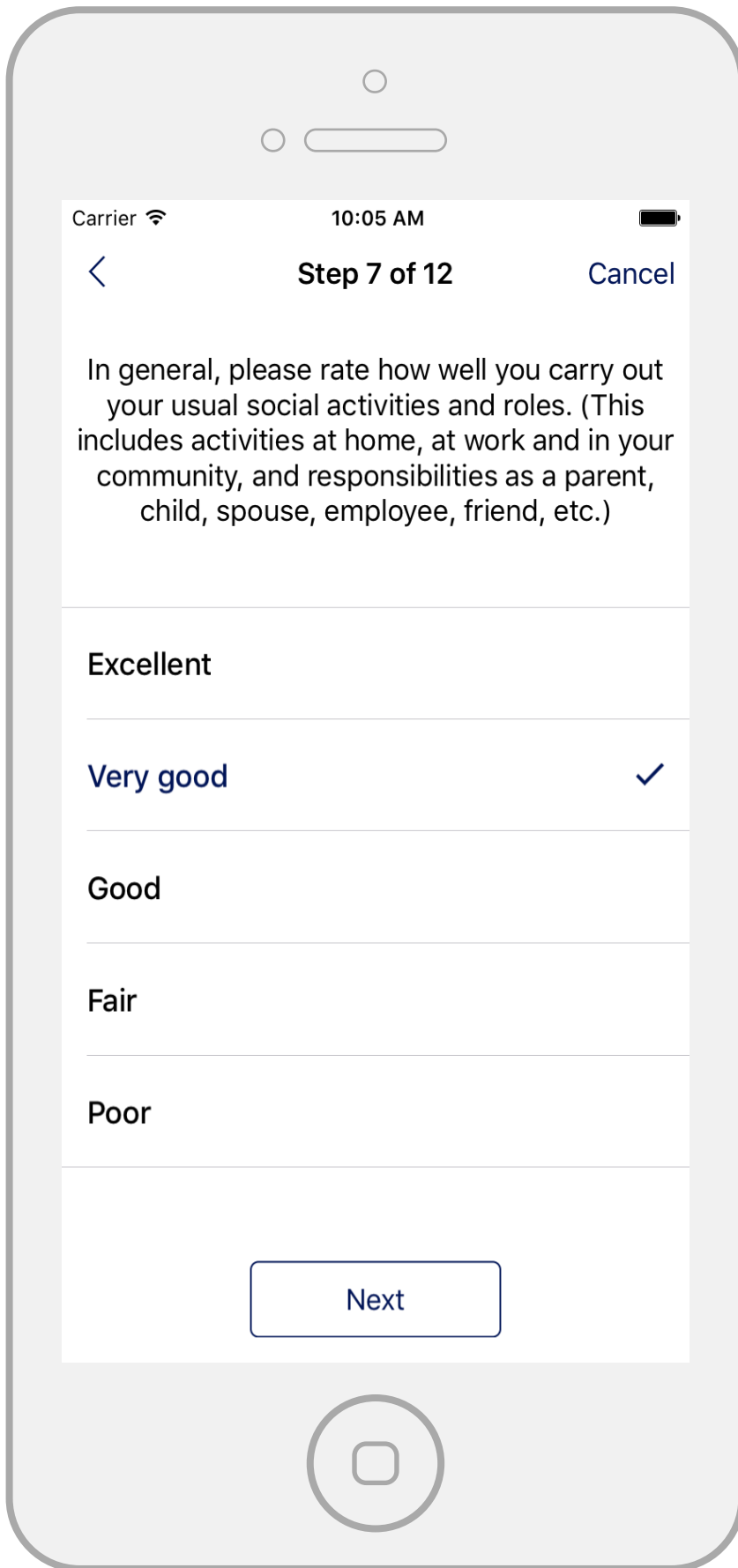
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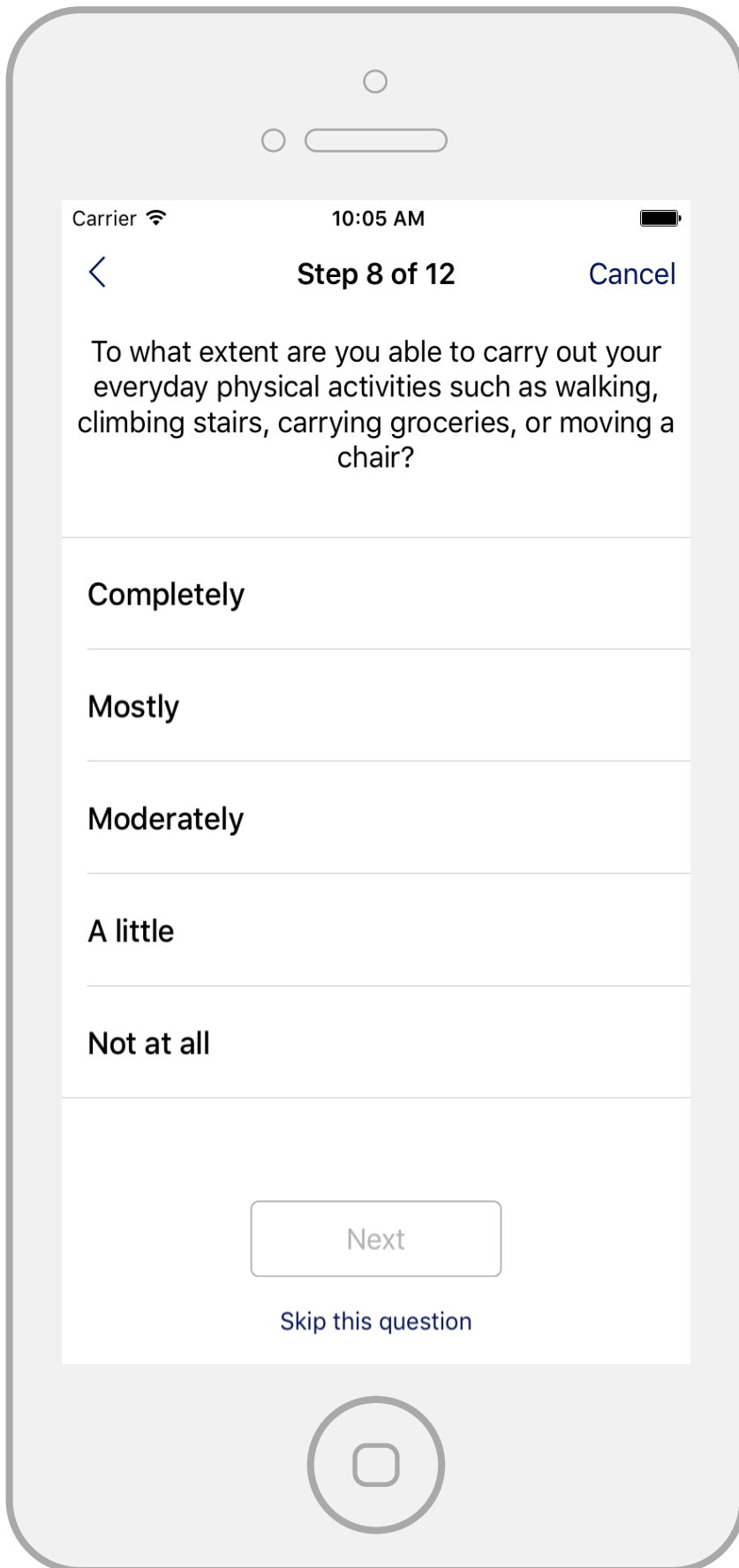
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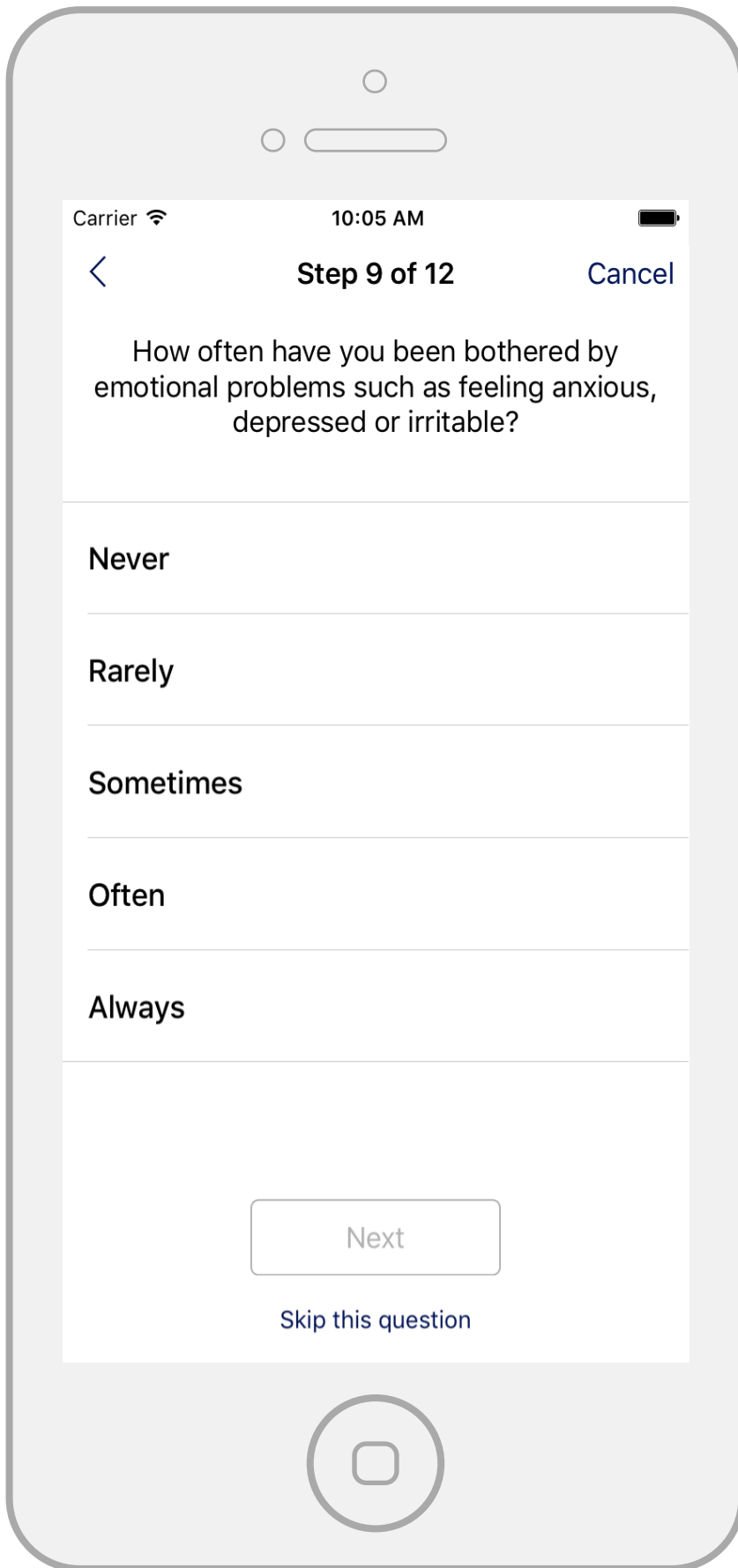
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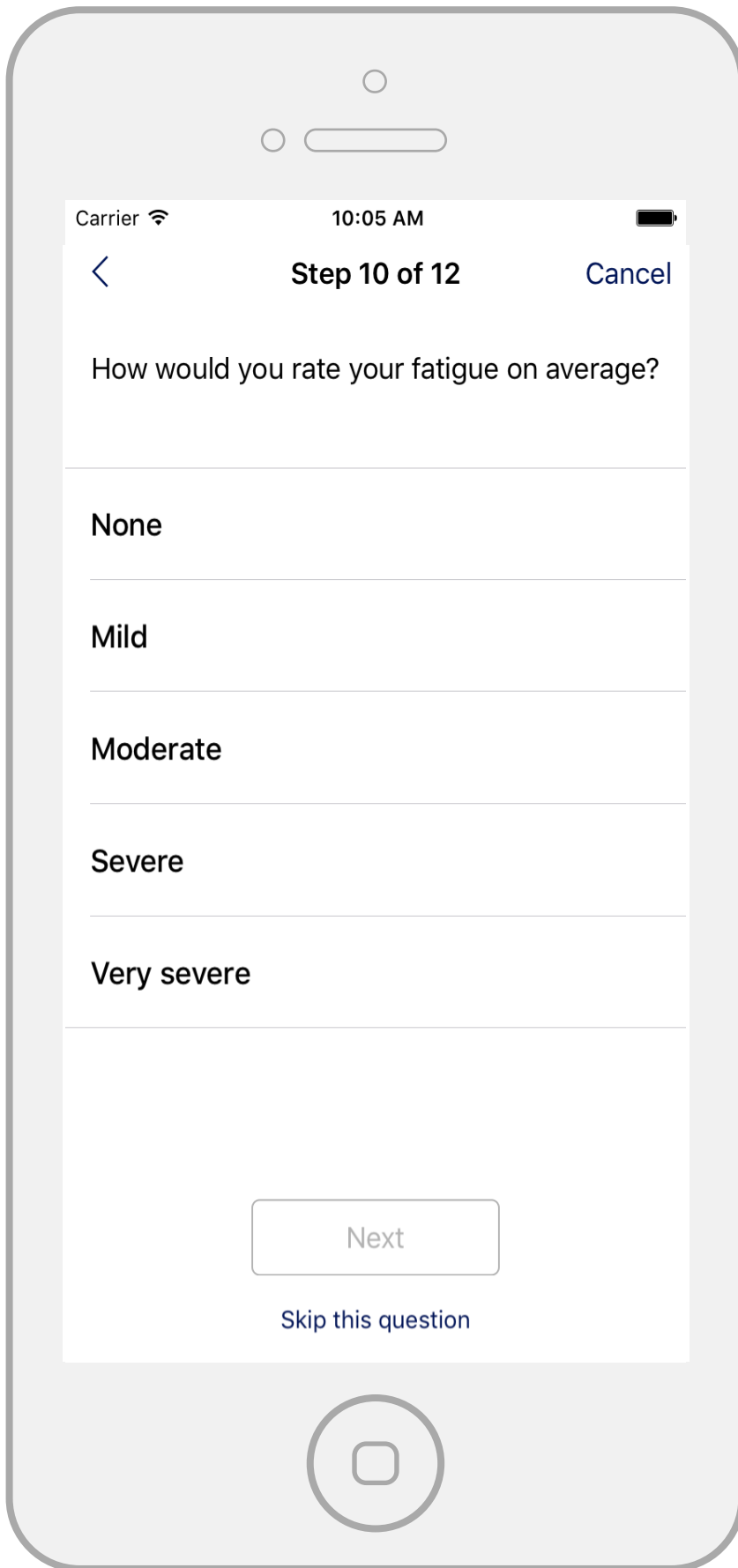
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Carrier

10:05 AM



Step 11 of 12

Cancel

How would you rate your pain on average?

0 |-----| 10

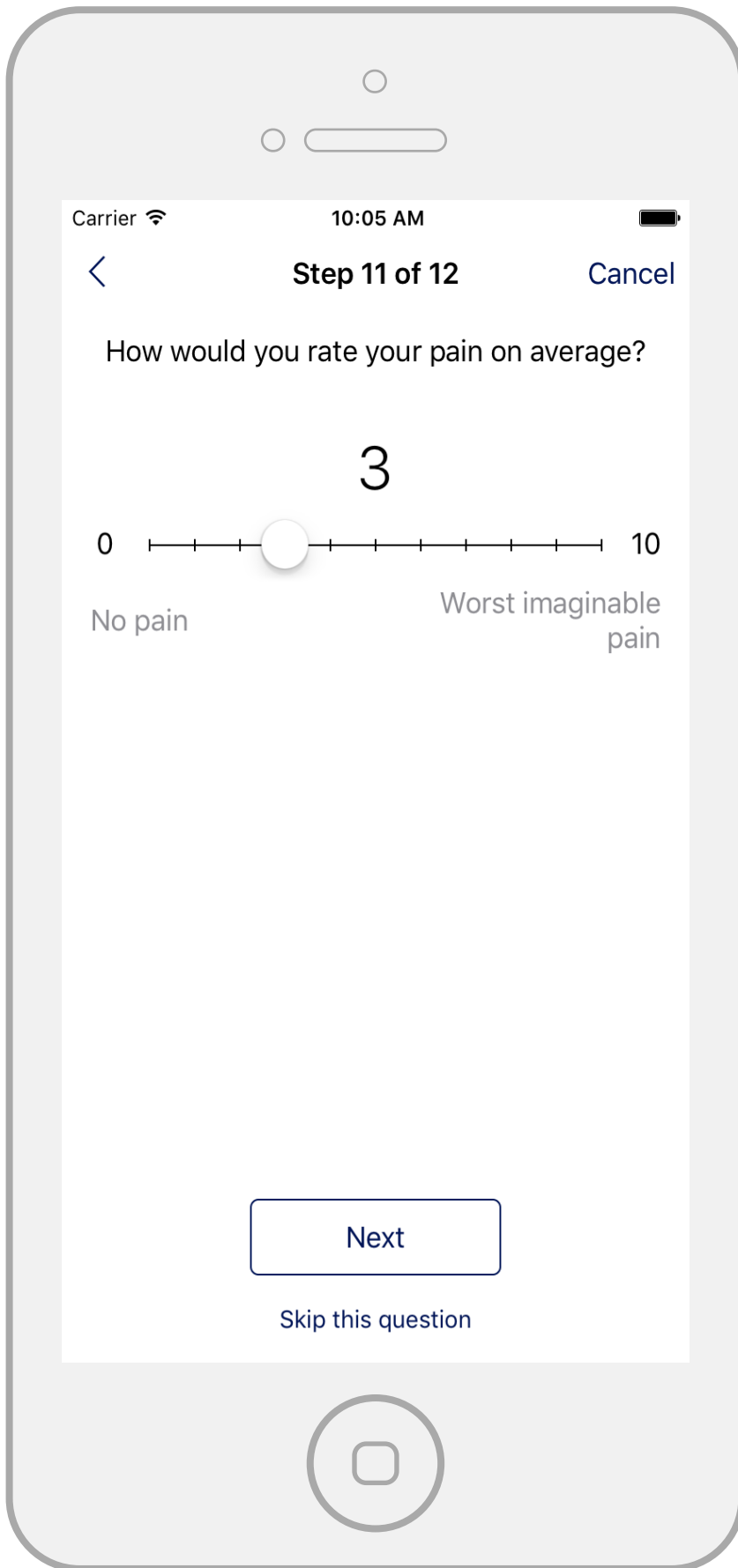
No pain

Worst imaginable
pain

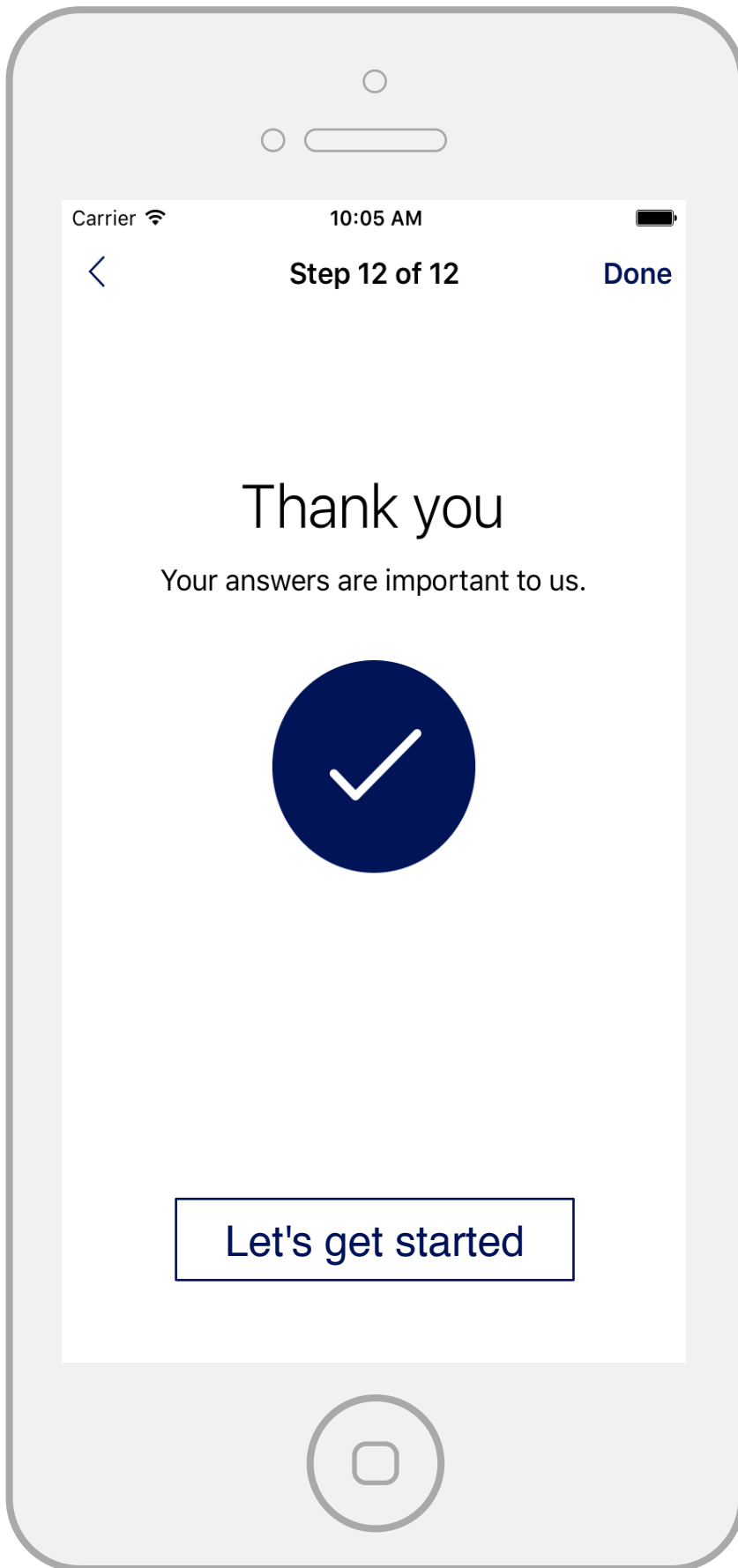
Next

Skip this question

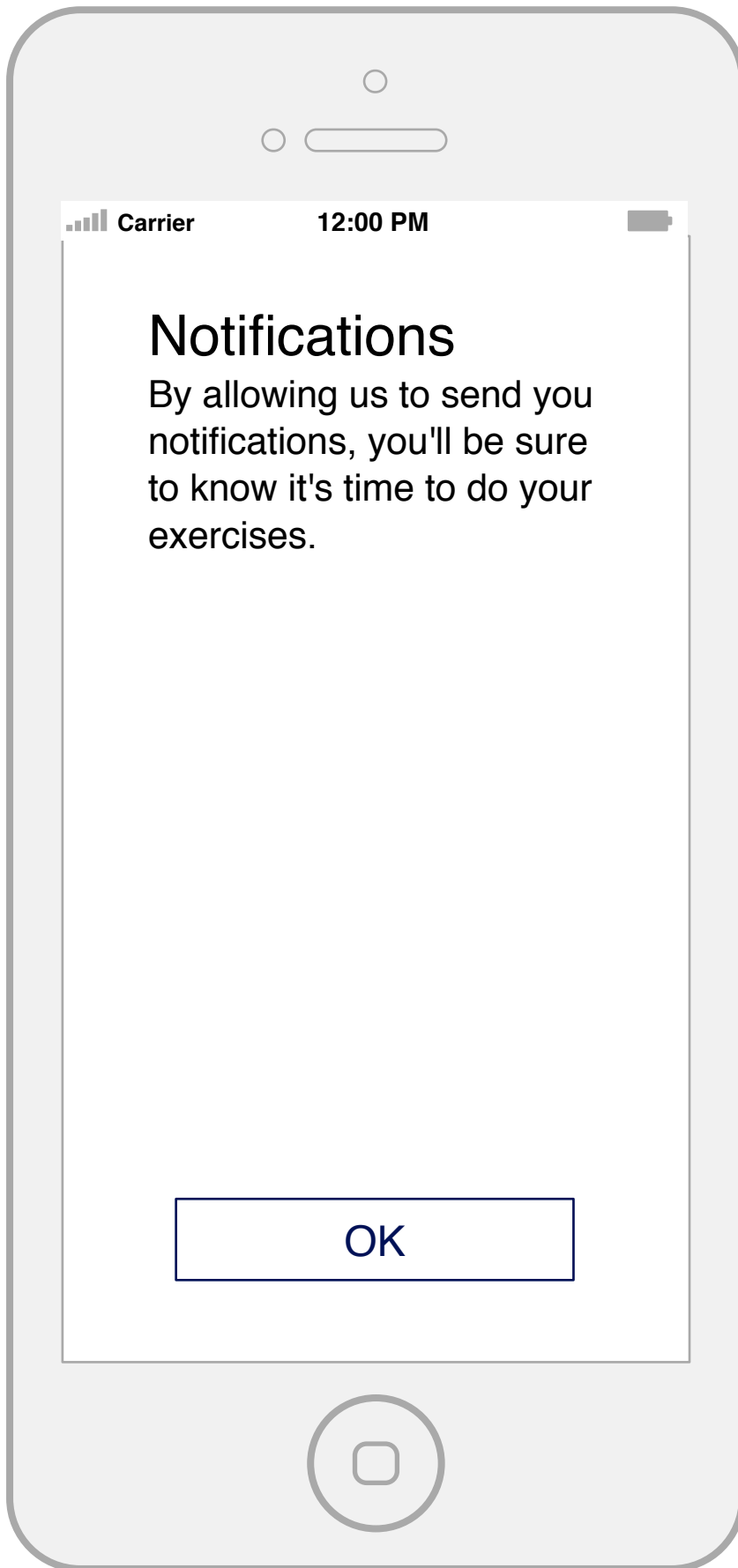
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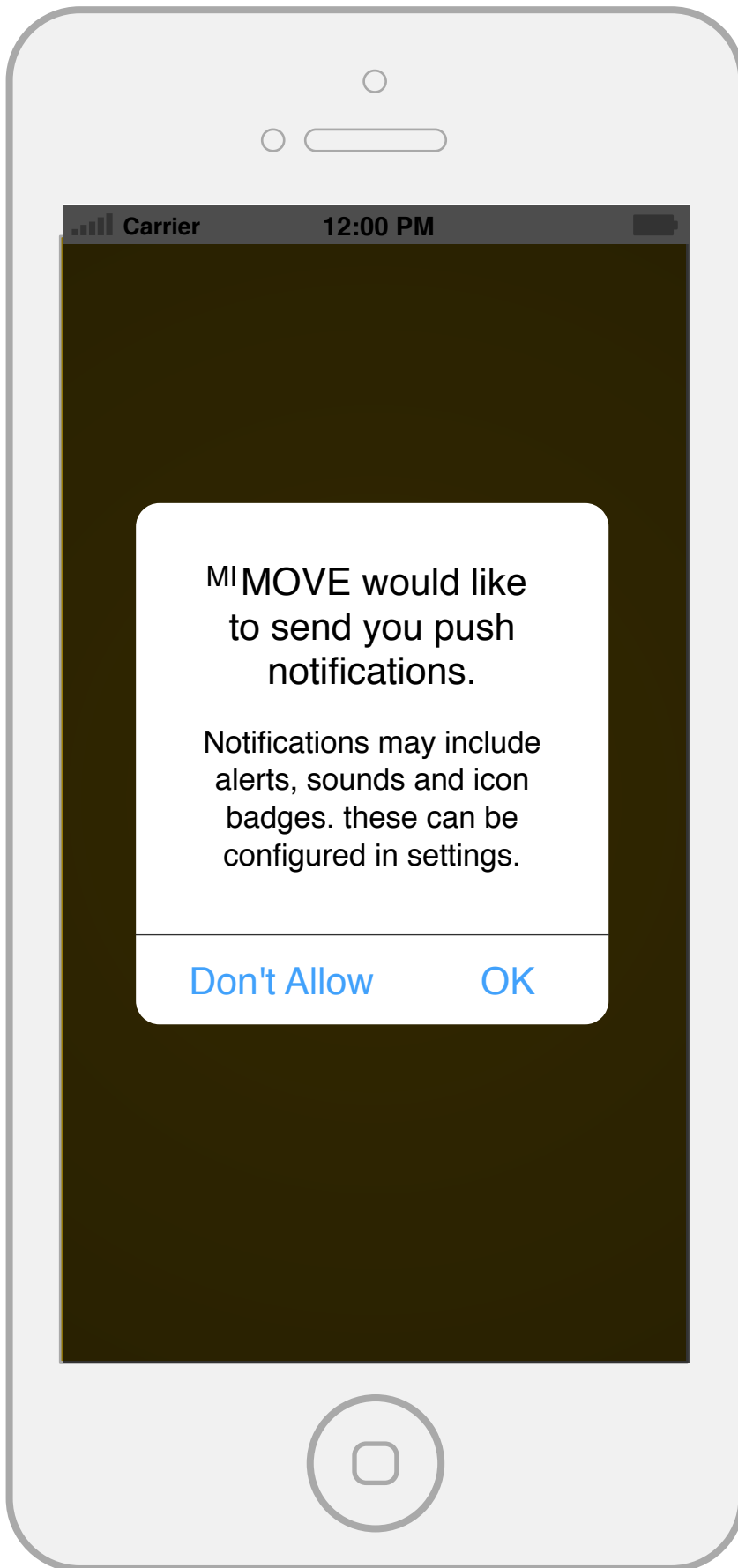
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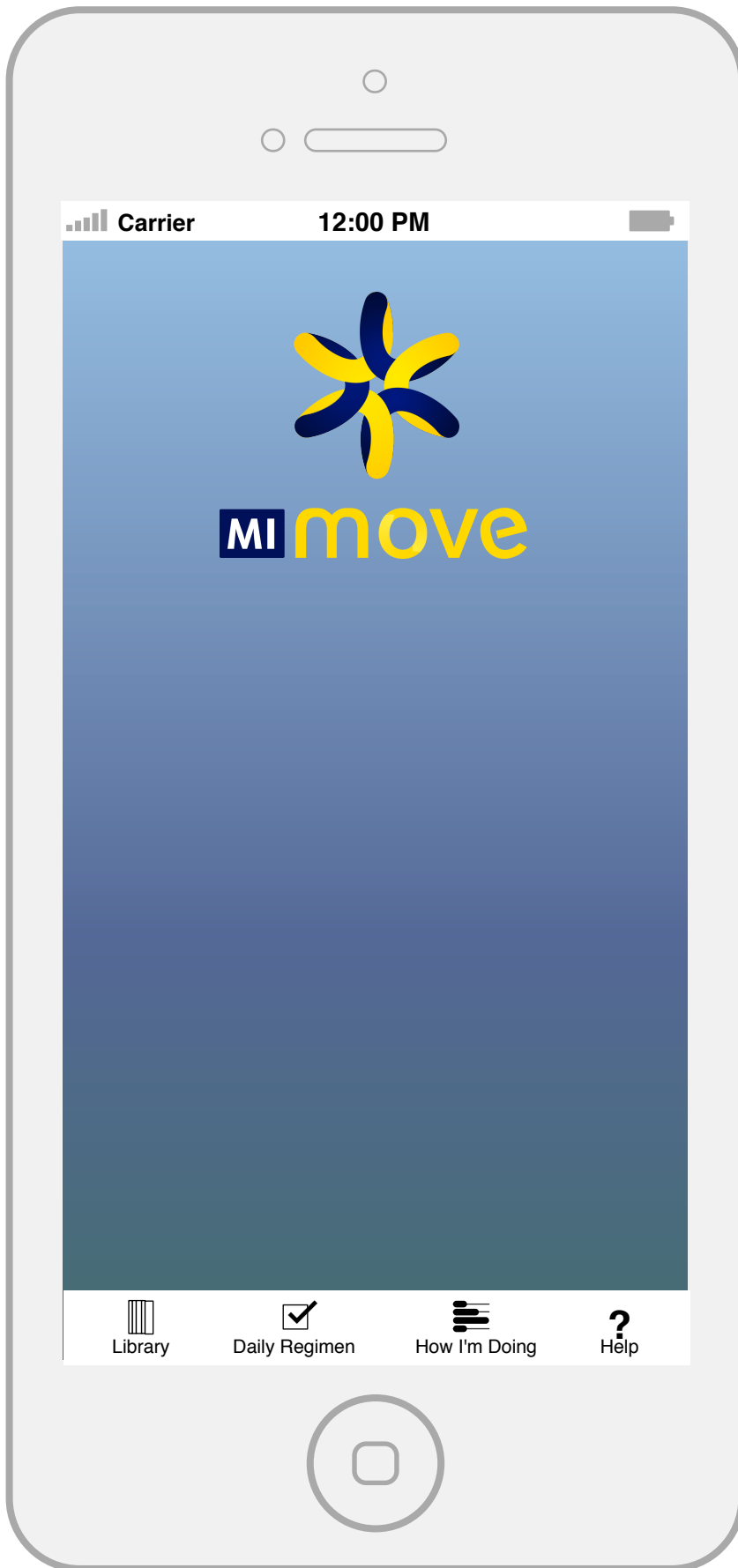
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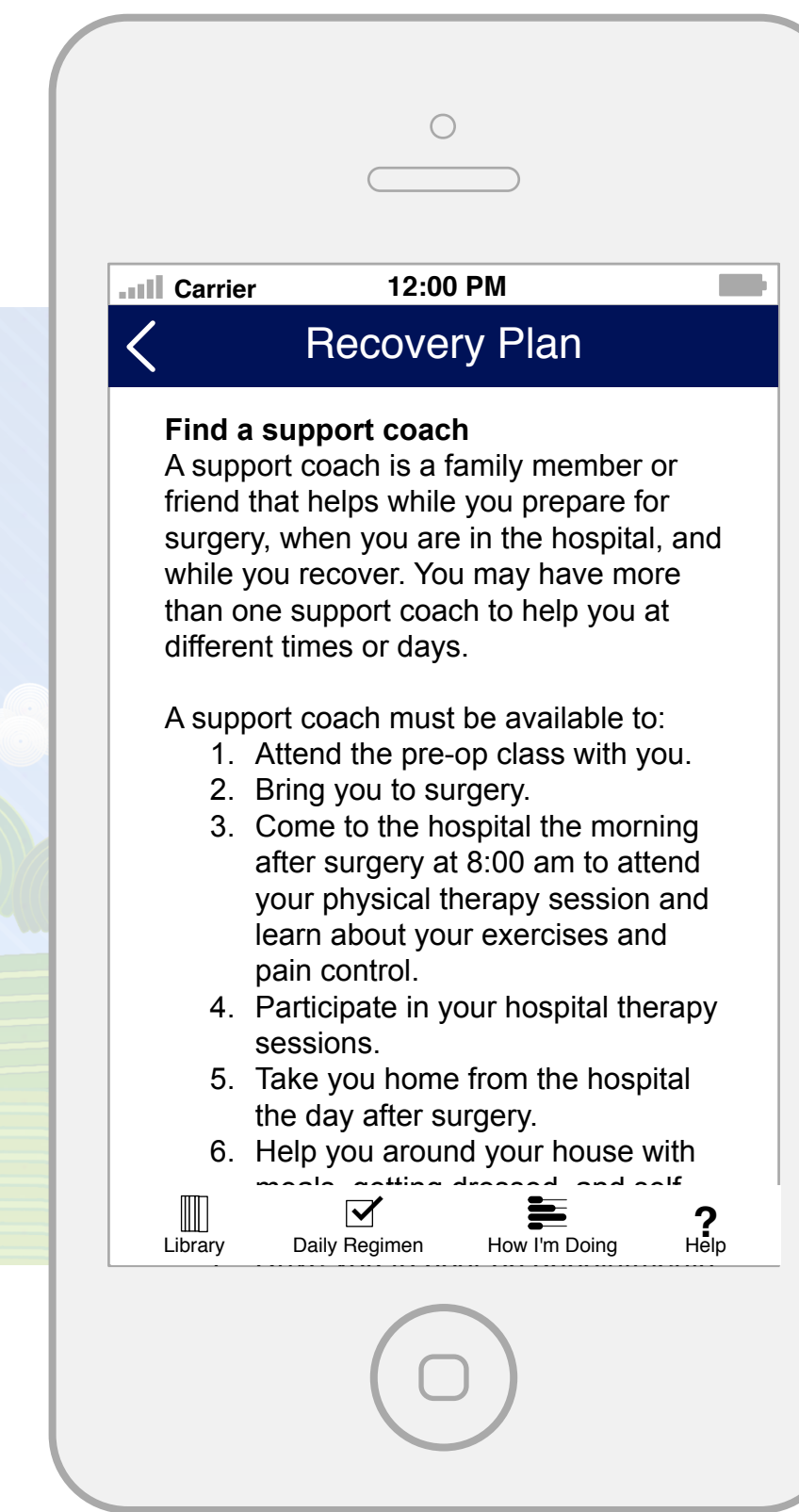
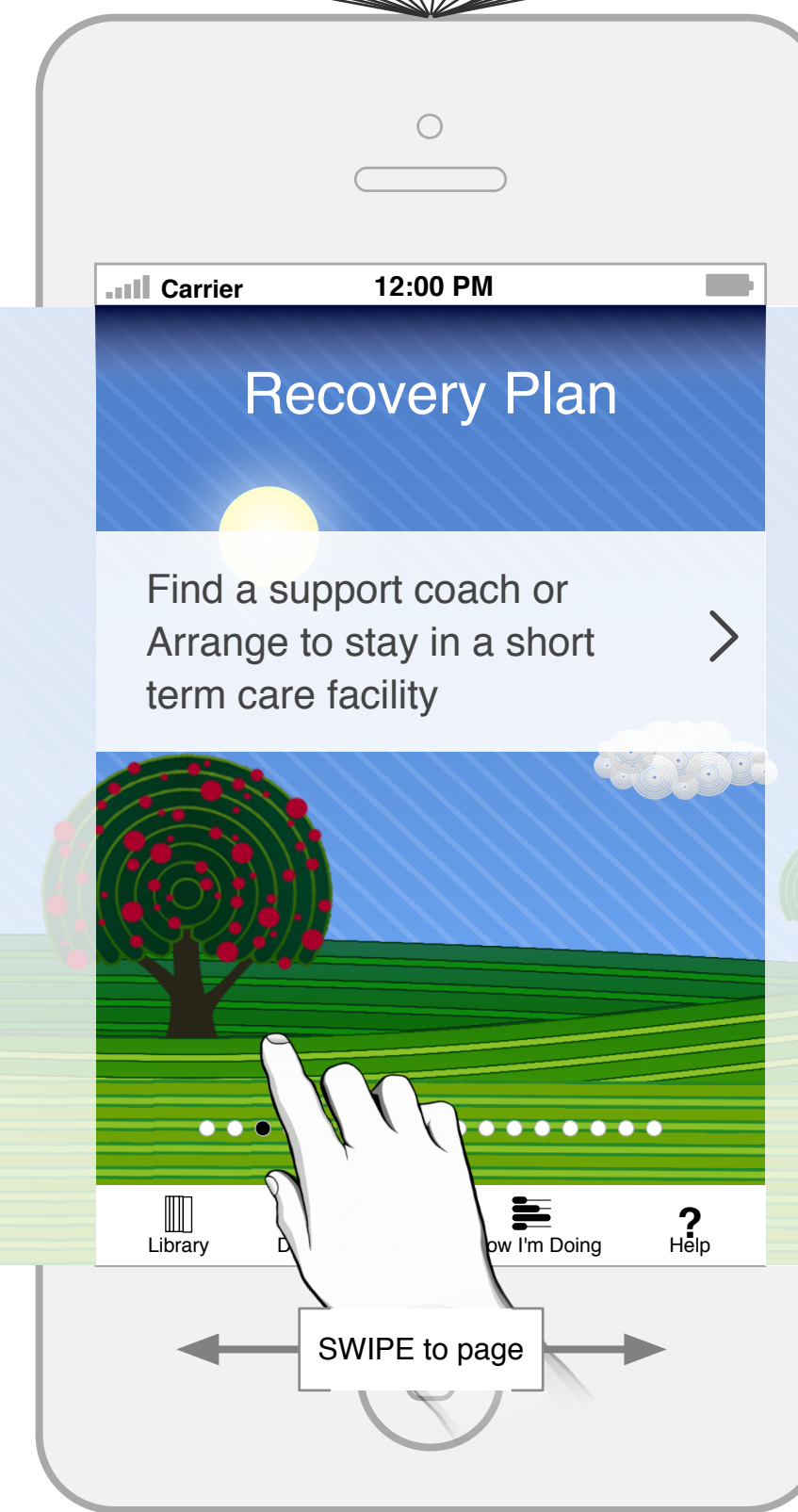
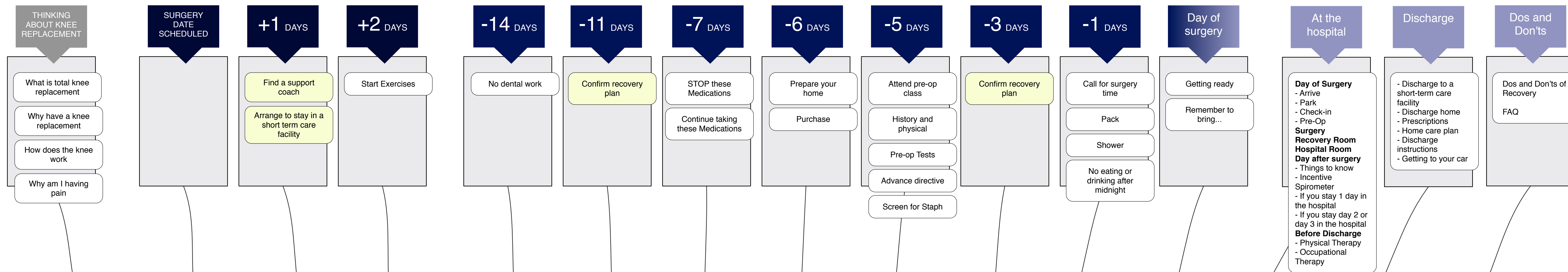
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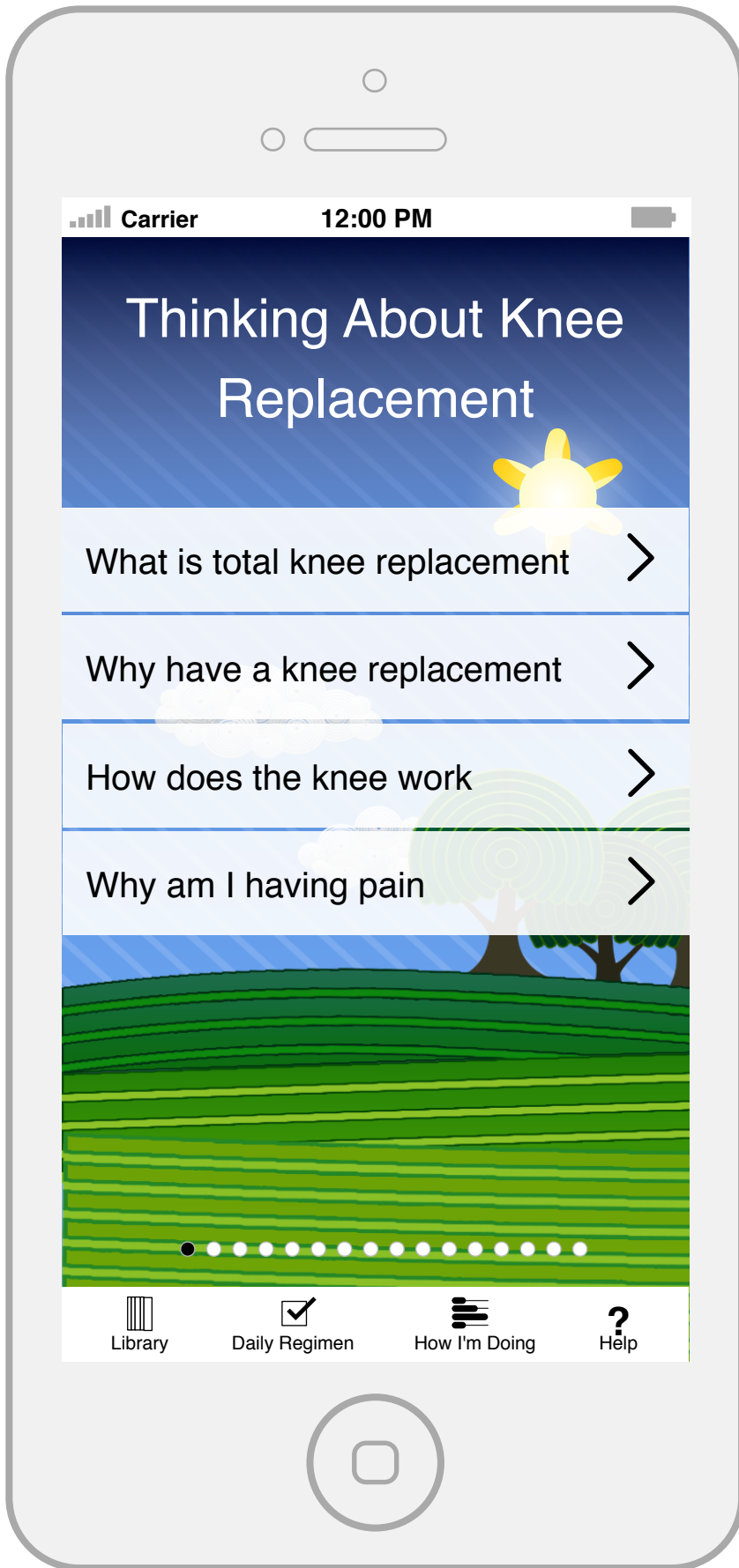


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Landing **18**

CONTENT TIMELINE





Carrier 12:00 PM

Thinking About Knee Replacement

What is total knee replacement >

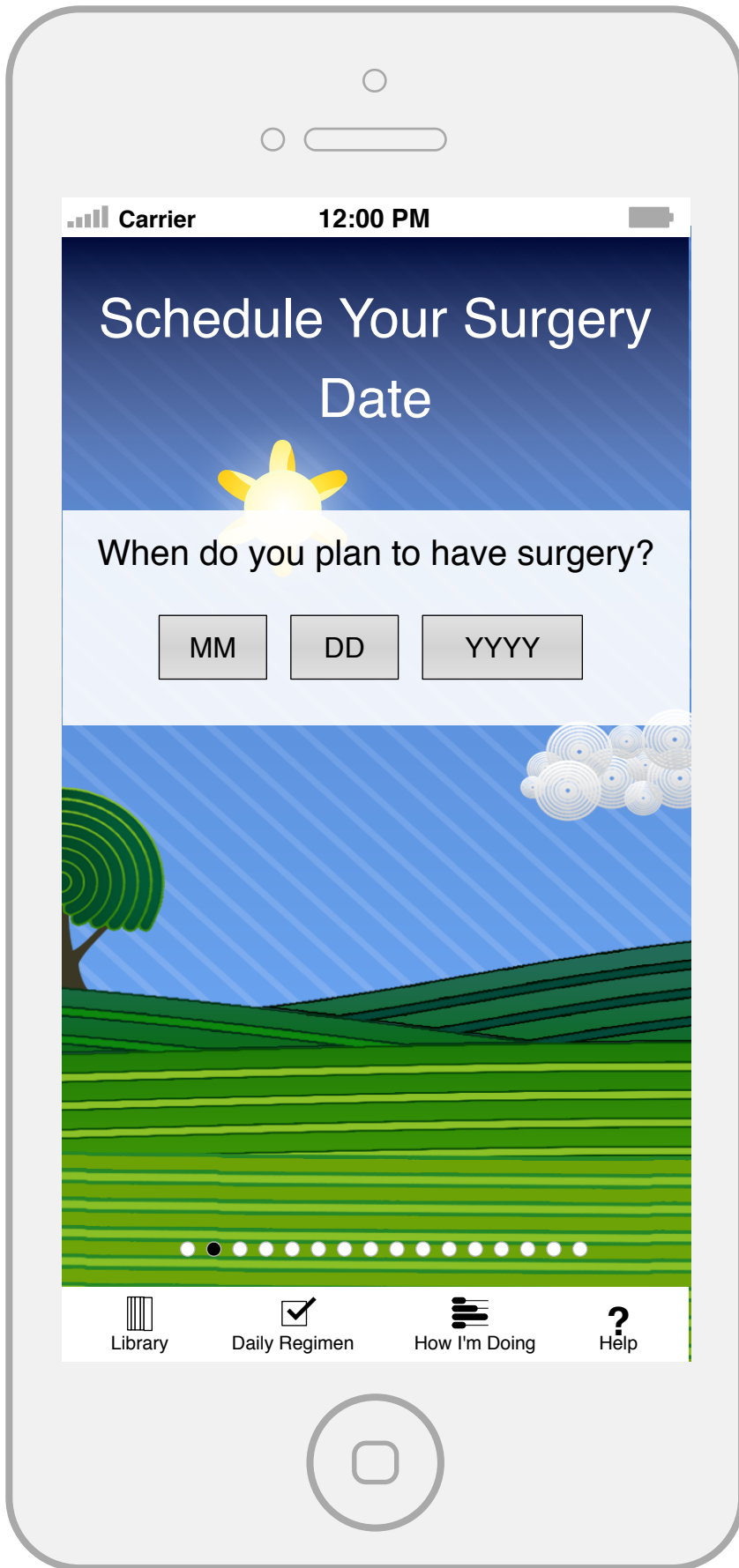
Why have a knee replacement >

How does the knee work >

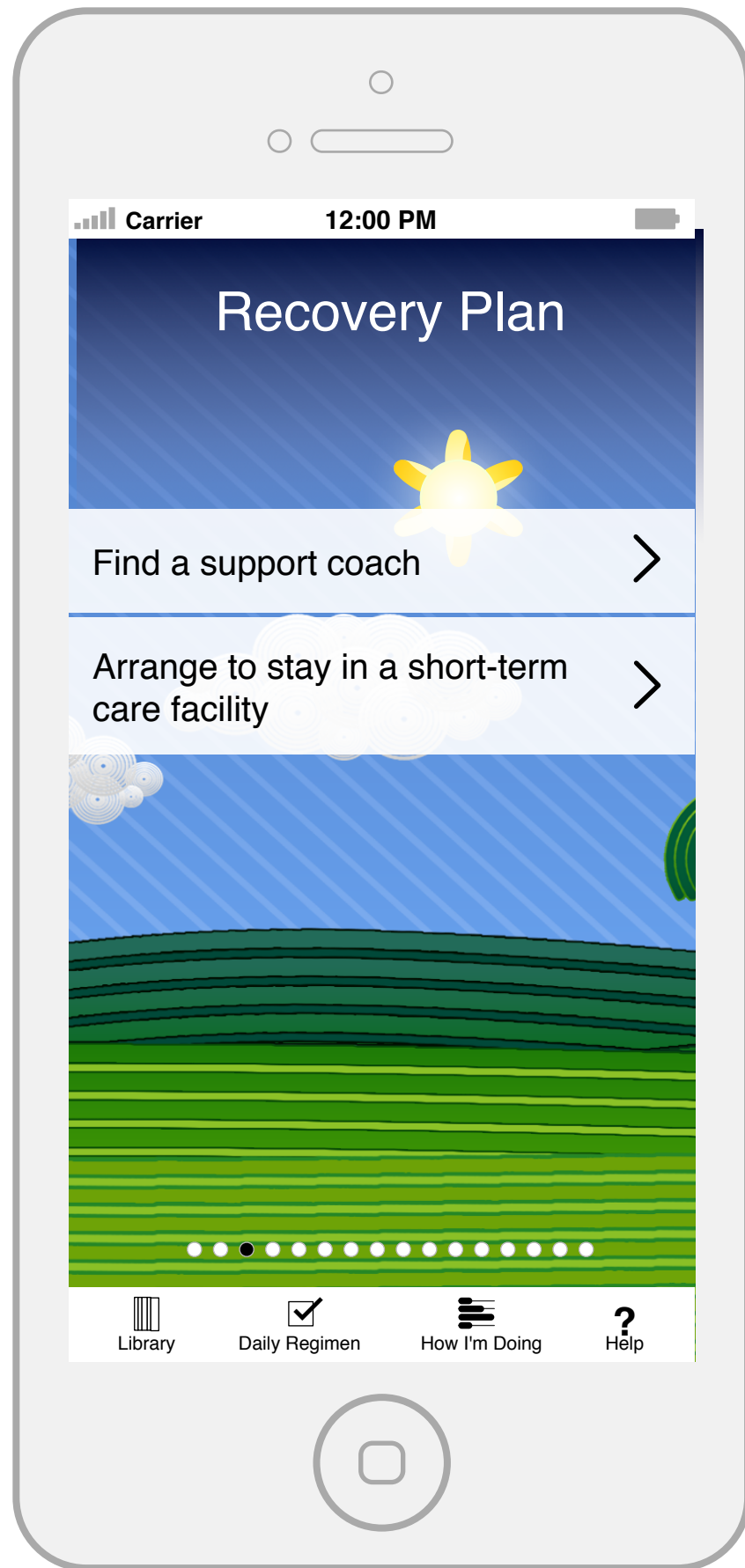
Why am I having pain >

- Library
- Daily Regimen
- How I'm Doing
- Help

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Find a support coach

A support coach is a family member or friend that helps while you prepare for surgery, when you are in the hospital, and while you recover. You may have more than one support coach to help you at different times or days.

A support coach must be available to:

1. Attend the pre-op class with you.
2. Bring you to surgery.
3. Come to the hospital the morning after surgery at 8:00 am to attend your physical therapy session and learn about your exercises and pain control.
4. Participate in your hospital therapy sessions.
5. Take you home from the hospital the day after surgery.
6. Help you around your house with meals, getting dressed, and self-care.
7. Drive you to post-op appointments and lab visits.

We would like you to go home after your surgery if you are safe and have someone to help you. Patients heal better, eat better, sleep better, and experience fewer problems when they recover at home.

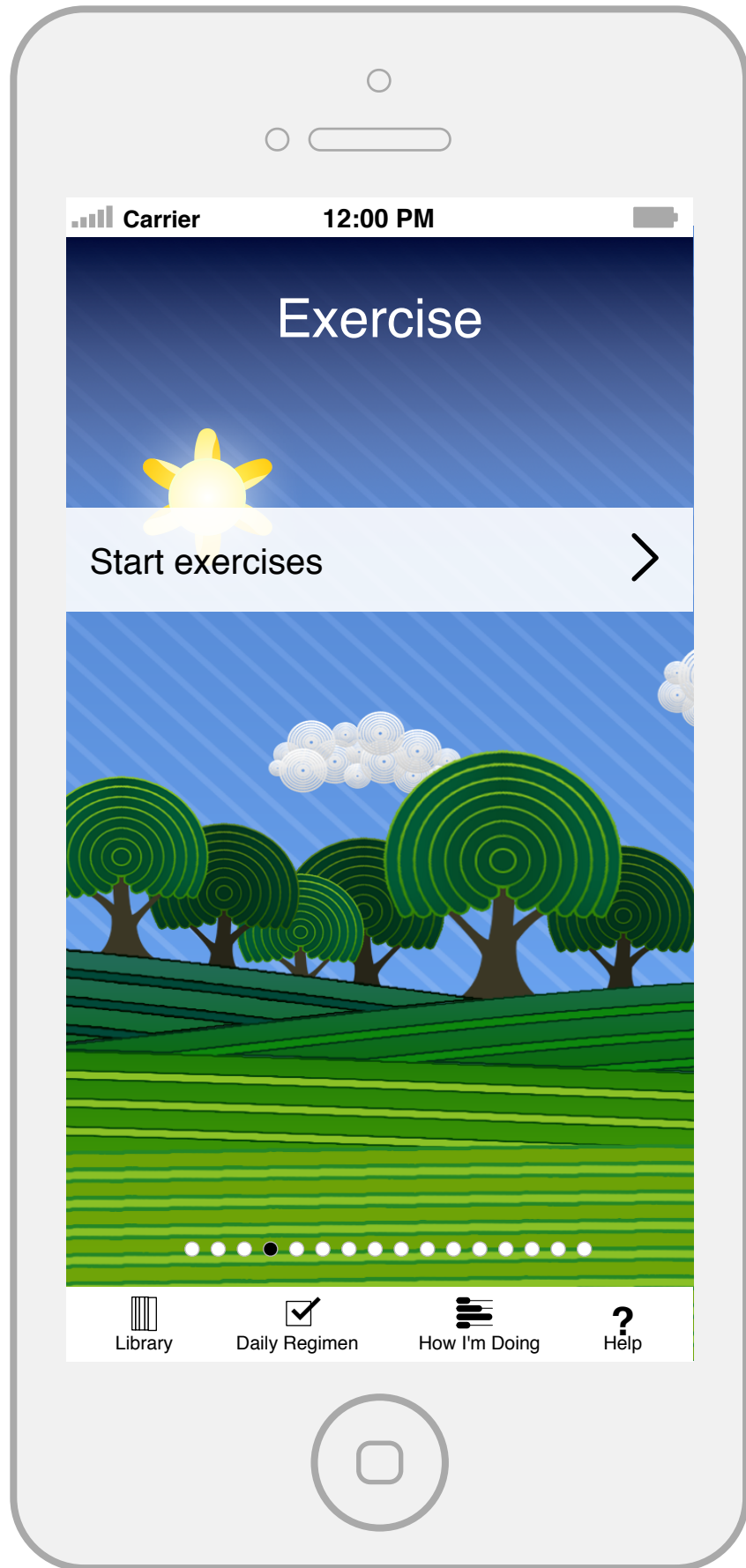
Short Term Care Facility

If you do not have a support coach or if our therapists feel it is necessary, you may need to make arrangements with a short term care facility. Tap here to learn more.

Do I Need Short Term Care?

Here are some tips to help you decide:

- Kathie Soloy (734) 763-7376 or ksoloy@med.umich.edu can help answer any questions you may have about your discharge plan and needs.
- Visit and tour a few facilities before your surgery to get a first and second choice if you think you may need a short term facility after surgery.
- To find a list of facilities near you, visit www.medicare.gov
- Contact your insurance carrier regarding coverage. Ask if they have a preferred provider or a designated short-term care facility they recommend. The number to call is usually on the back of your insurance card.

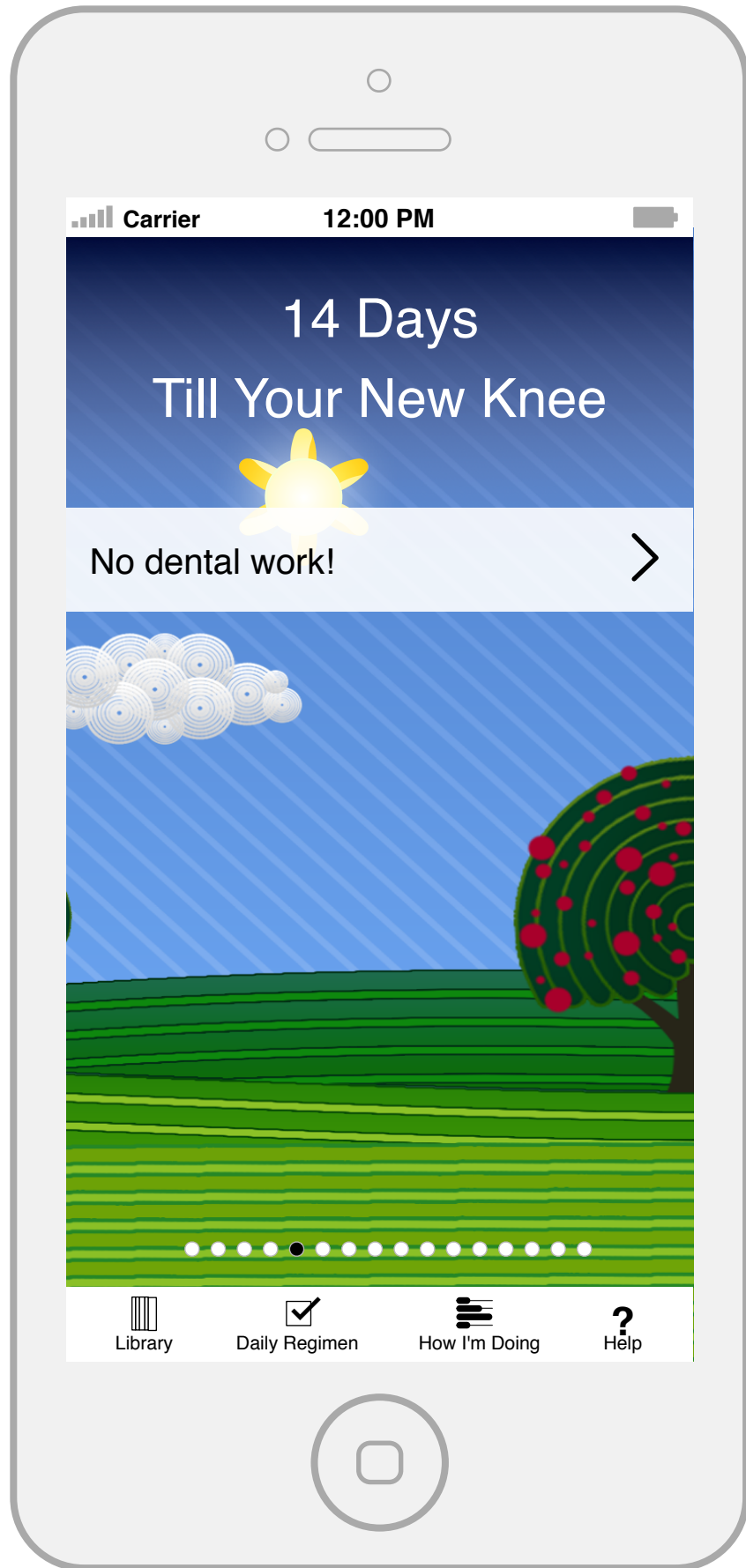


Start the exercises

Begin the flexibility and strength training exercises. They will improve your muscle strength and help you recover faster. You may be able to return to your normal activities sooner.

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Timeline 4 **35**

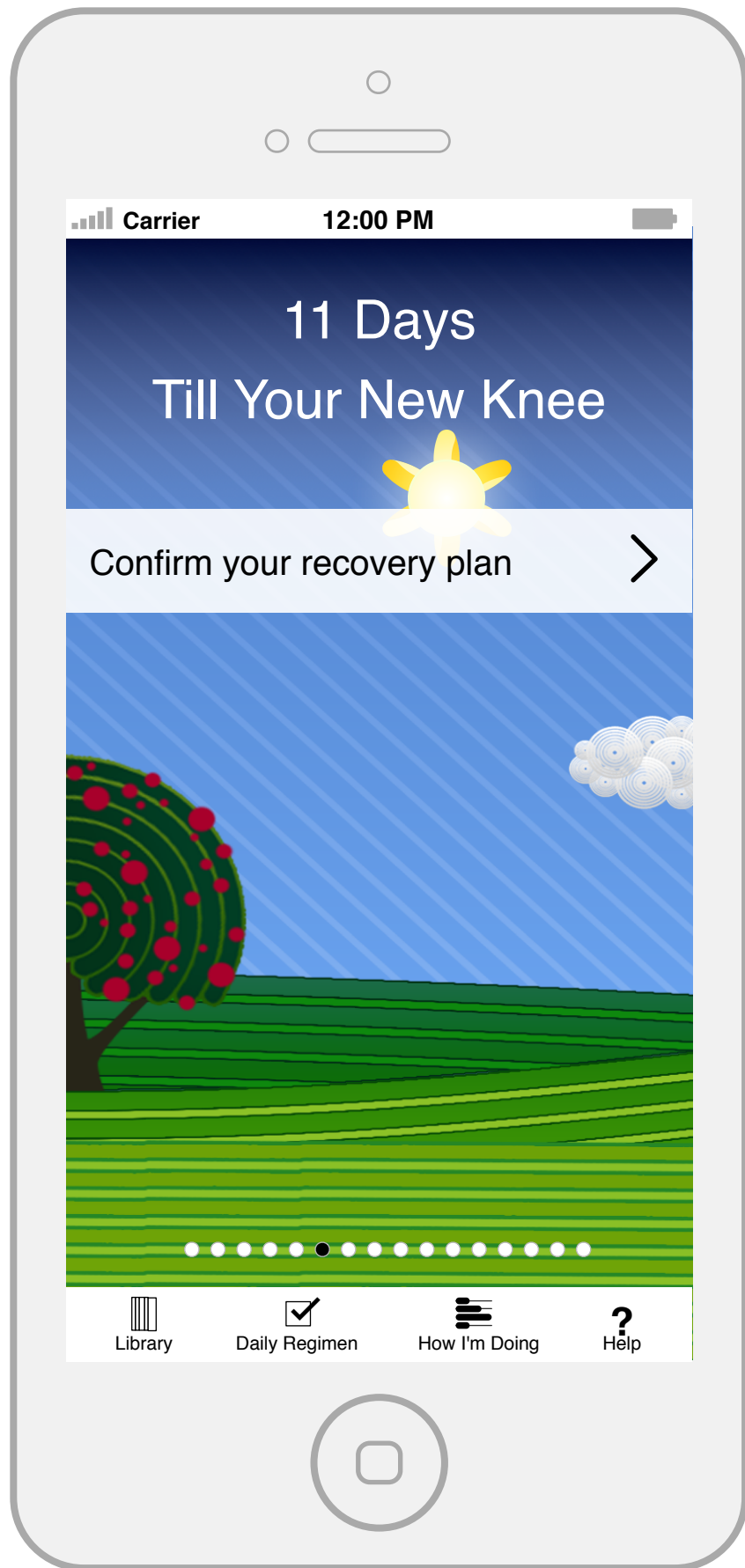


Dentist

Do not have any dental work the 2 weeks before surgery unless you have a tooth infection. Any infections must be treated and cleared up before surgery.

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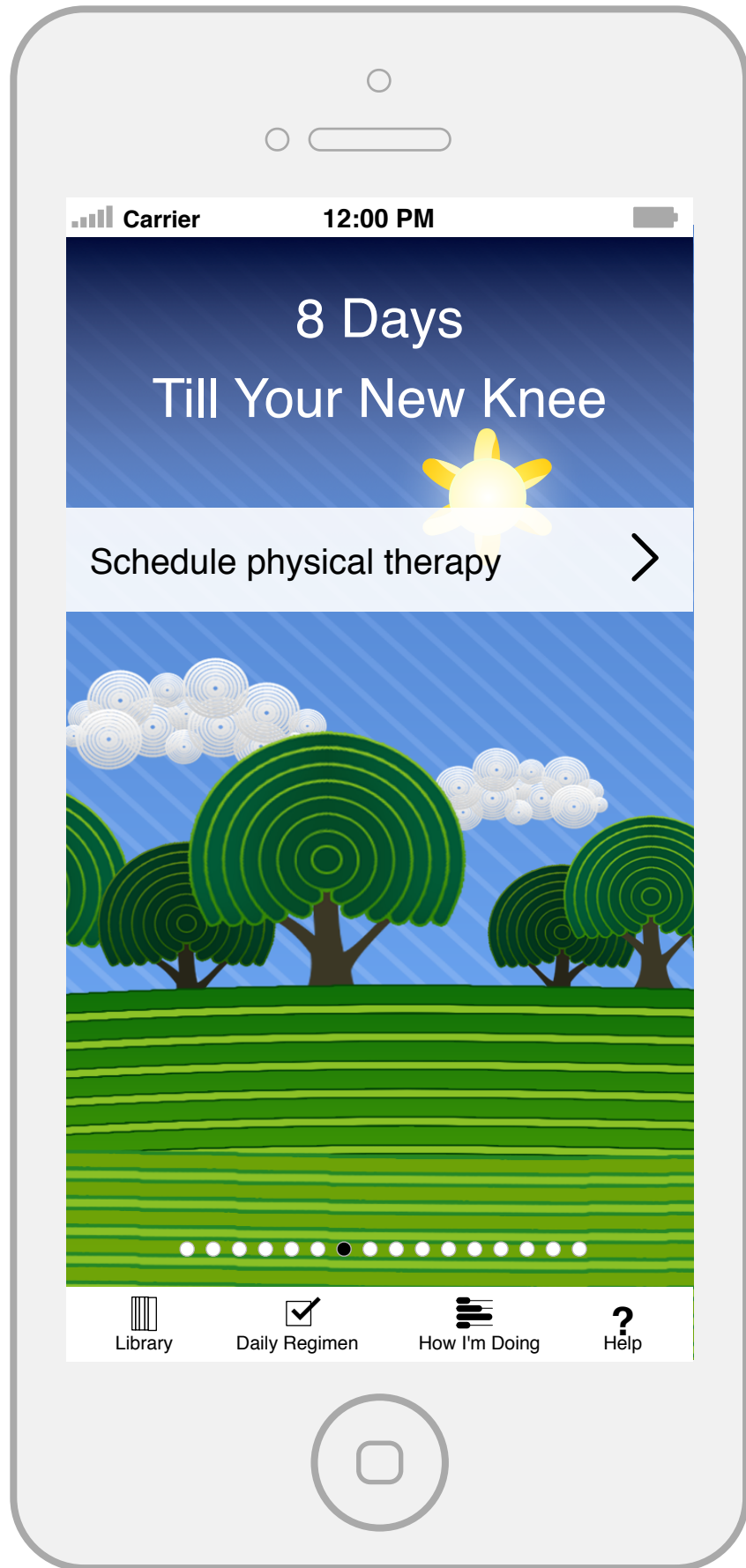
Timeline 5 **37**



Confirm your recovery plan
Check in with the support team you put together. Confirm that someone can either stay with you for the first week you are home or check in on you often.

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Timeline 6 **39**



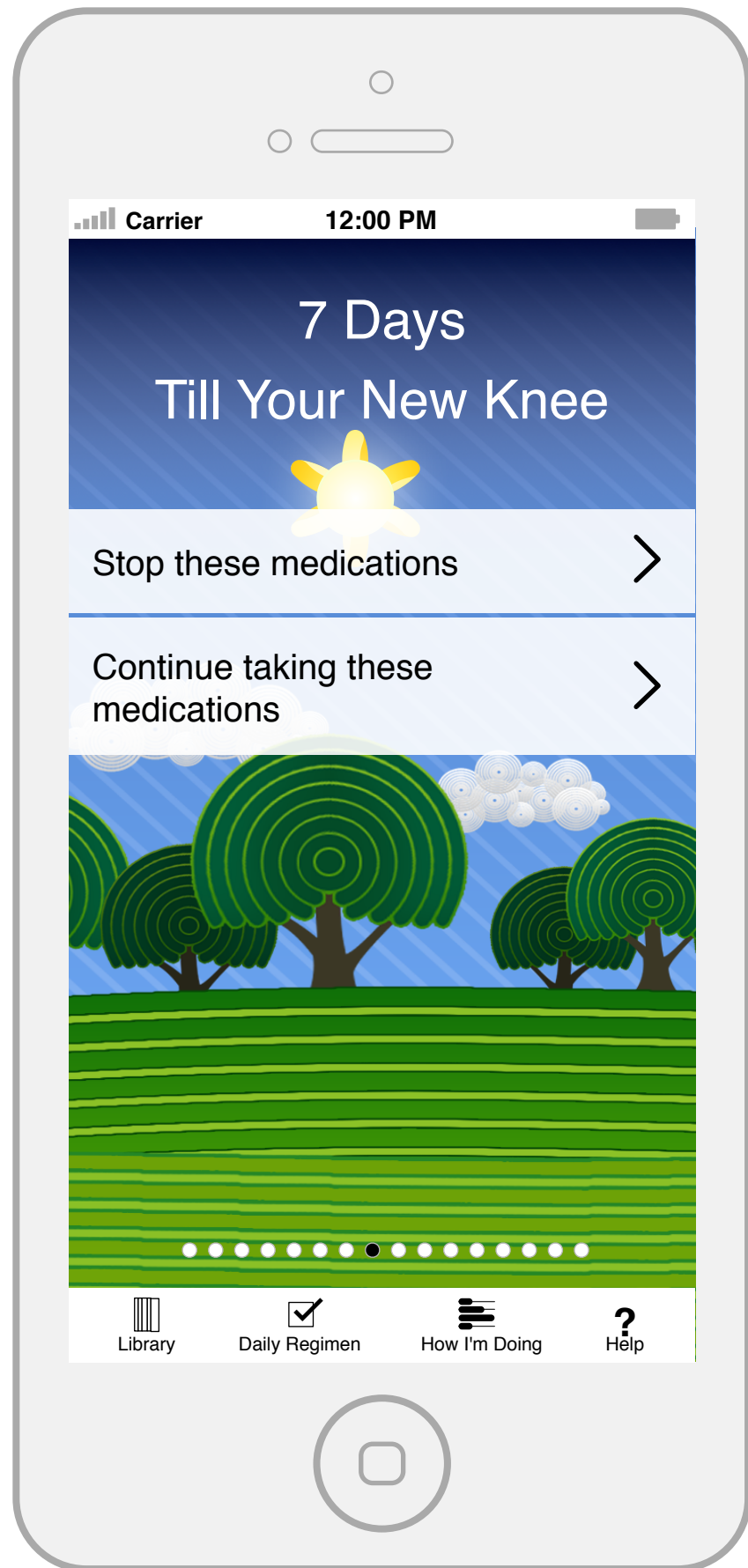
Schedule Physical Therapy

Call to schedule your post-op out-patient physical therapy appointments now. They book up quickly. Choose an outpatient therapy facility close to home. UM clinics are located in Ann Arbor, Canton, Brighton, and Northville.

When you call, tell them the date of your surgery and that visits should start 2 weeks after surgery.

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Timeline 7 **41**



Stop These Medications

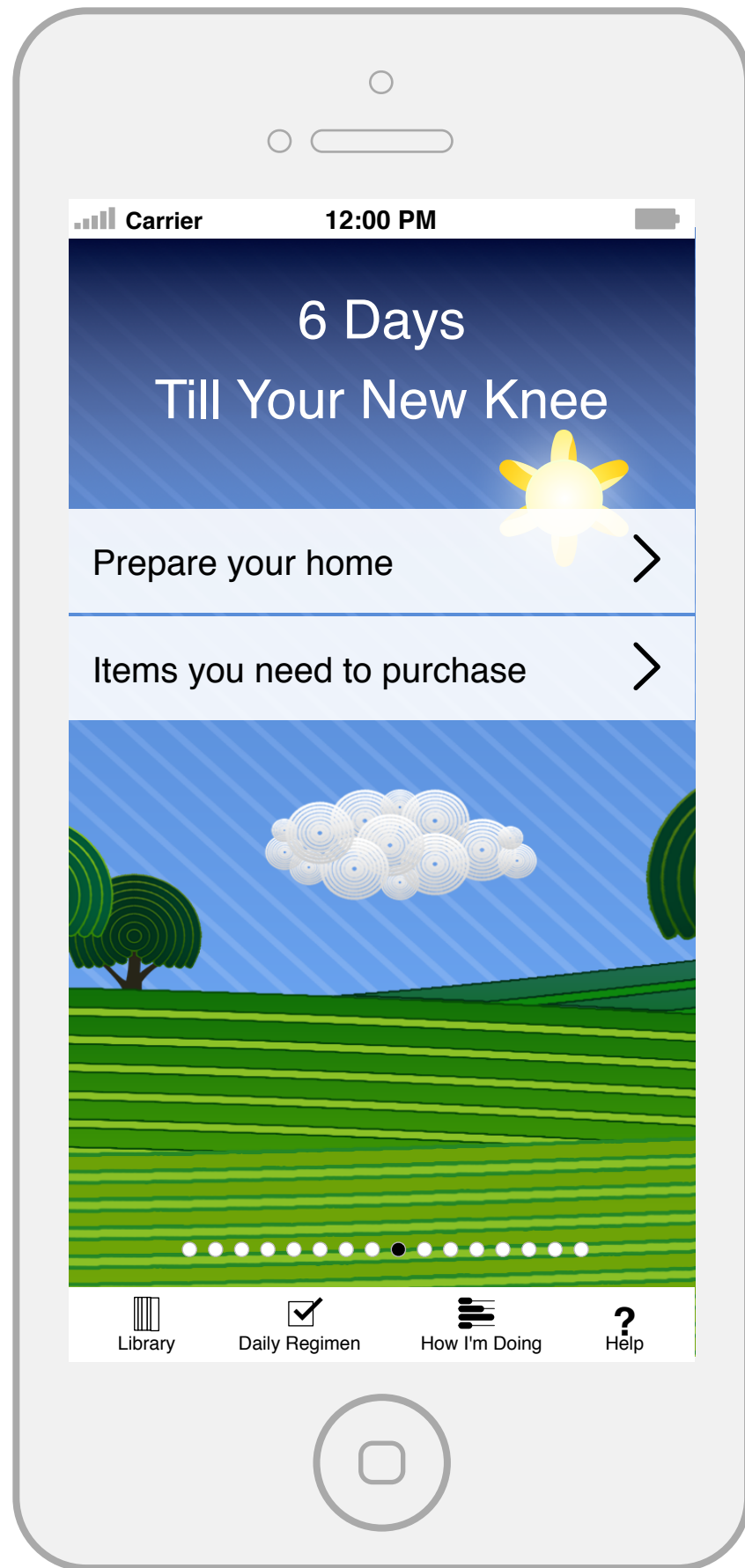
- Stop all vitamins, herbal supplements, and weight loss products.
- Stop all recreational drugs (heroin, cocaine, marijuana, LSD, Methamphetamine).
- Stop all medications that you use to control pain. Including the following:

Actron
 Advil (ibuprofen)
 Aleve (naproxen)
 Anaprox (naproxen)
 Anacin
 Ansaid (flubiprofen)
 Aspirin
 Ascriptin (coated aspirin)
 Arthrotec (diclofenac)
 Bayer Aspirin
 Bufferin
 Butazolodin
 Cataflam (diclofenac)
 Clinoril (sulindac)
 Cope
 Daypro (oxaprozin)
 Disalid (salsalate)
 Dolorid
 Doan's
 Easprin
 Easprin
 Etodolac

Excedrin
 Feldene (piroxicam)
 Fiorinal
 Haltran (ibuprofen)
 Ibuprofen
 Lodine (etodolac)
 Meclomen
 Medipren (ibuprofen)
 Indocin
 Meloxicam (Mobic)
 Motrin (ibuprofen)
 Nalfon (fenoprofen)
 Midol (ibuprofen)
 Naprelan (naproxen)
 Naprosyn (naproxen)
 Naproxen
 Nuprin (ibuprofen)
 Orudis - KT
 Orudis (ketoprofen)
 Oruvail (ketoprofen)
 Pamprin - IB
 Pepto-Bismol
 Percodan
 Ponstel
 Relefen (nabumetone)
 Rufen (ibuprofen)
 Salflex
 Suprol
 Tolectin (tolemtin)
 Trilisate (salicylate)
 Vanquish
 Voltaren (diclofenac)

Do not stop these medications

- Continue to take diabetes, high blood pressure, or other prescription medications unless instructed by your physician.
- If you take Coumadin (Warfarin), Plavix, Aggrenox, Pradaxa, Fondaparinux (Arixtra), Eliquis (Apixaban), Xarelto (Rivaroxaban) or you take Aspirin prescribed by your doctor; you will receive specific instructions at your physical exam about stopping these medications.
- You can take Tylenol (acetaminophen) as needed.
- Call the Orthopedic Call Center (734) 936-5780 if you have questions about your medications.

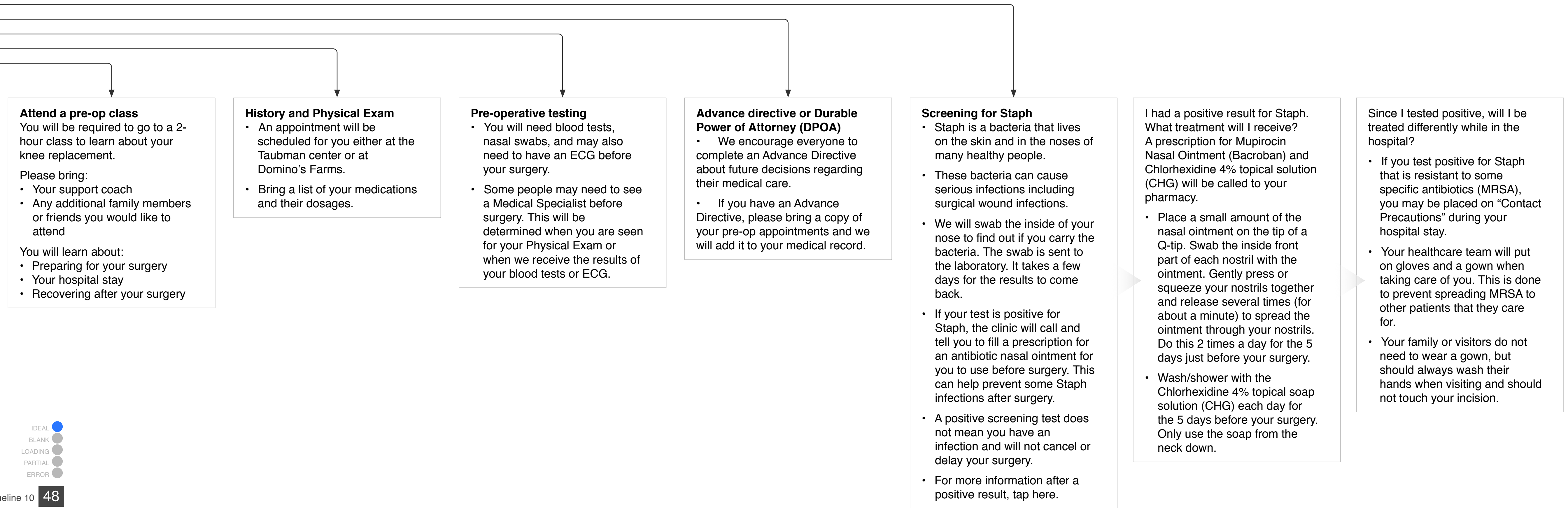
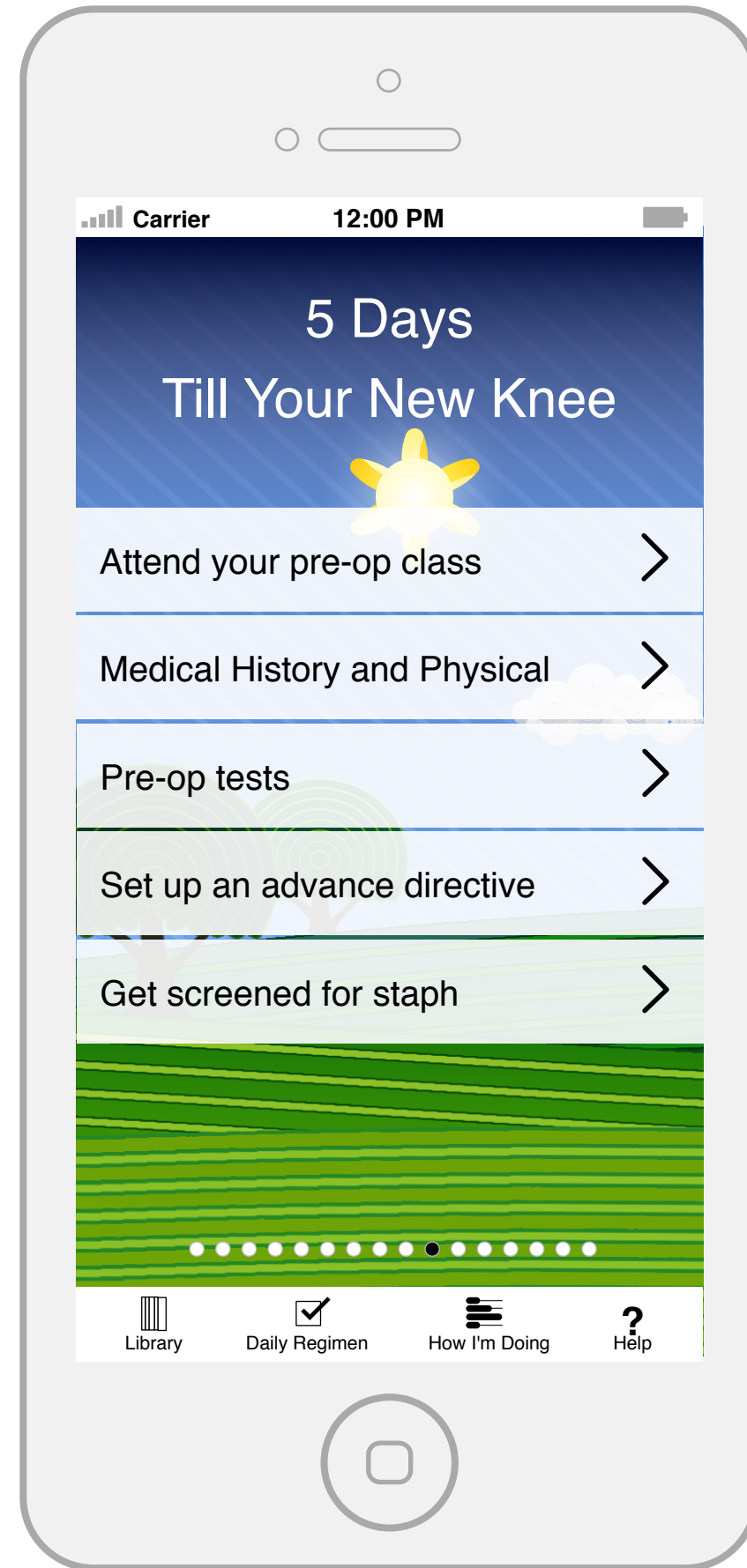


Prepare your home

- Remove throw rugs, tack down loose carpet, and tape down electrical cords to prevent tripping after surgery.
- Place a non-skid, latex coated, bath mat on the floor beside your tub and a non-skid mat in the tub.
- Clear clutter from walkways.
- Add night lights in halls and bathrooms.
- Arrange for a first floor bed, if possible.
- Put an extra firm pillow on a cushion on chairs so that you will sit higher and it will be easier to get up from the chair.
- We recommend a chair with arms as your primary chair.
- Prepare meals ahead of time and freeze them.
- Avoid having to do laundry right after surgery. Do laundry and put clean linens on your bed.

Purchase

- Over-the-counter laxatives and stool softeners (such as Miralax, Colace, or Senna) so you have them if you need them after surgery. Pain pills can cause constipation.
- Purchase and install an over the toilet commode.
- Shower chairs or benches are recommended but not required.



Attend a pre-op class
 You will be required to go to a 2-hour class to learn about your knee replacement.

Please bring:

- Your support coach
- Any additional family members or friends you would like to attend

You will learn about:

- Preparing for your surgery
- Your hospital stay
- Recovering after your surgery

History and Physical Exam

- An appointment will be scheduled for you either at the Taubman center or at Domino's Farms.
- Bring a list of your medications and their dosages.

Pre-operative testing

- You will need blood tests, nasal swabs, and may also need to have an ECG before your surgery.
- Some people may need to see a Medical Specialist before surgery. This will be determined when you are seen for your Physical Exam or when we receive the results of your blood tests or ECG.

Advance directive or Durable Power of Attorney (DPOA)

- We encourage everyone to complete an Advance Directive about future decisions regarding their medical care.
- If you have an Advance Directive, please bring a copy of your pre-op appointments and we will add it to your medical record.

Screening for Staph

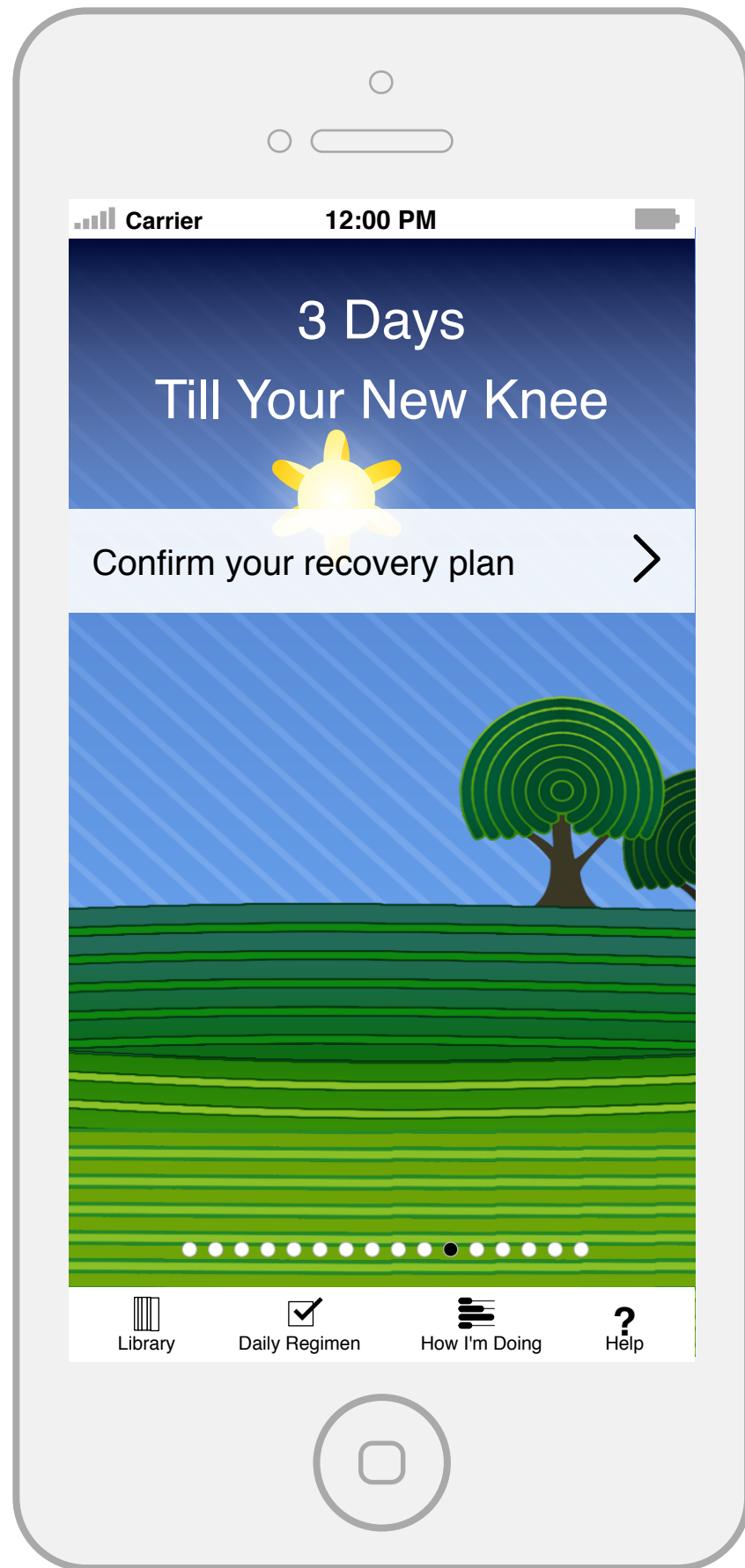
- Staph is a bacteria that lives on the skin and in the noses of many healthy people.
- These bacteria can cause serious infections including surgical wound infections.
- We will swab the inside of your nose to find out if you carry the bacteria. The swab is sent to the laboratory. It takes a few days for the results to come back.
- If your test is positive for Staph, the clinic will call and tell you to fill a prescription for an antibiotic nasal ointment for you to use before surgery. This can help prevent some Staph infections after surgery.
- A positive screening test does not mean you have an infection and will not cancel or delay your surgery.
- For more information after a positive result, tap here.

I had a positive result for Staph. What treatment will I receive?
 A prescription for Mupirocin Nasal Ointment (Bacroban) and Chlorhexidine 4% topical solution (CHG) will be called to your pharmacy.

- Place a small amount of the nasal ointment on the tip of a Q-tip. Swab the inside front part of each nostril with the ointment. Gently press or squeeze your nostrils together and release several times (for about a minute) to spread the ointment through your nostrils. Do this 2 times a day for the 5 days just before your surgery.
- Wash/shower with the Chlorhexidine 4% topical soap solution (CHG) each day for the 5 days before your surgery. Only use the soap from the neck down.






Since I tested positive, will I be treated differently while in the hospital?

- If you test positive for Staph that is resistant to some specific antibiotics (MRSA), you may be placed on "Contact Precautions" during your hospital stay.
- Your healthcare team will put on gloves and a gown when taking care of you. This is done to prevent spreading MRSA to other patients that they care for.
- Your family or visitors do not need to wear a gown, but should always wash their hands when visiting and should not touch your incision.

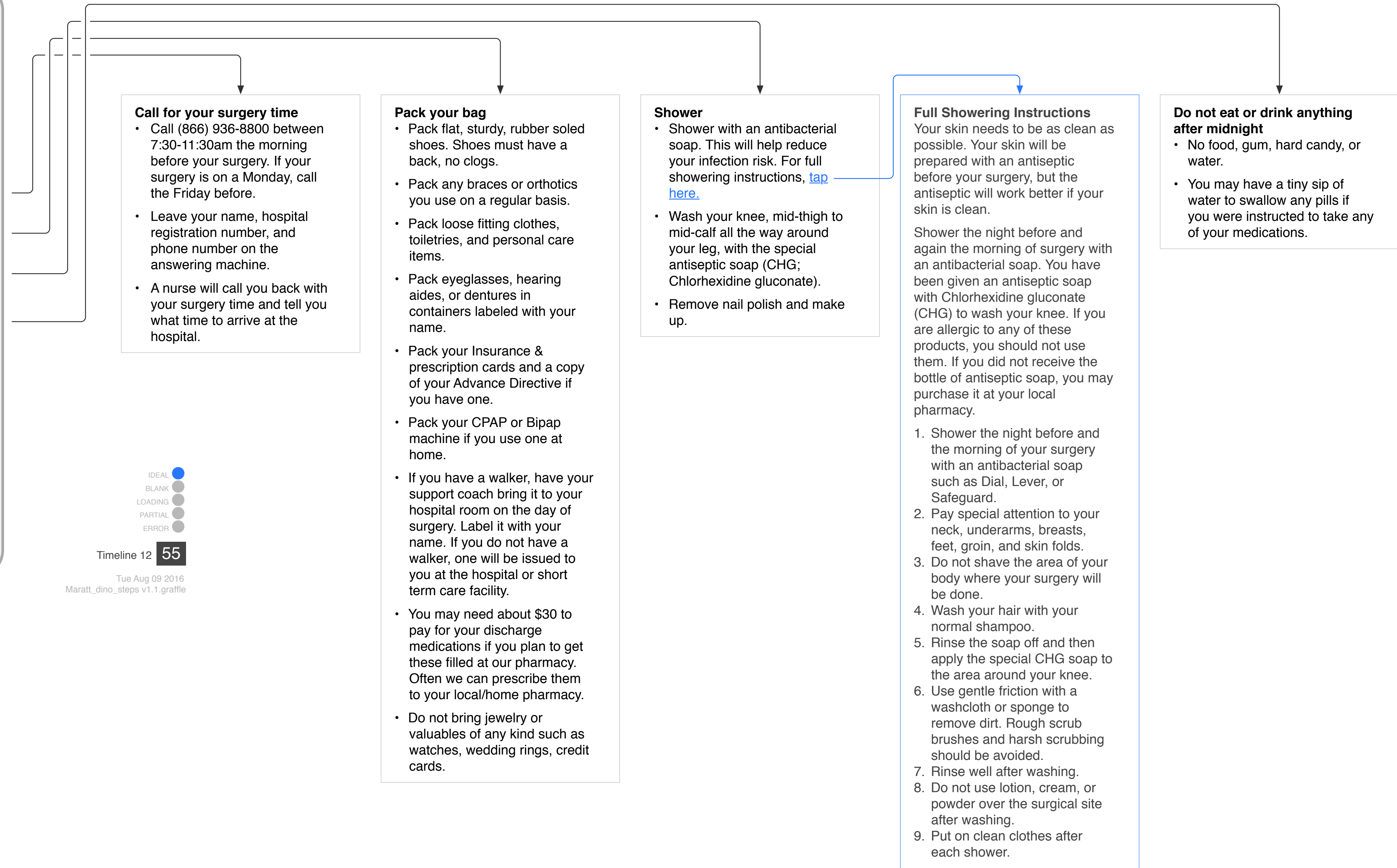
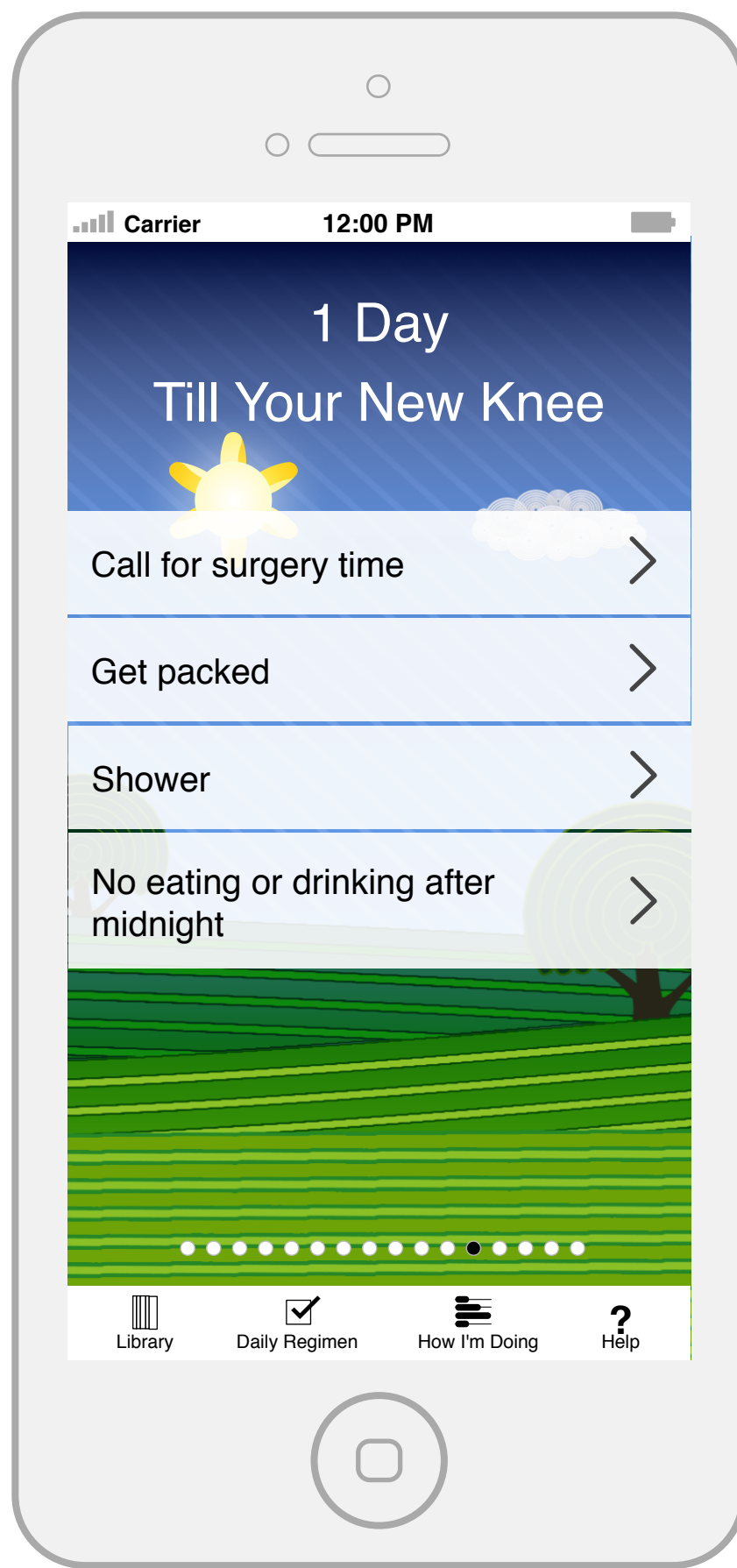


Confirm your recovery plan

- Check in with the support coach you selected a couple weeks ago. Confirm that someone can either stay with you for the first week you are home or check in on you often.
- If you think you may need to go to a short term care facility, bring the name of your first and second choice to the hospital. Our case manager will assist with arrangements.

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Timeline 11 **53**



Call for your surgery time

- Call (866) 936-8800 between 7:30-11:30am the morning before your surgery. If your surgery is on a Monday, call the Friday before.
- Leave your name, hospital registration number, and phone number on the answering machine.
- A nurse will call you back with your surgery time and tell you what time to arrive at the hospital.

Pack your bag

- Pack flat, sturdy, rubber soled shoes. Shoes must have a back, no clogs.
- Pack any braces or orthotics you use on a regular basis.
- Pack loose fitting clothes, toiletries, and personal care items.
- Pack eyeglasses, hearing aides, or dentures in containers labeled with your name.
- Pack your Insurance & prescription cards and a copy of your Advance Directive if you have one.
- Pack your CPAP or Bipap machine if you use one at home.
- If you have a walker, have your support coach bring it to your hospital room on the day of surgery. Label it with your name. If you do not have a walker, one will be issued to you at the hospital or short term care facility.
- You may need about \$30 to pay for your discharge medications if you plan to get these filled at our pharmacy. Often we can prescribe them to your local/home pharmacy.
- Do not bring jewelry or valuables of any kind such as watches, wedding rings, credit cards.

Shower

- Shower with an antibacterial soap. This will help reduce your infection risk. For full showering instructions, [tap here](#).
- Wash your knee, mid-thigh to mid-calf all the way around your leg, with the special antiseptic soap (CHG; Chlorhexidine gluconate).
- Remove nail polish and make up.

Full Showering Instructions

Your skin needs to be as clean as possible. Your skin will be prepared with an antiseptic before your surgery, but the antiseptic will work better if your skin is clean.

Shower the night before and again the morning of surgery with an antibacterial soap. You have been given an antiseptic soap with Chlorhexidine gluconate (CHG) to wash your knee. If you are allergic to any of these products, you should not use them. If you did not receive the bottle of antiseptic soap, you may purchase it at your local pharmacy.

1. Shower the night before and the morning of your surgery with an antibacterial soap such as Dial, Lever, or Safeguard.
2. Pay special attention to your neck, underarms, breasts, feet, groin, and skin folds.
3. Do not shave the area of your body where your surgery will be done.
4. Wash your hair with your normal shampoo.
5. Rinse the soap off and then apply the special CHG soap to the area around your knee.
6. Use gentle friction with a washcloth or sponge to remove dirt. Rough scrub brushes and harsh scrubbing should be avoided.
7. Rinse well after washing.
8. Do not use lotion, cream, or powder over the surgical site after washing.
9. Put on clean clothes after each shower.

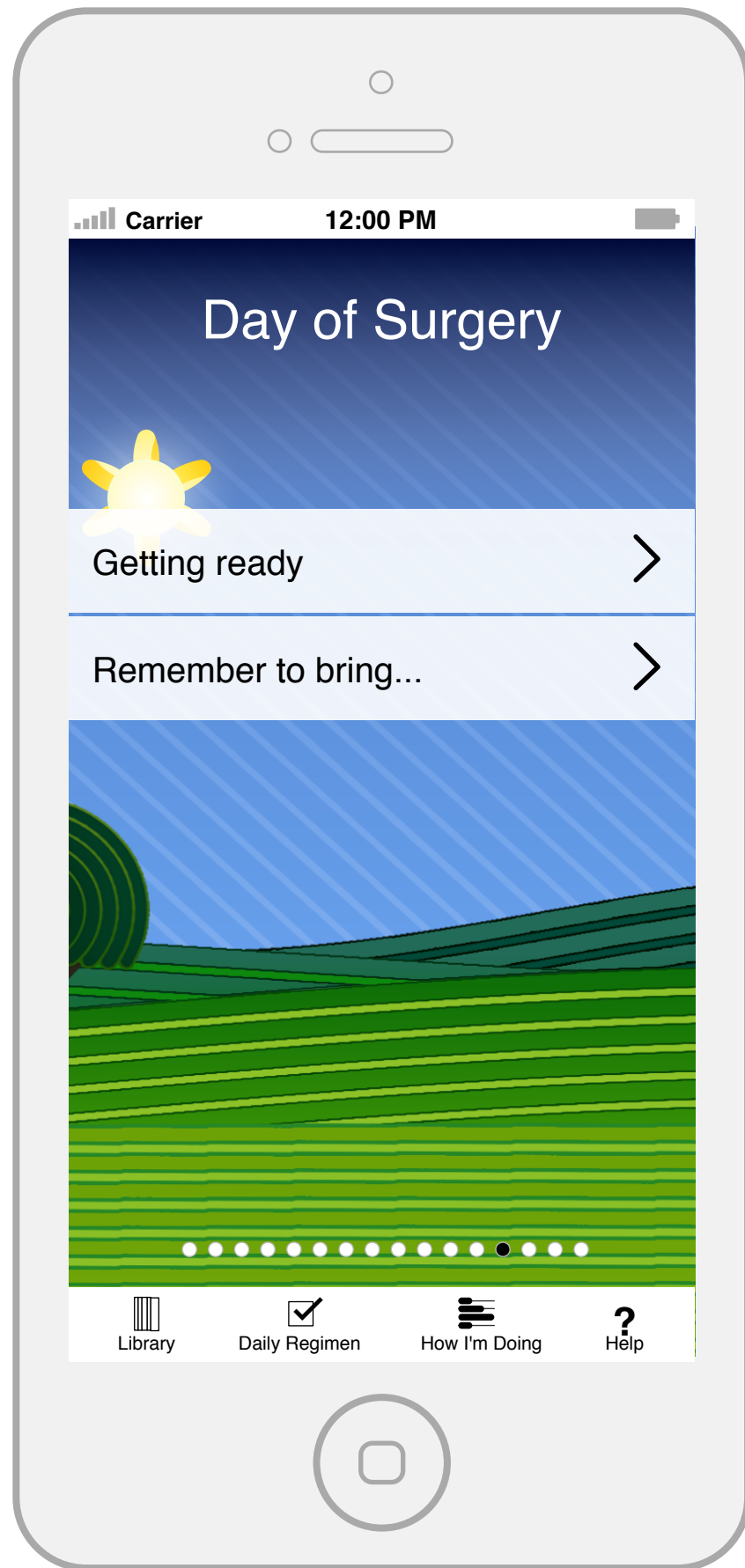
Do not eat or drink anything after midnight

- No food, gum, hard candy, or water.
- You may have a tiny sip of water to swallow any pills if you were instructed to take any of your medications.

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Timeline 12 **55**

Tue Aug 09 2016
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At home

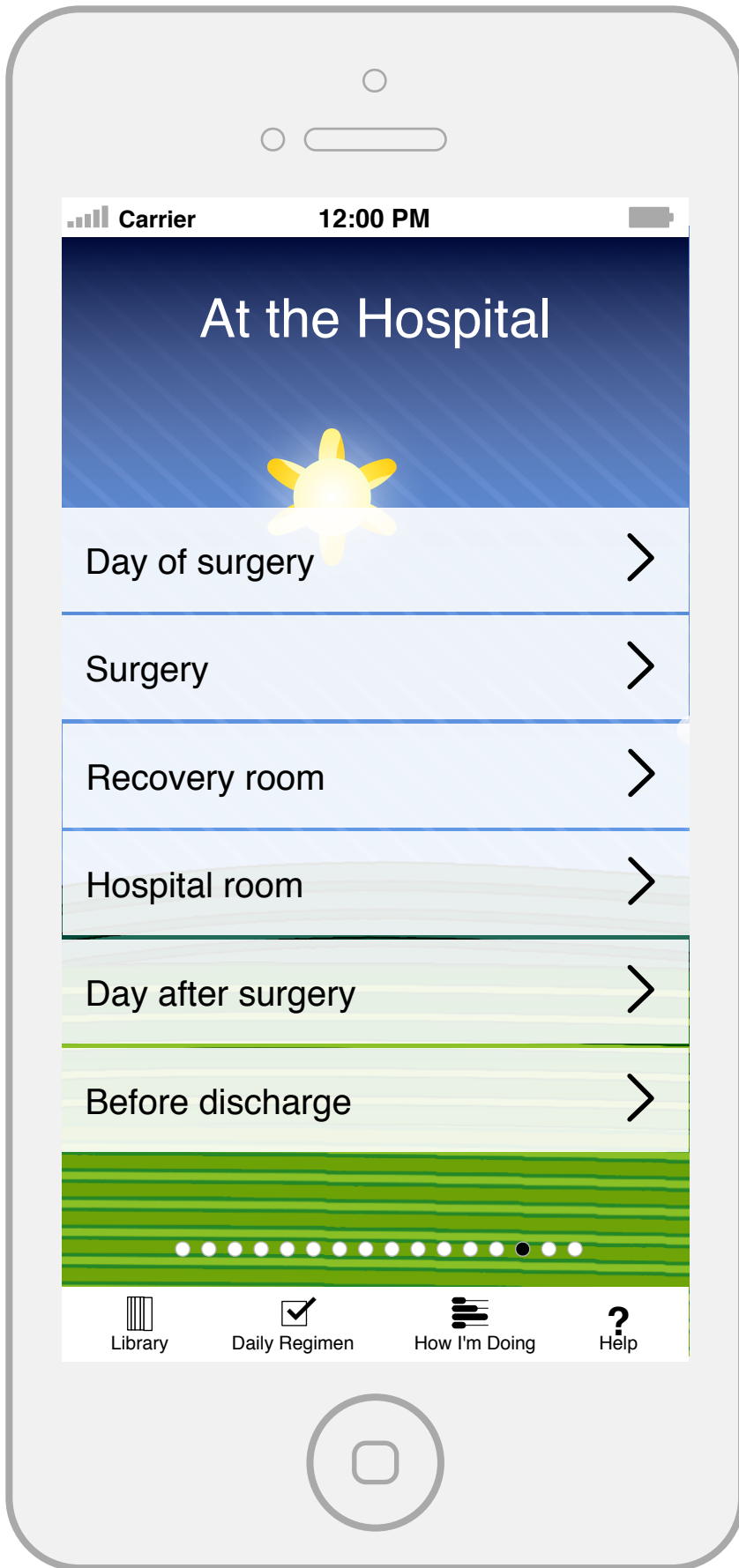
- Shower again with an antibacterial soap. For full showering instructions, tap here.
- Wash your knee, mid-thigh to mid calf, with the special antiseptic soap (CHG; Chlorhexidine gluconate).
- You may brush your teeth, but don't swallow any water.
- Take your medications, if any, with a small sip of water.
- Do not wear makeup.
- Do not apply lotions or powders over the surgical site.
- Do not wear contact lenses.
- Do not bring valuables to the hospital.
- Do not eat or drink anything. No food, gum, hard candy, or water.



Bring

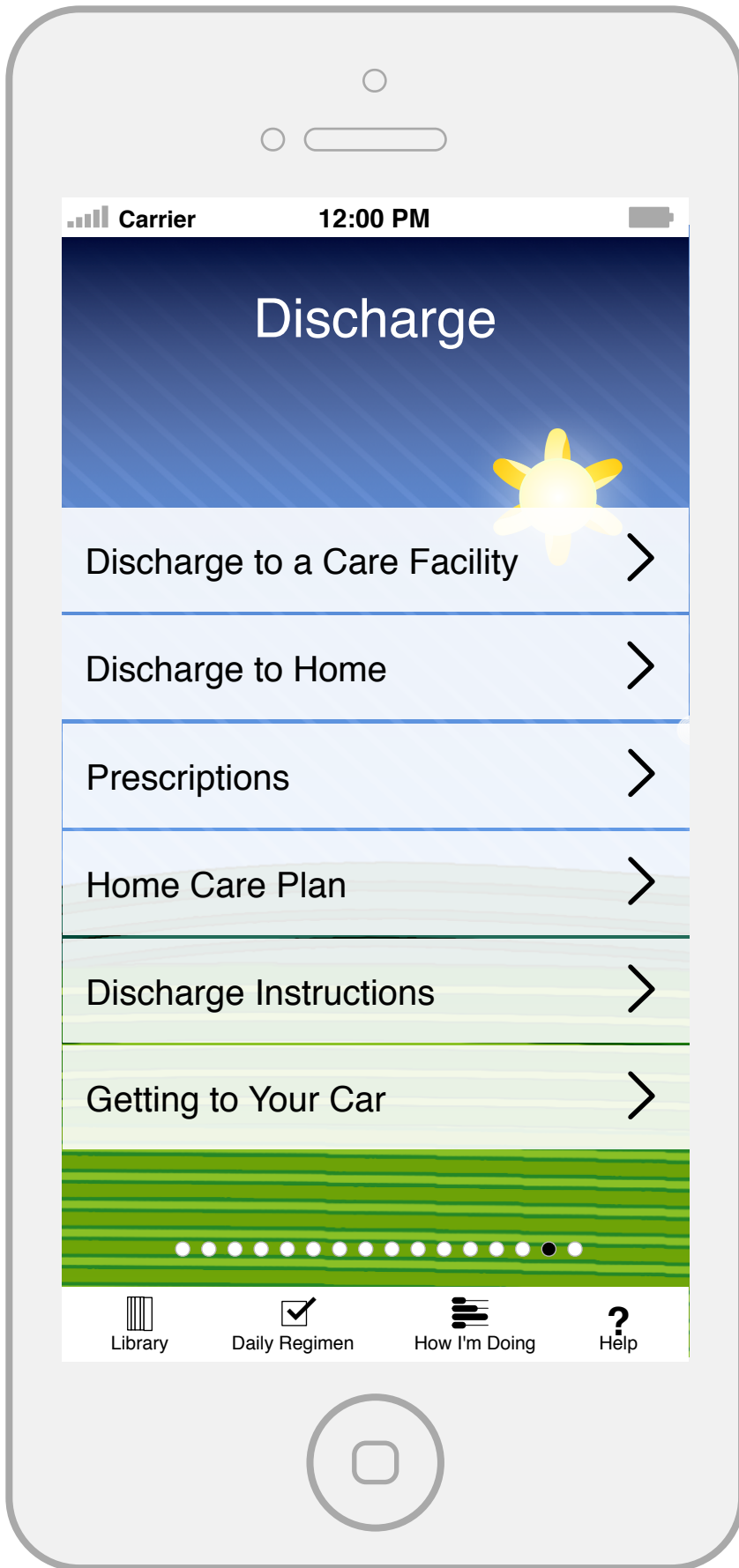
- Bring the bag you packed.
- Bring the blue Pre-Admission Type & Screen Information form (given to you at your history and physical exam).
- Bring your walker, if you have one. Leave it in your car and your coach can bring it to your room after surgery.

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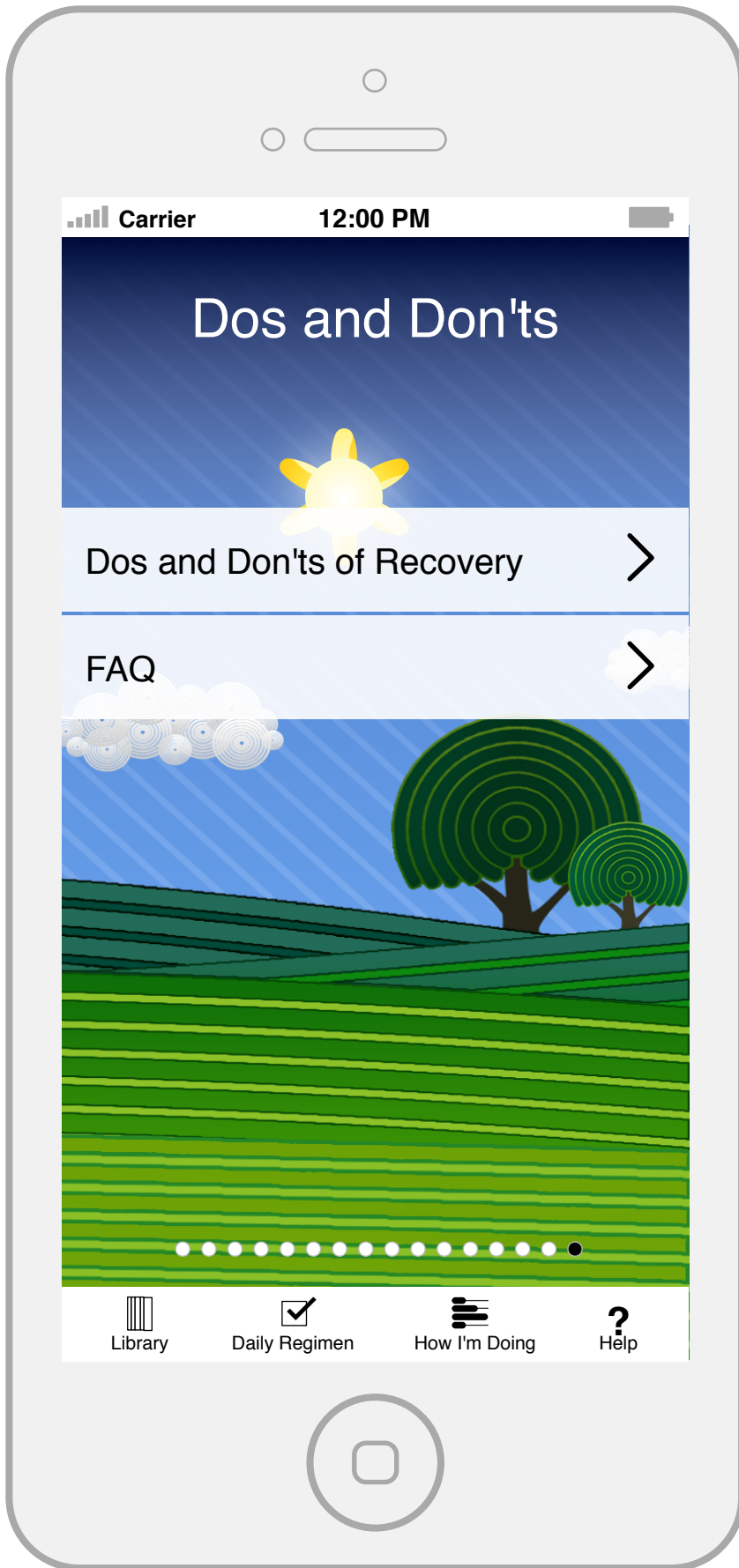
Timeline 13 **63**







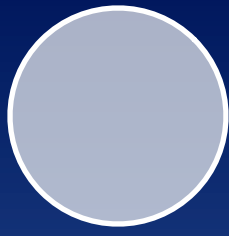
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Daily Progress
June 30, 2016
0%

Check your incision

- Cover incision while showering
- No baths, ointments or lotions
- Wear TED socks all day
- Check skin for sores
- Manage Constipation
- Take pain meds as needed

Elevate knee above chest for 20 minutes
two a day.

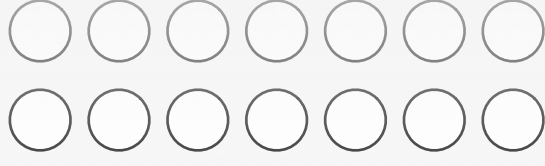
Ice for 20 minutes.



- Library
- Daily Regimen
- How I'm Doing
- Help

Ankle Pump

Do 1 set every hour throughout



Buttock Squeeze

Do 3 sets every day



Gravity Knee Bend

Do once every day



Heel Slide

Do 3 sets every day



Knee Extension

Do 3 sets every day



Scooting Knee Bend

Do 6 sets every day



Sitting Knee Extension

Do 3 sets every day



Straight Leg Raise

Do 3 sets every day



Thigh Squeeze

Do 3 sets every day



Two-Chair Stretch

Do once every day

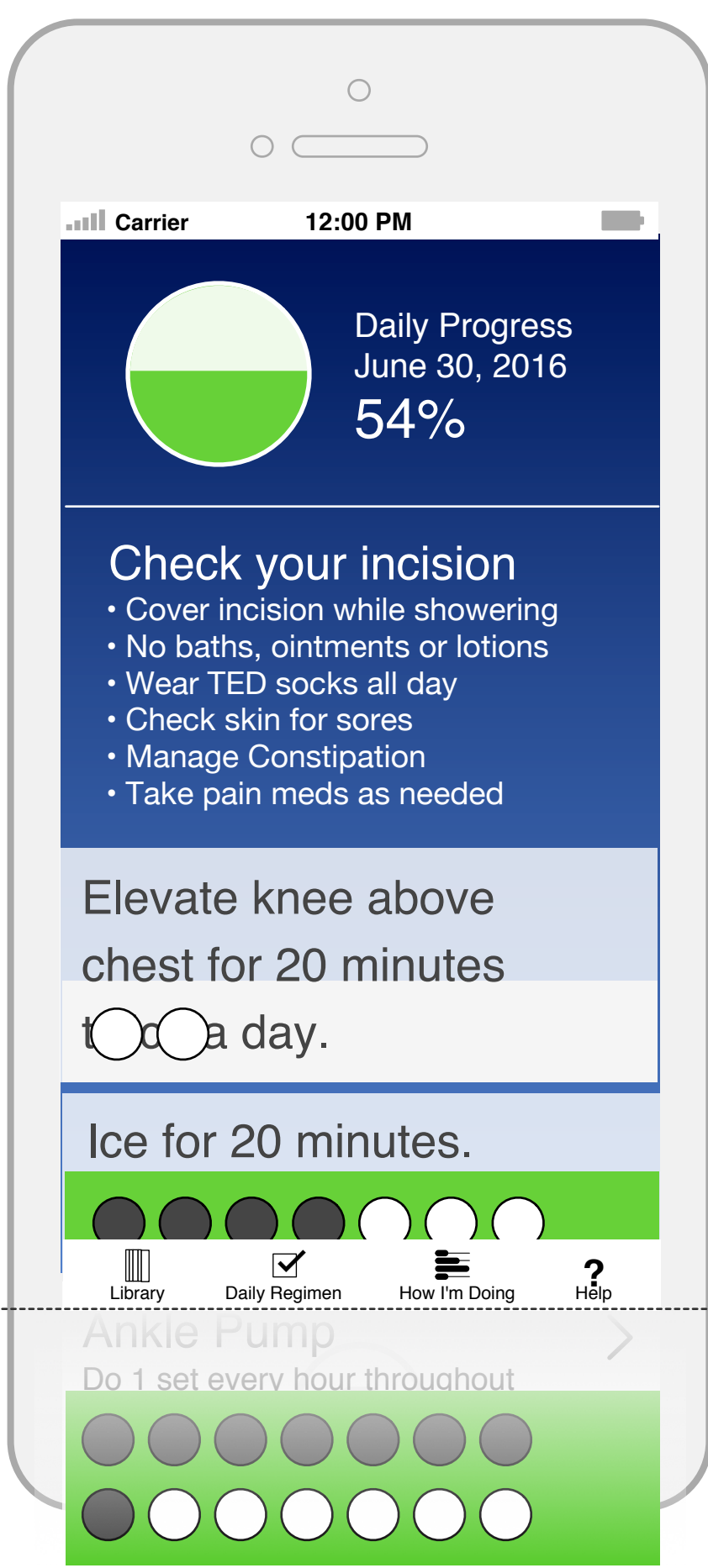


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Below the fold

Full Regimen **68**

Tue Aug 09 2016
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- BLANK ●
- LOADING ●
- PARTIAL ●
- ERROR ●

Below the fold

Full Regimen 2 **71**

Tue Aug 09 2016
Maratt_dino_steps v1.1.graffle



- IDEAL 
- BLANK 
- LOADING 
- PARTIAL 
- ERROR 