

## Quick Reference Guide: Your Hospital Stay

### Arrival at the hospital

- Arrive about two hours prior to surgery time (a pre admissions nurse will be calling you with your exact arrival time a day or two prior to surgery)
- You will be checked in at registration and taken back to the pre-op holding area

### Pre-op holding area (Daystay)

- Preoperative preparation will begin
  - Change into hospital gown
  - Medical review by nurse and doctor
  - IV insertion
  - Anesthesiologist will discuss your anesthesia for surgery and plan for pain control, examples include:
    - Nerve block insertion for knee replacements
    - Spinal anesthesia for hip replacement
- Surgery
  - Once ready, you will be taken to the operating room
  - Average time for surgery ranges from 1-2 hours
  - Family will be instructed where to wait for doctor update

### Recovery Room (PACU)

- Once surgery is complete, you will be transferred to the recovery room
- The nurse will monitor your:
  - Vital signs, pain control, surgical incision and how awake you are
- You will be monitored in the recovery room until you are cleared to transfer to a room by the anesthesiologist
- Your family will be notified of your room assignment and when they are able to go to your room

### Orthopedic Unit (Tower 3)

- You will be settled in your room by the PACU nurse and your floor nurse
- Your vital signs will be monitored for several hours after surgery
- A physical therapist will complete an evaluation of you (Yes day of surgery!)
  - Our goal is to get you up and **walking** on your new joint as quickly as possible
- Your nurse will monitor your pain closely and medicate with IV/oral pain medications as needed
  - **Make sure to tell your nurse anytime you need pain medication!**
- Your nurse will round on you hourly during day shift and every two hours during night shift
- The Joint Care Coordinator will be checking on you and bringing you a rolling walker, if needed