



Joint & Spine Center
443-849-6261



Total Joint Replacement Overnight Preop Checklist

Surgeon: _____

Date of your surgery at GBMC: _____

(X) Place an **X** when task is completed

<input type="checkbox"/>	Activate your GBMC <i>MyChart</i>	Online link on Welcome E-mail					
<input type="checkbox"/>	Schedule your GBMC Pre-op Joint Replacement Class	Time: 9 am Date of Class:					
<input type="checkbox"/>	Did you receive your GBMC Pre-Op Guidebook?	YES NO					
<input type="checkbox"/>	Do you know how to use your Hibiclens CHG wash kit? (The Antimicrobial Skin Cleanser, Disposable cloths, Instructions)	Total of 4-CHG Showers at Home Begin to use 3-days BEFORE surgery					
<input type="checkbox"/>	Pre-op MSSA/MRSA test at GBMC's Diagnostic Center <i>Test must be completed within 10-30 days before surgery date</i>	Walk-in, no appointments needed. Monday-Friday 8am-4pm No Holidays					
<input type="checkbox"/>	Orthopaedic Surgery at GBMC - GBMC Health Partners Dr. Schmidt, Lanzo, Melegari's patients: 443-849-3854 Dr. Johnston's patient: 443-849-3824	Discussion with ECIP OrthoCare Coordinator Pre-Op PT home visit, discharge planning... Victoria Schmitz: 443-849-3828					
<input type="checkbox"/>	OrthoMD/CAO: Ronda Parker, Debra Maitland, Anna Green, and Courtney Winkler:	Dr. Jay, Buchalter, Heller patients 410-377-8900					
<input type="checkbox"/>	Pick up your prescribed medication(s) from your pharmacy before your surgery date!	Please call your surgeon's office if you need to update you pharmacy location					
<input type="checkbox"/>	Name of your Coach/Support Person(s):						
<input type="checkbox"/>	GBMC's Rehab Department will be calling you one week before your surgery to schedule your Family/Coach training session on Unit 58	GBMC Rehab Scheduler Tracie Brown: 443-849-2552					
<input type="checkbox"/>	Complete These Pre-op Questionnaires Before Class/Surgery Date:	<table border="0"> <tr> <td>YES</td> <td>NO</td> <td rowspan="2">AJRR/AAOS <i>will e-mail you a link please check your e-mail spam/junk folder</i></td> </tr> <tr> <td>YES</td> <td>NO</td> </tr> </table>	YES	NO	AJRR/AAOS <i>will e-mail you a link please check your e-mail spam/junk folder</i>	YES	NO
YES	NO	AJRR/AAOS <i>will e-mail you a link please check your e-mail spam/junk folder</i>					
YES	NO						
<input type="checkbox"/>	If you have a rolling walker (RW) or received a RW from your surgeon's office Preop (Ortho MD), please bring it into the hospital. If you do not have one, the team in the hospital will assist you in obtaining one. <i>Rolling walker – 5-inch front wheel with 2 back slide caps, skis, or tennis balls.</i> <i>(If you have Medicare and received a rolling walker within the past 5-years, Medicare will not cover another, therefore you may have an out-of-pocket cost)</i>						
<input type="checkbox"/>	If you are missing any of these items, need assistance, or surgery is canceled: <u>GBMC Joint & Spine Center</u> 6701 N. Charles Street, Unit 58: Suite 5835, Towson MD 21204	Please call 443-849-6261 Monday-Friday April, Casey, or John					

PHYSICAL THERAPY LOCATIONS

★ **GBMC Center for Rehabilitation & Active Life Physical Therapy**

GBMC 6701 N Charles St #4377, Towson, MD 21204

443-849-6210

Available Services: Comprehensive Physical Therapy, Occupational Therapy, Speech Therapy, Hand Therapy, GBMC Lymphedema Center, Neurologic Therapy, Oncology Rehabilitation Services, Pelvic Floor Therapy, Vestibular and Balance Therapy, and Dry Needling

★ **Active Life Physical Therapy - Jacksonville**

3411 Sweet Air Rd #A, Jacksonville, MD 21131

410-529-3303

Available Services: Comprehensive Physical Therapy, Neurologic Therapy, Pre/Post Operative Therapy, and Vestibular & Balance Physical Therapy

★ **Active Life Physical Therapy - Lutherville**

1447 York Rd #401, Lutherville, MD 21093

410-842-0115

Available Services: Comprehensive Physical Therapy, Neurologic Therapy, Pre/Post Operative Therapy, Vestibular & Balance Physical Therapy, and Agility and Activity Therapy

BALTIMORE COUNTY

Active Life & Physical Therapy - Perry Hall

4337 Ebenezer Rd, Nottingham, MD 21236

410-529-2202

Chesapeake Bay Aquatic & Physical Therapy

2 Chartley Dr, Reisterstown, MD 21136

410-833-5300

ATI Physical Therapy

836 N Rolling Rd, Catonsville, MD 21228

410-788-8590

BALTIMORE CITY

Canton Orthopaedic & Sports Rehab

2809 Boston St #1B, Baltimore, MD 21224

410-522-6978

ANNE ARUNDEL COUNTY

Haile Physical Therapy

41 Old Solomons Island Rd, Annapolis, MD 21401

410-571-1151

Kennard Physical Therapy

650 Richie Hwy, Severna Park, MD 21146

410-421-5544

CARROLL COUNTY

Agape Physical Therapy & Sports Rehab

1388 Progress Way, Eldersburg, MD 21784

410-795-7878

FX Physical Therapy

2710 Hampstead Mexico Rd, Hampstead, MD 21074

443-441-0660

CECIL COUNTY

Agape Physical Therapy & Sports Rehab

6 Barnes Corner Rd, Colora, MD 21917

410-658-6616

ATI Physical Therapy

52 Rising Sun Town Ctr, Rising Sun, MD 21911

410-205-9912

HARFORD COUNTY

Agape Physical Therapy & Sports Rehab

2304 Churchville Rd, Bel Air, MD 21015

410-734-6556

ATI Physical Therapy

3465 Box Hill Corp Dr #G, Abington, MD 21009

410-205-4866

HOWARD COUNTY

Howard County Physical Therapy





6011 University Blvd #120, Ellicott City, MD 21043

410-203-0391

McNerney & Associates, PA

5024 Dorsey Hall Dr #103, Ellicott City, MD 21042

410-740-1047

-  Preferred provider
-  Has occupational therapy
-  Has aquatic therapy
-  Has speech therapy

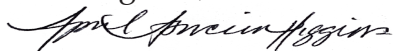
Dear patient,

We just received notification that you will be having a joint replacement at Greater Baltimore Medical Center (GBMC). There are few time sensitive tasks that you must complete before your surgery date to ensure that your joint replacement is not canceled or delayed. If you could please call back or respond to this letter, we can help schedule you for these pre-op tasks:

1. Activate your MyChart at GBMC
 - [MyChart at GBMC - Patient Portal - GBMC HealthCare - Towson/Baltimore, MD](#)
2. Your Pre-op MSSA/MRSA Test
 - This test must be completed 10-30 days before your surgery date, NO LATER than 10-days, at GBMC Diagnostic Center in the Main Hospital, 6701 N. Charles Street, Towson, MD 21204
 - Suite #3100 (across from Einstein Bakery)
 - Walk-in, no appointment needed: Monday-Friday 8am-4pm, no holidays
3. GBMC's Joint & Spine Center Pre-Op Supplies will be provided to you free of charge:
 - Hibiclens CHG Antimicrobial pre-op skin prep wash and a packet of disposable cloths
 - GBMC Joint Replacement Guidebook
 - GBMC Joint & Spine Center gift tote
4. Complete your Joint Replacement Pre-op Questionnaires
 - If you will receive an e-mail from the American Joint Replacement Registry (AJRR)/AAOS, please check your junk or spam mail folder please notify the Joint & Spine Center
 - **VR-12 and KOOS/HOOS surveys must be completed** before your surgery date
5. Register to attend GBMC's Joint Replacement Pre-Op Class
 - Online registration:
 - <https://portal.gbmc.org/mychart/openscheduling>
 - Or call/e-mail GBMC Joint & Spine Center
 - Register as soon as possible, classes are limited
 - Select dates on a Monday or Tuesday

Thank you for choosing GBMC for your joint replacement surgery. We are available Monday to Friday, 8am-4pm. We look forward to hearing from you.

Warm regards,



April Asuncion-Higgins, RN, BSN, CMSRN GBMC
Joint and Spine Clinical Program Manager



6701 N. Charles St., Suite 5835
Towson, MD 21204



gbmc.org/jointandspine

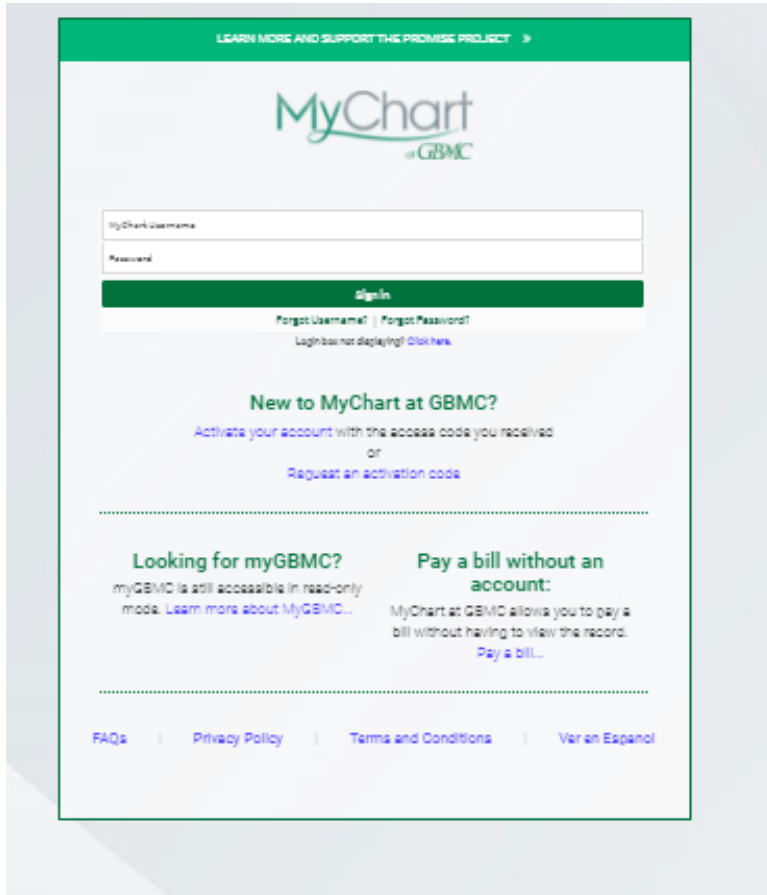


jointspinecenter@gbmc.org









443-849-6261

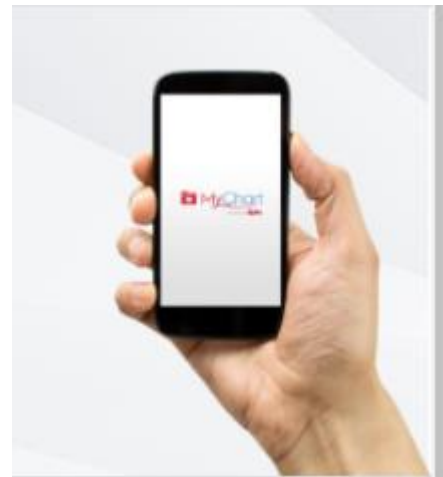
Set up your **MyChart at GBMC** today: <https://www.gbmc.org/mychart>



Better Health. Better Care.

At GBMC HealthCare, we're working to deliver well-coordinated care for you and your family. With MyChart at GBMC, it doesn't matter if you're at work, on the road, or at home, you will have secure, 24-hour access to your health information.

- 
View your health record
- 
Schedule an appointment
- 
Request prescription refills
- 
Access your test results
- 
Communicate with your doctor or other members of your health care team
- 
Pay bills online



Download the app.
Stay Connected.

Click the buttons below to find the MyChart by Epic app in the Google Play or App Store.





ARE YOU HAVING HIP OR KNEE SURGERY?

Join us for a **FREE** educational class to learn what to expect before and after surgery!

WHEN

Classes are offered two or three times a month

- Select dates on a **Monday** or **Tuesday**
- **9 a.m. to 11 a.m.**

WHERE

- Virtual Online Microsoft Teams Class, or
- In-person class at GBMC's Civiletti Conference Center near the East Pavilion
- **Registration is required to confirm date**, time, and availability. Seating is limited. Family/coach is highly encouraged to attend.

WHY

To prepare you for surgery, answer questions, and learn what to expect after your surgery.

REGISTER

- Directly online: <https://portal.gbmc.org/mychart/openscheduling>
- By phone: **443-849-6261**

Classes are limited; please register today!

GBMC Joint & Spine Center



- Virtual: Live on-line class
- In-Person Class at GBMC's Civiletti Center



443-849-6261



jointspinecenter@gbmc.org



GBMC
HEALTHCARE



JOINT AND SPINE CENTER

Dear patient,

An e-mail from the *American Academy of Orthopaedics/American Joint Replacement Registry* (AAOS/ AJRR) will be coming to you, you **MUST Complete** these online surveys before surgery. Check your junk/spam folder if you don't see the email. These surveys are for total joint replacement surgery ONLY.

(Revision Surgery patients will not receive an e-mail from the AAOS/ AJRR)

- **Veteran RANDS-12 (VR-12) survey**
- **HOOS JR (total hip) or KOOS JR (total knee) short surveys**

Veterans Rand 12 (VR-12) and HOOS, Jr (hip)/KOOS, JR (knee) surveys will tell your physician how you were feeling before your orthopaedic surgery. You will receive the same questionnaires 3-months and 1-year after your surgery. Your answers will help you and your physician better understand how you are doing. This information will also help improve care for patients undergoing similar orthopaedic procedures. Your answers to the survey questions are protected and secure. The AJRR system will only share your information with your physician's office. Complete your physician's surveys via the internet using the American Joint Replacement Registry (AJRR) secure patient portal (website).

EACH SURVEY SHOULD ONLY TAKE 5 - 10 MINUTES TO COMPLETE

Your must answer ALL Questions. After each survey choose "save and complete"

If you are having difficulty, please call the Joint & Spine Center for assistance.

Thank you for your participation.

Warm regards,

April Asuncion-Higgins, RN, BSN, CMSRN
GBMC Joint and Spine Clinical Program Manager



6701 N. Charles St., Suite 5835
Towson, MD 21204



gbmc.org/jointandspine



jointspinecenter@gbmc.org



443-849-6261

GBMC Main Hospital 6701 N. Charles St./ Suite 3100/ Towson, MD 21204

MSSA/MRSA preop testing: Monday-Friday 8:00 am-4:00 pm, no holidays

★ GBMC Diagnostic Testing Center Suite #3100 (across from Einstein Bakery)

- ❖ Pre-op MSSA/MRSA nasal swab: To be completed **10 days to 30 days** prior to your surgery date; the test result is valid for 60-days.
- ❖ Walk-in, **no appointment needed for the MSSA/MRSA nasal swab.**
- ❖ **Monday-Friday 8am-4pm, no holidays.** Sign-in at the front desk.
- ❖ Park at **★ Iris Parking** (near the East Pavilion Entrance)



For those entering from Iris Park at Pavilion East entrance, proceed down the hallway and turn right once you reach Einstein Bagels. The Diagnostic Center will be the next office on your left.

- ❖ Parking at **★ Berman Garage** (Main entrance) To access the main hospital, take the garage elevator to Floor 1 and follow the covered walkway/corridor. This will take you to the main lobby of the hospital where an information desk is located. Proceed forward, you will pass the gift shop, turn right. The Diagnostic Center and Lab will be the next office on your right before the Einstein Bagels.
- ❖ Parking at **★ Lily Park** (near ER/ED) Upon entering GBMC Lobby E walk straight down the hall until you reach the main concierge desk, turn left down the first hallway. You will pass the Gift Shop, proceeding to the Diagnostic Center and Lab prior to arriving at Einstein Bagels.



NON-Kaiser Permanente patients only

Diagnostic Center and Laboratory Medicine at GBMC

GBMC Main Hospital 6701 N. Charles St./ Suite 3100/ Towson, MD 21204
MSSA/MRSA preop testing: Monday-Friday 8am-4pm ONLY, no holidays

Near the EAST PAVILION-across the hallway from the Einstein Bagel Coffee Shop ↓





***Information for Patients with Positive Nasal Screens for
MSSA (Methicillin-sensitive Staphylococcus aureus) or
MRSA (Methicillin-resistant staphylococcus aureus)***

One important part of your preoperative evaluation is the identification of possible sources of infection. It is important to diagnose and treat any infections prior to surgery to reduce the risk of infection after surgery. This process involves specific testing done at GBMC's Diagnostic Center 10-30 days before your surgery date to comply with GBMC's Joint or Spine Program protocol.

The MSSA/MRSA nasal culture will check for the presence of staphylococcal bacteria. Staphylococcal bacteria can be present on the skin and in the nose of healthy individuals without symptoms (known as colonization). **A positive nasal screen does not mean you are infected, nor will your surgery be canceled.**

If your culture shows the presence of *Methicillin-sensitive Staphylococcus aureus* (MSSA) *standard precautions are needed. But if your result indicates Methicillin-resistant Staphylococcus aureus* (MRSA), a form of the bacteria that is **resistant** to commonly used antibiotics, your care team will be notified, and the appropriate IV antibiotic(s) will be ordered and given to you in the pre-op/OR areas the day of surgery.

- 1. Pre-op CHG wash:** You will be given a Pre-op CHG Wash Kit from the Joint & Spine Center. Your CHG preop wash starts three nights before surgery with the fourth wash the morning before you come to the hospital for your surgery. Your surgeon may need you to continue to use the CHG wash when you are discharged home. Follow the instructions you are given for the CHG antiseptic. The morning of your surgery, your pre-op nurses will have you wash your skin with a chlorhexidine gluconate (CHG) wipes. Using CHG on your skin will reduce your risk of getting an infection.
- 2. Pre-op IV Antibiotic(s):** On the day of surgery, once you are admitted into the pre-op area, IV antibiotics will be infused. Ancef, Vancomycin, or both if you are positive for **MRSA+**.
- 3. MRSA+ patients** will be placed on **contact isolation** requiring the staff to wear a protective gown and gloves to prevent the transmission of the bacteria to other patients in the hospital.
- 4. Pre-op Normal/MSSA+/MRSA+ decolonizing nasal cleanser:** Nozin® Nasal Sanitizer® is advanced antiseptic for nasal decolonization of germs that can transfer into the surgical incision site. The morning of your surgery your nurse in the pre-op area will clean the inside of your nose with Nozin®.
- 5. Post-op Normal/MSSA+/MRSA+ decolonizing nasal cleanser:** After surgery, you will continue to use the post-op Nozin® Nasal Sanitizer® every 12 hours until your post-op wound check with your surgeon or until the 12-mL bottle is empty (30 days/twice a day).

Instructions for Post-op Nozin® Nasal Sanitizer®:

All Joint & Spine patient cohorts regardless of their MSSA/MRSA results will be participating in this decolonizing regimen. The picture below shows how to clean the inside of your nose. This nasal sanitizer removes MSSA/MRSA and harmful germs that are harboring inside your nose, reducing your risk of getting an infection.

- Once you are admitted to the nursing unit after your surgery, your nurse will provide you with a Post-op Nozin® Nasal Sanitizer® 12 mL kit that includes a starter supply of cotton applicators. ***Do not misplace or throw away the box.*** You can use any over the counter cotton swab.
- The nurse will scan the box barcode into your electronic medication administration record (eMAR)
- Your first dose after surgery will be on arrival to the unit.
- Your second dose will be at 9 pm that same day of your surgery.
- You will continue to clean the inside of your nose every 12 hours as instructed, 9 am and 9 pm, every day until your post-op wound check or until the bottle is empty (30 days, twice a day).

How to Apply Nozin®: (see Figure 1 image on next page)

1. Shake the 12-mL bottle well. Remove Cap.
2. Saturate the cotton applicator: Apply four (4) drops of solution onto cotton swab tip.
3. Apply: Insert swab tip into the RIGHT nostril. Swab eight (8) times clockwise and eight (8) times counterclockwise.
4. Swab: Ensure swab rotation covers all surfaces, including the inside tip of the nostril.
5. Re-saturate Again: Re-saturate the swab tip by applying two (2) drops of solution.
6. Apply to Left Nostril: Repeat application **steps 3-4** in the LEFT nostril.

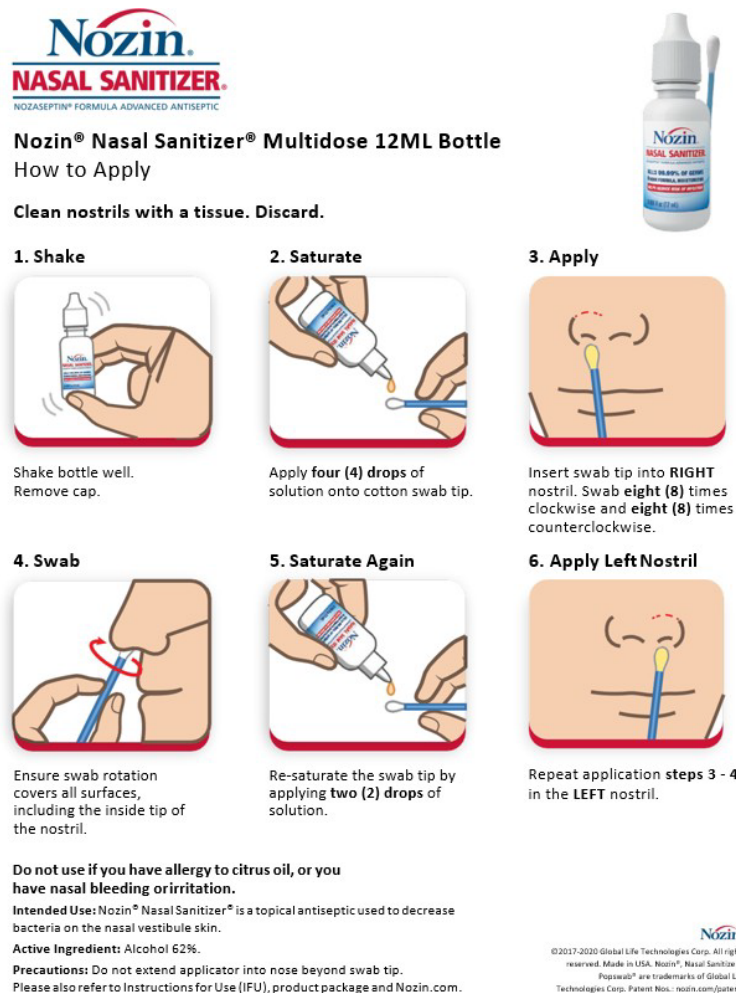


Figure 1

How can you prevent infections after surgery? The most important thing you can do is **wash your hands** regularly. You should wash your hands frequently with soap and water or use an alcohol-based hand sanitizer.

- Don't shave near where you will have surgery. Shaving with a razor can irritate your skin and make it easier to develop an infection.
- Wash with the Preop CHG solution as directed, starting 3 nights before surgery, last CHG shower is the morning of surgery; a total of 4 CHG showers.
- Keep any wounds clean and change your bandages the way your healthcare provider taught you. Clean your hands before and after changing your bandages.

Bactroban (mupirocin) 2% intranasal pre-op instructions **for patients allergic to orange fruit and/or cannot use the Nozin® Nasal Sanitizer®**

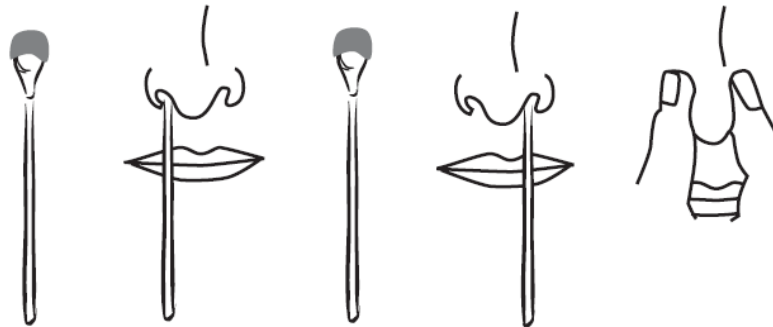
Mupirocin is an antibiotic ointment that provides treatment to help prevent a surgical site infection from *Staphylococcus aureus* organisms.

If your surgeon has ordered a prescription of mupirocin (Bactroban) to use before your surgery, you will need to begin this treatment **Five (5) Days before your surgery date**: You will apply the mupirocin (aka Bactroban) inside each nostril, twice a day for five (5) days, 10 applications, with a cotton Q-tip.

Application instructions:

The picture below shows how to administer the intranasal mupirocin ointment to your nose. This ointment may be supplied in one large tube or several individual application tubes. Both are effective.

- If you receive a single tube of mupirocin (Bactroban) from the pharmacy, place a small amount of ointment on the tip of your finger or on a Q-tip and put on the inside front part of each nostril.
- If you receive 10 individual small tubes of ointment, put half of the ointment from the tube into one nostril and the other half into the other nostril.
- Gently press your nostrils together and release several times (for about a minute) to spread the ointment through your nostrils. Do this twice a day for five days before your surgery.



How can you prevent infections after surgery? The most important thing you can do is **wash your hands** regularly. You should wash your hands frequently with soap and water or use an alcohol-based hand sanitizer.

- Don't shave near where you will have surgery. Shaving with a razor can irritate your skin and make it easier to develop an infection.
- Keep any wounds clean and change your bandages the way your healthcare provider taught you. Clean your hands before and after changing your bandages.
- Cleanse your skin with a pre-op surgical scrub prior to your surgery. It is suggested you start your pre-op skin cleanser 3-nights before surgery, every night, with the 4th and last application the morning of surgery before you come to the hospital. Do not use deodorant, lotion, cream, oil, hair removal lotion, or skin medication prior to surgery.

GBMC

Joint & Spine Center

Preventing Surgical Site Infections

One risk of having surgery is an infection at the surgical site (any cut the surgeon makes in the skin to perform the operation). Surgical site infections can range from minor to severe or even fatal. This sheet tells you more about surgical site infections, what hospitals are doing to prevent them, and how they are treated if they do occur. It also tells you what you can do to prevent these infections.

What Causes Surgical Site Infections?

Germs are everywhere. They're on your skin, in the air, and on things you touch. Many germs are good. Some are harmful. Surgical site infections occur when harmful germs enter your body through the incision in your skin. Some infections are caused by germs that are in the air or on objects. But most are caused by germs found on and in your own body.

What Are the Risk Factors for Surgical Site Infections?

Anyone can have a surgical site infection. Your risk is greater if you:

- Are an older adult.
- Have a weakened immune system or other serious health problem such as diabetes. Smoke.
- Are malnourished (don't eat enough healthy foods).
- Are very overweight.
- You are a diabetic.
- You are a smoker.
- Have a wound that is left open instead of closed with sutures. What Are the Symptoms of a Surgical Site Infection?
- The infection usually begins with increased redness, pain, and swelling around the incision. Later, you may notice a greenish-yellow discharge from the incision. You are also likely to have a fever and may feel very ill.
- Symptoms can appear any time from hours to weeks after surgery. Implants such as an artificial knee or hip can become infected a year or more after the operation.

How Are Surgical Site Infections Treated?

- Most infections are treated with antibiotics. The type of medication you receive will depend on the germ causing the infection.
- An infected skin wound may be reopened and cleaned.
- If an infection occurs where an implant is placed, the implant may be removed.
- If you have an infection deeper in your body, you may need another operation to treat it.

Preventing Surgical Site Infections: What Hospitals Are Doing

Many hospitals take these steps to help prevent surgical site infections:

Handwashing: Before the operation, your surgeon and all operating room staff scrub their hands and arms with an antiseptic soap.

Pre-op CHG wash: The morning of your surgery, your pre-op nurses will have you wash your skin with a chlorhexidine gluconate (CHG) solution. Using CHG on your skin will reduce your risk of getting an infection. Our goal is to keep you from getting an infection.

Pre-op MSSA/MRSA decolonizing nasal cleanser: Nozin® Nasal Sanitizer® is advanced antiseptic for nasal decolonization of germs that can transfer into the surgical incision site. The morning of your surgery your nurse will clean the inside of your nose with Nozin®.

Clean skin: The site where your incision is made is carefully cleaned with an antiseptic solution.

Sterile clothing and drapes: Members of your surgical team wear medical uniforms (scrub suits), long-sleeved surgical gowns, masks, caps, shoe covers, and sterile gloves. Your body is fully covered with a sterile drape (a large sterile sheet) except for the area of the incision.

Clean air: Operating rooms have special air filters and positive pressure airflow to prevent unfiltered air from entering the room.

Careful use of antibiotics: Antibiotics are given no more than 60 minutes before the incision is made and stopped shortly after surgery. This helps kill germs but avoids problems that can occur when antibiotics are taken longer.

Controlled blood sugar levels: After surgery, blood sugar levels are watched closely to make sure it stays within a normal range. High blood sugar delays wound healing.

Controlled body temperature: A lower- than-normal temperature during or after surgery prevents oxygen from reaching the wound and makes it harder for your body to fight infection. Hospitals may warm IV fluids, increase the temperature in the operating room, and provide warm-air blankets.

Proper hair removal: Any hair that must be removed is clipped, not shaved with a razor. This prevents tiny nicks and cuts through which germs can enter.

Wound care: After surgery, a closed wound is covered with a sterile water-resistant dressing.

Preventing Surgical Site Infections: What Patients Can Do

- Ask questions. Learn what your hospital is doing to prevent infection.
- Your doctor or the Joint & Spine Center of GBMC will order an MSSA/MRSA nasal swab test. This test will be done at the GBMC's Diagnostic Center (Monday-Friday, 8am-11am). This test must be completed 10-30 days before your surgery date.
- You will receive a CHG Pre-op Skin Cleanser Kit with instructions for use. The CHG preop wash begins three nights before surgery with the fourth wash the morning of surgery before you come to the hospital. Your surgeon may need you to continue to use the CHG wash when you are discharged home. Follow the instructions you are given for the CHG antiseptic.
- If you smoke, stop or cut down. Ask your doctor about ways to quit.
- Take antibiotics only when told to by a healthcare provider. Using antibiotics when they're not needed can create germs that are harder to kill. Also, finish all your antibiotics, even if you feel better.
- Be sure healthcare workers clean their hands with soap and water or with an alcohol-based hand cleaner before and after caring for you. Don't be afraid to remind them.
- After surgery, you will continue to use the Post-op Nozin® Nasal Sanitizer® every 12 hours until your post-op wound check with your surgeon or until the 12-mL bottle is empty (30 days/twice a day).
- When you return home, care for your incision as directed by your doctor or nurse.
- Eat a healthy diet.

Call Your Doctor If You Have Any of the Following:

- Increased soreness, pain, or tenderness at the surgical site.
- A red streak, increased redness, or puffiness near the incision.
- Yellowish or bad-smelling discharge from the incision.
- Stitches that dissolve before the wound heals.
- Fever of 101 °F or higher.
- A tired feeling that doesn't go away.



GBMC

JOINT AND SPINE CENTER

PRE-SURGERY INSTRUCTIONS

The HIBICLENS soap you have been given is a solution of 96% Gentle Foaming Soap, and 4% Chlorhexidine Gluconate Antiseptic for pre-surgical bathing, which is prescribed to mitigate the opportunity for infection:

1) It is VERY important that you follow these instructions no less than **FOUR (4)** days in a row.

2) Visit this link to watch a 2-minute 36-second video illustrating how to correctly shower using the foaming HIBICLENS: <https://youtu.be/eF3tae-c6d8>

[Scan this QR Code for video:](#)



3) **Shower #1** begin three (3) nights before your surgery.

Wash your hair, face, and genitals with your regular shampoo and soap. Rinse thoroughly.

4) Run clear water on the rest of your body to wet the rest of your body.

5) Shut off the shower or step out of the water stream.

6) Pump the Hibiclens foam onto each of the 6 or 7 disposable cloths provided to you.

7) Lather up and wash your body from your neck down (each cloth for each body zone, see back of this page).

IMPORTANT!!: Do not allow solution to come in contact with your face, eyes, nose, mouth, ears, or inside your genitals.

8) Allow the HIBICLENS foam to sit on your skin for at least **two (2) to five (5) minutes.**

9) After you've waited at least 2 minutes, turn the water back on, or step back into the water stream to rinse.

10) Pat dry with a fresh clean towel.

11) You will repeat this process every night before surgery.

Hibiclens Shower #2 is two (2) nights before surgery.

Hibiclens Shower #3 is the night before surgery.

Hibiclens Shower #4 is the morning of surgery before coming to the hospital.

Do NOT shave or use removal lotions, deodorant, perfume, lotion, creams, or oils on your body.

FOUR (4) SHOWERS ARE PRESCRIBED.

DO THIS EVERY DAY FOR FOUR (4) DAYS IN A ROW PRIOR TO SURGERY!!

Each one of the disposable cloths (#1 through #6 or #7) is used on a different part of the body. By using a fresh clean cloth with the Hibiclens for each body zone, you help cut down on cross contaminating different body areas. Pump the Hibiclens foam onto each of the 6 or 7 disposable cloths provided to you.

Cloths #1-6: Pump Hibiclens onto cloths, lather skin as instructed below.

#1: Surgical Site. (If multiple surgical sites, use a new cloth)

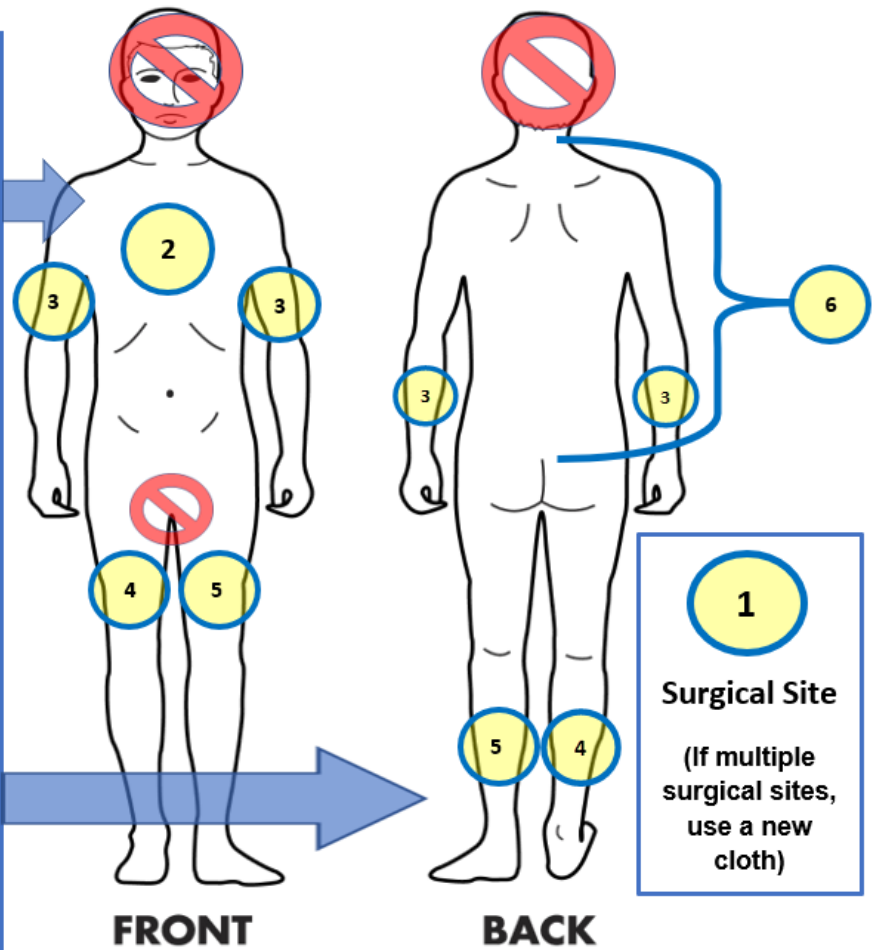
#2: Neck, chest, and stomach.

#3: Both arms front and back, arm pits, hands, and fingers.

#4: Starting at right hip, front and back of leg, feet, toes.

#5: Starting at left hip, front and back of leg, feet, and toes.

#6: Shoulders, back of neck, upper and lower back, and buttocks.



Do NOT shave or use hair removal lotions, deodorant, perfume, lotion, creams, or oils on your body.



Three Nights Before Surgery

●

Two Nights Before Surgery

●

One Night Before Surgery

●

Morning of Surgery

●

How to Use Your Incentive Spirometer *Before Surgery*

To better prepare you for surgery, we are supplying you with an incentive spirometer (IS) to begin using before your procedure. Your goal is to use this at least 30 times a day before your surgery. This information will teach you how to use your incentive spirometer (IS)

About Your Incentive Spirometer

An incentive spirometer (IS) is a device that will expand your lungs by helping you to breathe more deeply and fully. The parts of your incentive spirometer are labeled in Figure 1.

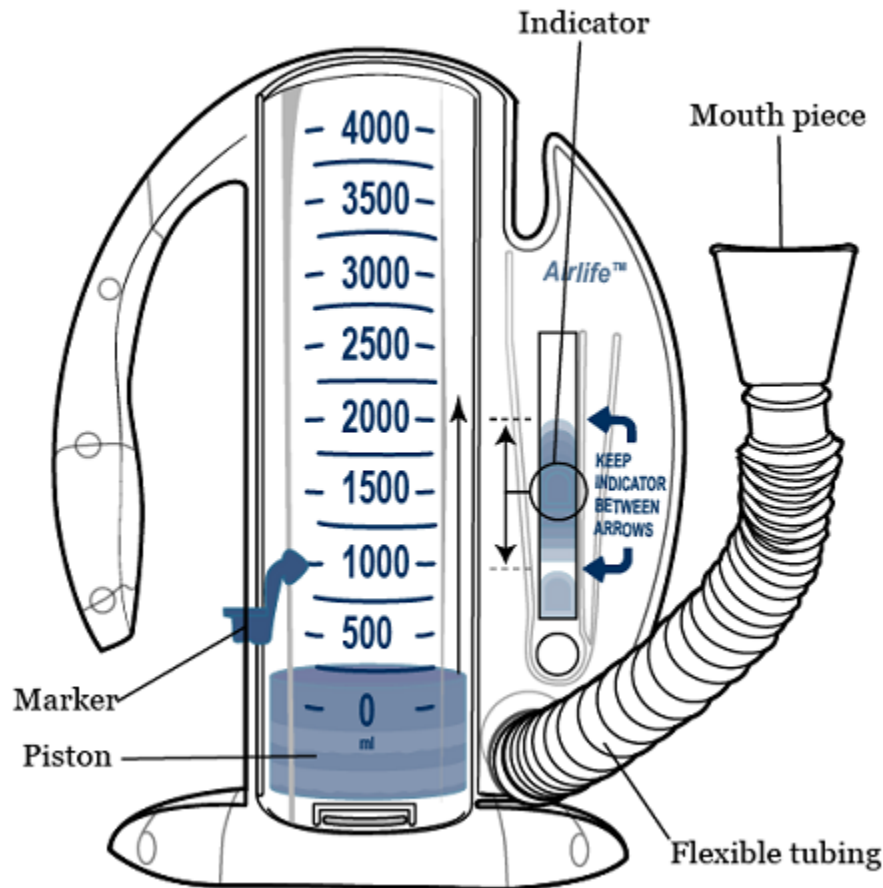


Figure 1. Incentive Spirometer



Use your incentive spirometer (IS) before your surgery and do your deep breathing and coughing exercises. This will help keep your lungs active throughout your recovery and prevent complications such as pneumonia.

Setting up your incentive spirometer

The first time you use your incentive spirometer (IS), you will need to take the flexible tubing with the mouthpiece out of the bag. Stretch out the tubing and connect it to the outlet on the right side of the base (see Figure 1). The mouthpiece will be attached to the other end of the tubing.

Using your incentive spirometer

When you are using your incentive spirometer (IS), make sure to breathe through your mouth. If you breathe through your nose the incentive spirometer will not work properly. You can plug your nose if you have trouble.

The goal is to use this incentive spirometer at least 30 times throughout the day. Breathing-in several times consecutively may leave you feeling dizzy. Stop and rest if this occurs and try again later.

To use your incentive spirometer (IS), follow the steps below. Sit upright in a chair or in bed. Hold the incentive spirometer at eye level.

1. Slowly breathe out (exhale) completely.
2. Put the mouthpiece in your mouth and close your lips tightly around it. Breathe in (inhale) slowly through your mouth as deeply as you can. As you take the breath, you will see the piston rise inside the large column. While the piston rises, the indicator on the right should move upwards. It should stay in between the 2 arrows (see Figure 1).
3. Try to get the piston as high as you can, while keeping the indicator between the arrows.
 - o If the indicator does not stay between the arrows, you are breathing either too fast or too slow.
4. When you get it as high as you can, hold your breath for 5-10 seconds, or as long as possible. While you're holding your breath, the piston will slowly fall to the base of the spirometer.
5. Once the piston reaches the bottom of the spirometer, breathe out slowly through your mouth. Rest for a few seconds.
6. Repeat twice. Try to get the piston to the same level with each breath.
7. After each set of breaths, try to cough. Coughing will help loosen or clear any mucus in your lungs.
8. Put the marker at the level the piston reached on your incentive spirometer (IS). This will be your goal next time.

Use your incentive spirometer every few hours, the goal is at least 30 times spread-out through the day. No more than 8-10 times an hour.

Deep Breathing Exercises and/or Incentive Spirometry

1. Sit upright.
2. Take a few slow breaths, then take a slow, deep breath in through your nose.
3. Hold your breath for 2-5 seconds.
4. Gently and Slowly breathe out through your mouth making an "O" shape.
5. Repeat 10-15 times

If you have any questions or concerns, contact us at The Joint and Spine Center 443-849-6261



Joint and Spine Center

Directions to GBMC General Operating Room (GOR)

- Begin by entering the **GBMC Main Entrance** from **North Charles Street**. Proceed up the hill and when you come to the fork in the road, turn left to go up the hill towards the Emergency room and follow the signs to **Lily Park**, which will be on your left directly across from the Emergency Department. ***Collect your parking ticket*** when entering garage.
- Parking is available for patients anywhere in **Lily Park**; however, the first 3 levels are reserved for you and your family members, so you should find available parking on these levels.
- Once you have parked your car, take the garage elevator to the ground floor (3rd floor), turn right, and follow signs to the **Main Hospital**. You will pass through a short tunnel and into the concourse adjacent to the Emergency Department. Walk straight and look for **Elevator E** that will be on your left.
- It is very important to remember that you are now on the 3rd floor of the hospital as you enter the concourse from the tunnel and the parking garage at GBMC is built on a hill. Please keep this in mind.
- Take **Elevator E** to the 4th floor. When the doors of the elevator open, the **Family Waiting Information Desk** will be directly in front of you. Here you will check in with a volunteer who will then direct you to an Admissions Officer who will register you for surgery.


Thank you for choosing GBMC!

For further information, contact the Joint and Spine Center at GBMC at

443-849-6261 or online at www.gbmc.org/jointandspine

Joint & Spine Care Coordinator: 443-849-6281

General Reminders

- Park at Lily Garage 
- Arrive to GBMC's GOR no later than 2 hours from your scheduled surgery.
- **Follow GBMC Visitor Policies**
 - Visiting hours are now from 8am — 9pm, unless otherwise specified
 - **1- visitor may stay with the patient overnight** (9pm — 8am), unless otherwise specified.
 - No more than 4- visitors may enter the patient room at one time, unless otherwise specified.
 - Visitors aged 10 to 18 years old will be allowed to visit with a responsible adult, unless otherwise specified.
 - Visitation guidelines will reflect our Zero Tolerance policy as it relates to disruptive behavior.
- Keep all your jewelry, piercings and valuables in a safe place at home.
- **Do not eat any solid foods, gum, mints or smoke cigarettes before surgery!**
- You may brush your teeth and rinse your mouth.
- Make sure you have your photo ID and insurance card with you before leaving home.
- Make sure to bring a **small** hospital bag with change of clothes, your CPAP machine (if you have one), and your assistive devices such as a walker and cane to the hospital. If you plan to leave them in the car while you are in surgery, as soon as you are out of the operating room, please have your support person bring these items to your hospital room/PACU II bay.
- **Discharge pick-up location: Labor & Delivery entrance (Lobby D, Yaggy Atrium)**

NORTH CHARLES STREET

LA PETITE ACADEMY OF TOWSON

S SHUTTLE STOP **V VALET PARKING**

Labor & Delivery

S SHUTTLE STOP **V VALET PARKING**

Pavilion West

S SHUTTLE STOP **V VALET PARKING**

Pavilion East

V VALET SERVICES

Valet services (cash ONLY) will be available

Monday through Friday

at the following times/locations:

7 a.m. - 6:30 p.m.

- Louis and Phyllis Friedman Building entrance
- **Labor & Delivery (OB entrance)** the Yaggy Atrium
- The Bus Loop outside Einstein Bros. Bagels (PPE)
- PPW, Physicians Pavilion West

S SHUTTLE SERVICES

Beginning 11/9/2023 GBMC will

provide shuttle services

on a continuous loop

Monday - Friday

7 a.m. - 5 p.m.

The shuttle accommodates 4 passengers at a time

and will pick up from 3 locations:

- Friedman Building entrance
- PPW, Physicians Pavilion West
- Bus loop, Physicians Pavilion East (PPE)

GATEHOUSE DRIVE

TULIP PARK

P

LILY PARK

P

PHYSICIANS PAVILION NORTH

EMERGENCY DEPARTMENT

GOR 4th floor

LOUIS AND PHYLLIS FRIEDMAN BUILDING

PHYSICIANS PAVILION EAST

PHYSICIANS PAVILION WEST

IRIS PARK

P

SANDRA R. BERMAN PAVILION

P

BERMAN LOT

P

DAFFODIL PARK

P

CLOSED

BLUEBELL PARK

P

CLOSED

SANDY'S WAY

N



N



NORTH CHARLES STREET



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Your Surgery is Scheduled at the following location on GBMC

Campus: **GOR, the floor above the Emergency Room**



General Operating Room (GOR)

From Charles Street: Enter the GBMC campus from Charles Street. At the fork, stay to the left (towards the ER) and proceed up the hill. Turn at the second left into Lily Park, across from the Emergency Department.

-  **Park in Lily Park Garage** (which is left of the ER).
- Take the elevator to the main floor to **Lobby E**.
- Once inside, **Lobby E**, walk down the corridor, you will pass a sitting area on the LEFT.
- Continue until you reach elevator E.
- Take **Elevator E** on the left to the 4th floor.
- When you exit the elevator walk straight forward to the GOR registration desk.

The **GBMC HealthCare navigation** app <https://www.gbmc.org/gbmc-app>

A GPS wayfinding, directing you from home to the proper parking garage.)

MAIN LOBBY ENTRANCE

On November 9, 2023, GBMC's new Louis and Phyllis Friedman Building entrance will open. There will be limited shuttles and valet services available.

Please review parking at GBMC UPDATES: <https://www.gbmc.org/parking>

Please plan to use Lily Park  garage on the day of your surgery.

QUESTIONS? Contact the GBMC HealthCare Parking Office (during regular business hours) at 443-849-6271 or Security at 443-849-2222.

Patient & Visitor Parking Rates:

Up to 1 hour: FREE

1 hour to 3 hours: \$6.00

3 hours to 6 hours: \$7.00

Over 6 hours (per 24 hours): \$8.00

Valet Available in the Following Locations: CASH ONLY

- **Labor & Delivery (OB) entrance**
- Louis and Phyllis Friedman Building entrance
- The Bus Loop outside of Einstein Bros. Bagel

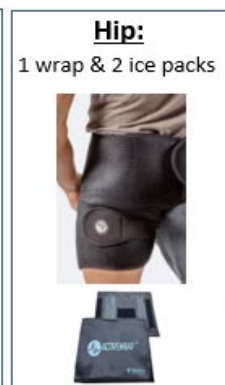


Discharge Checklist-Joint

- _____ I have reviewed my discharge instructions with the nurse
- _____ I know who is my support person/help at home
- Post-op Physical Therapy/Occupational Therapy Agency: _____
 - Phone # _____ Start of Care Date: _____
 - If I haven't heard from the Home Physical Therapy Agency 3-days after discharge or have any issues with scheduling, I will call my surgeon's office as soon as possible
- _____ Do I need a referral/prescription for Outpatient Physical Therapy?
- _____ Do I have my prescription(s)?
 - Medication(s) **MUST** be picked up the day of discharge or prior to admission
- Do I know the reason for and side effects of my prescriptions?
- I have my...
 - _____ Walker and/or cane (if you do not have one, insurance approval is needed)
 - _____ Ice packs (2 for hips and 4 for knees) and the wrap
 - _____ Dressing material (gauze and tape)
 - _____ Nozin® Nasal Sanitizer® 12-mL bottle and starter cotton swabs
 - _____ Gait Belt
 - _____ Belongings that I brought into the hospital
- If I choose, I can purchase a portable SCD device to take home to prevent development of post-op blood clots
- I will call my surgeon's office with any signs of infection such as fever, redness,



Nozin® Nasal Sanitizer® 12mL Bottle



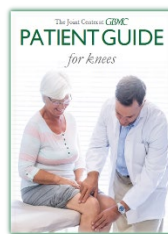
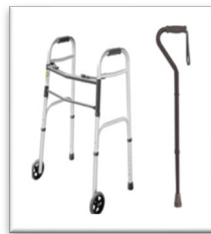
Same-Day Discharge Joint Replacement Surgery:

Day of Surgery Checklist: Knee/Hip

➤ Arrive with you **Coach/Support Person** to the hospital 2-hours before your scheduled surgery time.

Bring to the hospital:

- State issued ID card
- Insurance card(s)
- Walker with two 5" wheels
- Guidebook



Discharge from the Post Anesthesia Care Unit (PACU):

- Confirmed Post-operative physical therapy arrangements
- Coach/Family member MUST BE PRESENT** for education and PT training, brings the walker
- Nozin® Nasal Sanitizer®, 12-mL bottle and starter cotton swabs
- Gauze and tape
- Therapy ice packs & wrap (knee or hip)
- Gait belt

At Home After Surgery

- I will call my surgeon's office with any signs of infection such as fever, redness, swelling, tenderness, or drainage.
- I will call my surgeon's office with any new loss or decrease in sensation in the operative leg or foot.
- I will call my surgeon's office if there is persistent pain, cramping, or soreness in the calf.
- I will contact my surgeon's office with any questions or concerns.



Knee



Hip



Nozin® Nasal

Gauze & Tape

1 knee wrap, 4 ice packs

1 hip wrap, 2 large ice packs

Gait Belt

***IF your surgery at GBMC is cancelled, please call the Joint & Spine Center, 443-849-6261

Post-op PRECAUTIONS

Total Knee Replacement



Knee Precaution:

Do **NOT** place a pillow under your knee

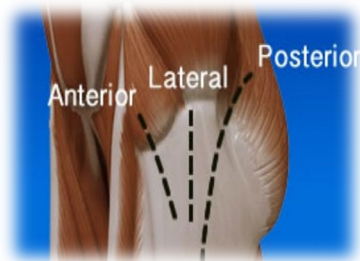
- Negative Outcomes
 - Knee flexor contractures
 - Prevents full knee extension
 - Gait disturbances

Total Hip Replacement Post-op Precaution Videos below

There are three types of surgical approaches for a total hip replacement:

Posterior, Lateral, or Anterior.
Your surgeon will order the specific precautions for you to follow to prevent post-op dislocation.

Below are the QR codes to link you to the videos of each precaution:



Posterior Hip Replacement

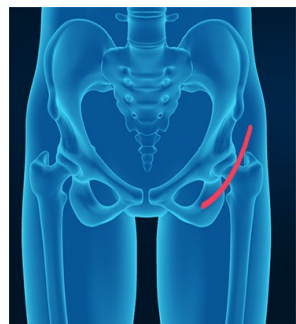


Posterior Hip Precautions

- **No** crossing legs
- **No** turning toes inward (internal rotation)
- **No** bending from waist beyond 90 degrees



Anterior Hip Replacement



Direct Anterior Hip Precautions

Follow your surgeons Direct Anterior Hip replacement precaution orders.

You may have these precautions to prevent dislocation:

- **No** extreme Extension
- **No** flexion with External Rotation

Lateral Hip Replacement



Lateral Hip Precautions

- **No** extreme Extension
- **No** External Rotation
- **No** flexion with External Rotation
- **No** Active Abduction unless allowed by your surgeon

