



Prepping for Joint Replacement

Joint replacement solutions at Porter Regional Hospital can help you get back to the life you love. Here are a few must-dos to get ready for a successful experience.



One Month Before Surgery

Both total hip and knee replacements are major operations. Your orthopedic surgeon will likely ask you to see your primary care doctor for a complete physical exam once surgery is scheduled to identify and address any health concerns that could affect the procedure. This is especially important if you have heart disease, diabetes, high blood pressure or other chronic conditions. In addition to getting a physical and any recommended laboratory tests, focus on living a healthy lifestyle—eat a nutritious, iron-rich diet, quit smoking, exercise and try to lose a few pounds, if needed.

Keep in mind that you'll need assistance with daily chores for at least one week after surgery. The American Academy of Orthopaedic Surgeons recommends purchasing or renting a walker with front wheels only, cane, raised toilet seat and shower chair, and if you're having a hip replacement, a sock aid (which will help you put on socks or stockings), long-handled shoehorn and reacher to grasp items on low-lying shelves.



One to Two Weeks Before Surgery

You should stop shaving around your incision site two weeks prior to surgery and quit taking ibuprofen, aspirin and other nonsteroidal anti-inflammatory drugs seven days before your replacement operation. Ask your physician which medications to avoid until after surgery.

Consider cooking and freezing meals, so you or a loved one won't be responsible for meal prep during your recovery. Also, walk through your home and remove throw rugs, unsecured lamp and electrical cords, and other items that could clutter floors and make using a walker difficult and/or dangerous.



The Night Before Surgery

Closely follow your doctor's preoperative instructions. As a general rule, you should shower before bed using antibacterial soap, remove nail polish and avoid eating or drinking after midnight. Prior to hitting the sheets, pack your hospital bag. Make sure to include:

- Athletic shoes
- Books or magazines
- Comfortable pajamas
- Insurance cards and copies of any other medical documents, such as a living will
- Loose-fitting clothes
- Toiletry items, including a toothbrush and toothpaste, face wash, a comb or hairbrush, and makeup, if desired

Leave valuables, including jewelry, checks and credit cards, at home. Smartphones, computers and tablets should also remain at home or in the possession of the loved one staying with you at the hospital.



On the Big Day

Don't wear contacts, makeup, deodorant or lotion to the hospital, and continue to fast. As you prepare for surgery, take a deep breath and try to relax. Remember, you are now one step closer to finding relief and reclaiming an active life.

Designated as a
Blue Distinction[®]
Center for Knee and Hip Replacement



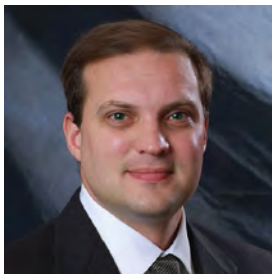
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Orthopedic Care Close to Home

At Porter Regional's Center for Orthopedic Medicine, relieving your pain is our priority. That's why we've brought together some of Northwest Indiana's most skilled orthopedic and spine specialists in one dedicated network.

These surgeons offer comprehensive care for a wide variety of conditions, including a nationally recognized joint replacement program. Whenever possible, they use minimally invasive techniques, like anterior approach hip replacement and partial knee resurfacing, which often offer less pain, faster recovery and a more natural-feeling joint.

Don't live with pain. Call **(219) 210-4606** to find a physician who can help you find relief.



Aaron Anderson, M.D.

Board-Certified Orthopedic Surgeon

Hand; Upper Extremity



Rebecca Anderson, M.D.

Board-Certified Orthopedic Surgeon

Hand; Upper Extremity



Paul Gruszka, M.D.

Board-Certified Orthopedic Surgeon

General Orthopedics, Work-Related Conditions; Sports Medicine; Knee Injuries and Replacement; Upper Extremity



Thomas Kay, M.D.

Board-Certified Orthopedic Surgeon

General Orthopedics; Joint Replacement; Sports Medicine; Upper Extremity



Michael Leland, M.D.

Board-Certified Orthopedic Surgeon

Joint Replacement; Pediatric Orthopedics



Anthony Levenda, M.D.

Orthopedic Surgeon

Sports Medicine; Upper Extremity; Joint Replacement; General Orthopedic



David Musgrave, M.D.

*Board-Certified Orthopedic Surgeon
General Orthopedics; Sports Medicine; Joint
Replacement; Upper Extremity*



Nick Nenadovich, M.D.

*Board-Certified Orthopedic Surgeon
Back and Neck Pain; Spine Surgery*



Bruce Thoma, M.D.

*Board-Certified Orthopedic Surgeon
General Orthopedics; Joint Replacement;
Upper Extremity*



Anton Thompkins, M.D.

*Orthopedic Surgeon
Back and Neck Pain; Spine Surgery*

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