



Knee Replacement Surgery Preoperative Guide

Use This Tool to Help Prepare for Your
Upcoming Knee Replacement Surgery

Welcome to Holy Cross Health's Joint Program

Thank you for choosing Holy Cross Germantown Hospital or Holy Cross Hospital for your orthopedic care. Our experienced orthopedists and other members of your joint care team are ready to help you move forward to overcome your joint pain.

Below is information that is essential as you prepare for your surgery and recovery. Please keep this with you and fill in the blanks as you can.

Surgeon Name: _____

Coach Name: _____ Identifying your coach is a very important step in your surgery process. This person will assist you in your recovery, and he or she will need to be available 24 hours a day for your first 72 hours at home, following your discharge from the hospital. Your identified coach should also attend the pre-operative joint class with you, to learn more about their role.

☐ **Pre-operative Joint Class**

Please **call 301-754-8800 or visit HolyCrossHealth.org to schedule your pre-operative joint class**, approximately one month prior to surgery. This class will teach you what to expect, how to prepare and how your coach will assist you throughout the process. Your coach should attend the class with you.

☐ **Schedule Your Pre-operative Work Up Appointment**

Make this appointment with your primary care provider for medical clearance for surgery.

Appointment Date: _____ This appointment must occur within 30 days of surgery.

☐ **Pre-admission Testing**

You will work with a Holy Cross Health nurse to review your medications, fill out a pre-anesthesia questionnaire, review your pre-surgical diet and limitations, and follow up on other screenings, if needed. **Please call 301-754-8200 to schedule your interview for Holy Cross Hospital or 301-557-6827 for Holy Cross Germantown Hospital.**

Interview Date: _____

Date of Your Surgery: _____

Arrival Time on the Day of Your Surgery: _____

Your Surgery Time: _____

Your Expected Discharge Day: _____

Your Expected Discharge Time: _____

If you have any questions, please call 301-754-7774 and someone from our joint care team will be happy to assist you.

Important Phone Numbers

Your Nurse

Your Occupational Therapist

Your Physical Therapist

Your Surgeon

Your Primary Care Doctor

Joint Program Information

301-754-7774

Outpatient Pharmacy
Holy Cross Hospital:
301-754-7820

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Holy Cross Health's Joint Program

**How to Prepare and What to Expect
Before, During and After Joint Replacement Surgery**



Moving Life Ahead.

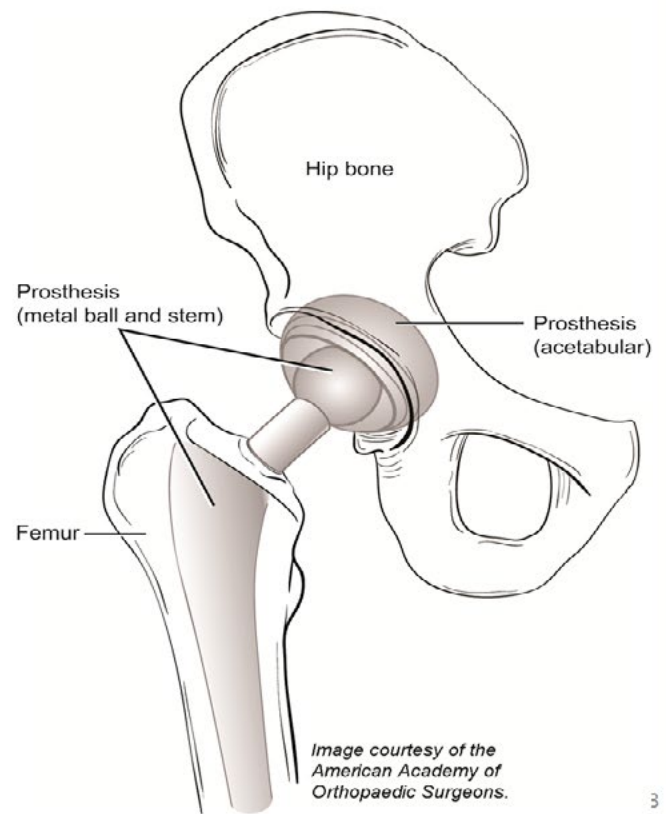
Welcome to the Pre-operative Joint Replacement Class

In this class we will cover:

- Preparing for surgery
- Your hospital stay
- Discharge planning
- Preparing your home

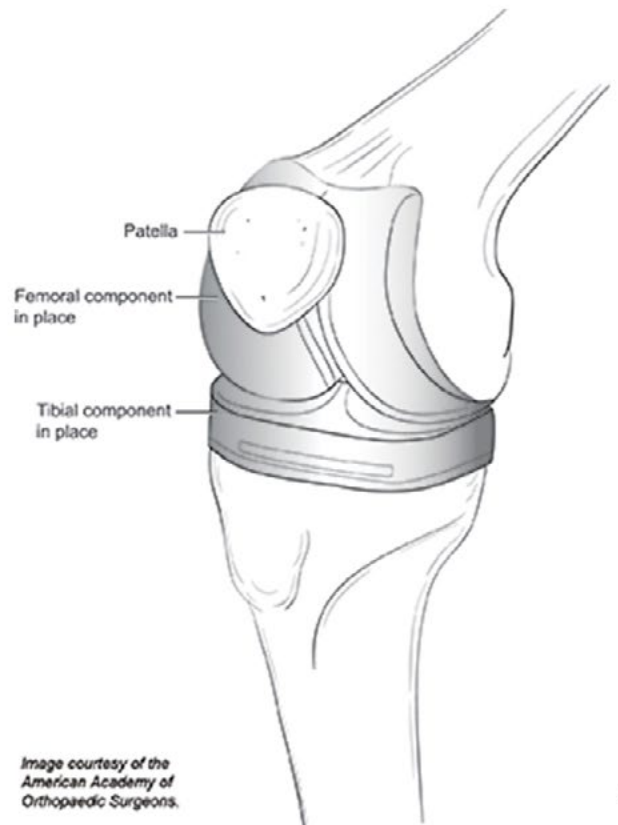
Hip Replacement

- The joint (ball and socket) is replaced with implants made of metal, polyethylene or ceramic
- **Offers relief from pain and improves mobility, function and quality of life**



Knee Replacement

- Resurfaces the joint's bone ends with two to three component parts
- Metallica and polyethylene materials are used for strength and durability
- **Offers relief from pain and improves stability, mobility, function and quality of life**



Invest in Your Success By...

- **P**reparing your home
- **R**eading your guide packet
- **E**xercising
- **P**racticing with your coach
- **A**ttending a pre-operative class
- **R**equesting pain medication
- **I**dentifying equipment needs
- **N**oticing your improvements
- **G**oing home!



Your Joint Team

- Orthopedic Surgeon
- Anesthesiologist
- Nurses (RNs)
- Physician Assistants
- Nursing Assistants
- Physical Therapists (PT) and Occupational Therapists (OT)
- Care Management
- **Coach**
- Hospitalists

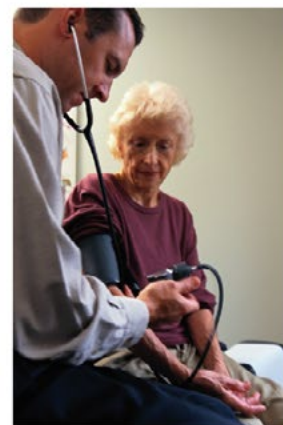
Your Coach

- Your coach can be your spouse, child, sibling or friend – any person who wants to support you throughout this process.
- Your coach will be involved with every aspect of your experience, from preparation through recovery.
- Be sure to review your guide packet together.
- Develop your **TEAM'S** plan:
 - T**ransportation
 - E**xercise
 - A**ctivities of daily living
 - M**edical history, medications and meals
 - S**hopping



Important Appointments and Actions Before Surgery

- A **Pre-admission Testing** appointment/call with a Holy Cross Health nurse. You can proactively make this appointment by calling 301-754-8200 for Holy Cross Hospital or 301-557-6827 for Holy Cross Germantown Hospital.
- A **Pre-operative testing** and medical clearance appointment with your primary care physician (your surgeon will indicate what tests you need). This should occur within 30 days of surgery.
- Dental exam (within the past year)
- Preparing your Advance Directives, if necessary.



Please complete page 2 of this packet to help keep track of your appointments. Advance care planning resources are available at [HolyCrossHealth.org/AdvanceCarePlanning](https://www.HolyCrossHealth.org/AdvanceCarePlanning).

Exercises Before Surgery

Exercises are important to your safety and success. Improving your muscle strength before surgery is an important step in your recovery. Before surgery, you should do **two sets of 15 repetitions of each exercise, twice per day**.

1. Ankle pumps
 2. Quadriceps sets
 3. Gluteal sets
 4. Chair push-ups
- Take short rest periods, as needed.
 - Use slow and steady movements while exercising.
 - Take slow, deep breaths during each exercise.
 - Counting out loud for each repetition helps you keep track and breathe well.
 - **Do Not** over-exert yourself.
 - **Do Not** exercise in a cold room or immediately after a meal.
 - **Do Not** continue to exercise if it causes increased pain. You may modify an exercise without eliminating it.
 - Stop exercising and contact your doctor if you notice chest pain, dizziness or excessive perspiration while exercising.



Day Before Surgery

- Follow eating and drinking guidelines
- Review medication instructions
- Check arrival time (plan to arrive two hours before surgery)
- Complete your packing list
- Relax and get a good night's rest
- If you feel ill; have a fever; or have a rash, abrasion or cuts near the surgical site – **Call Your Surgeon**
- Remove nail polish
- Lay out comfortable clothing for next day
- Complete CHG bathing

Showering Before Surgery

- Shower as normal once per day for three days prior to your surgery.
- On the day before your surgery, shower before bed.
- **Do not** shave or use hair removal lotions.
- **Do not** apply creams, lotions, powder or makeup.
- Change your bed linens the day before surgery.
- Wear newly laundered pajamas after completing CHG bathing with wipes.

The Importance of Using Sage (CHG) Wipes

- Preparing or “prepping” your skin before surgery can reduce the risk of infection at the surgical site.
- You will use disposable cloths moistened with a special rinse-free 2% Chlorhexidine Gluconate (CHG) antiseptic solution.
- **PLEASE AVOID: ears, nose, mouth, genitals and rectal area while wiping with the cloths.**
- **Do not microwave the package prior to use.**

Pre-operative Skin Prep



Sage CHG Wipes Continued

- **Use all cloths in the packages** (a total of 6 wipes) and throw wipes into the trash when finished.
- Allow the area to air dry.
- **Do not rinse off.** It is normal for the skin to have a temporary “tacky” feel for several minutes after the antiseptic solution has been applied.
- **Put on clean pajamas.**

Preparing Your Skin Before Surgery

Preparing or “prepping” skin before your surgery can reduce the risk of infection at the surgical site. To make the process easier for you, Holy Cross Health has chosen disposable cloths moistened with a special, rinse-free 2% Chlorhexidine Gluconate (CHG) antiseptic solution. The steps below outline the prepping process that you should follow carefully.

Bathing Before Surgery

- Shower or bathe your body as normal once a day for three days before your surgery, using your own soap products.
- The day before your surgery, take an evening shower and wait at least one hour before you prep your skin with the antiseptic cloths.
- **DO NOT** shave or use hair removal lotions or creams on the area of your body where surgery will be done. Shaving can increase your risk of infection due to nicks from the razor.

Sage Wipes

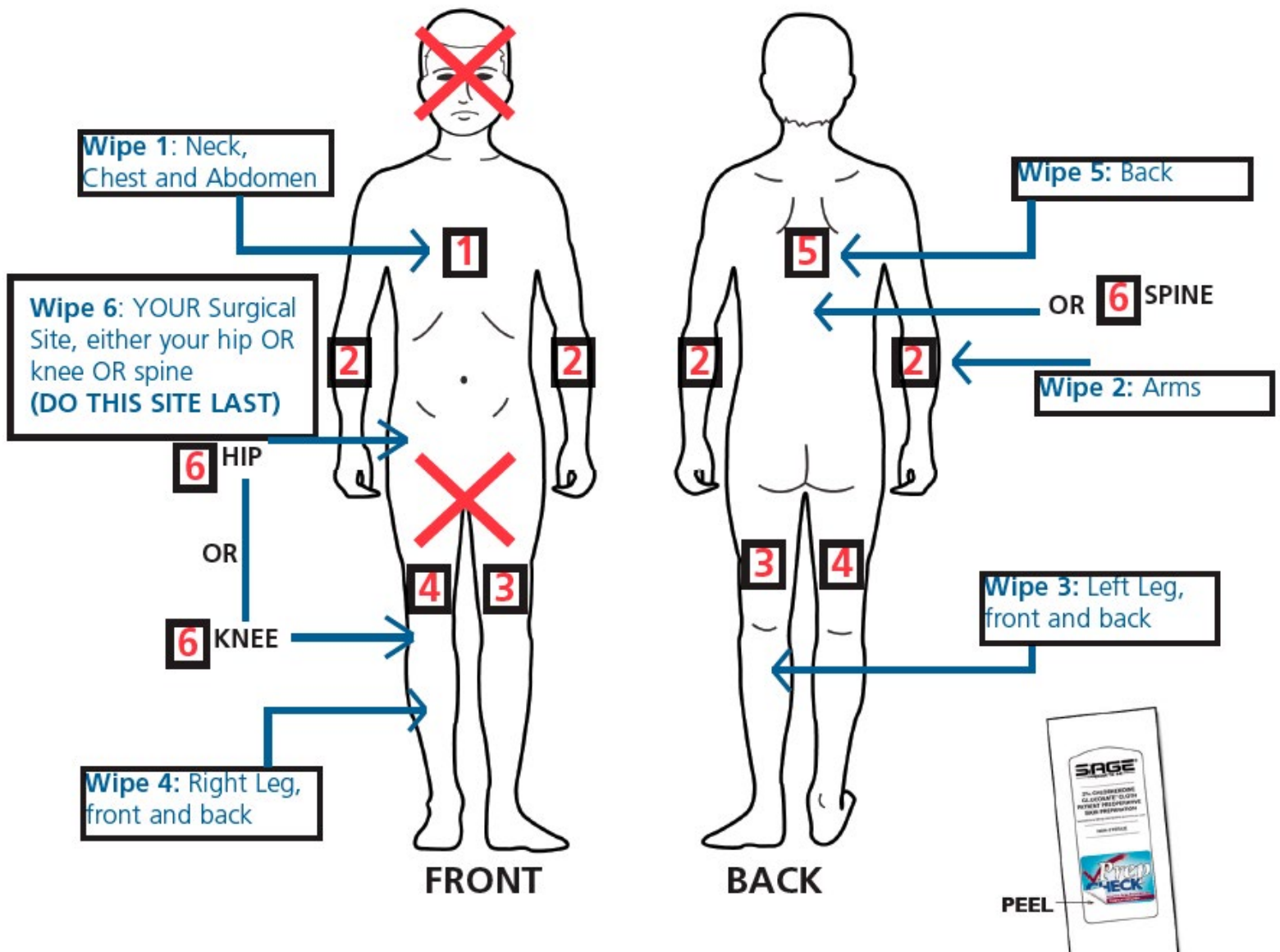
- Use one multi-pack of the disposable cloths to prep your entire body (this will include three inner packages, for a total of six wipes)
- To open each inner package, follow the “Tear Here” instructions on the back.
- **Avoid contact with your eyes, ears, mouth and genitals. Do not wipe your rectal area.**
- **DO NOT** microwave the package prior to use.

When NOT to Use the Wipes

Do not use the wipes if you:

- Are allergic to CHG
- Have severe skin breakdown, rash or burns
- Are receiving radiation therapy
- Are receiving thiotepea (chemotherapy drug)

Pre-operative Preparation Diagram



Remember: avoid contact with your eyes, ears, mouth and genitals. Do not wipe your rectal area.

Your Initials: _____

Date You Completed the CHG Wipe Down: _____

Place the Prep Check sticker from the package here once steps of skin preparation have been completed.

Please initial and date at left that your CHG wipe down was completed the night before your surgery. Bring this with you on your day of surgery to show your nurse.

Instructions for the Night Before Surgery

Wipe down your body the night before your surgery, like you would with a washcloth. Begin wiping with the six cloths provided in the order listed below. Place in the trash after use on each body part.

1. The first cloth is for your neck, chest and abdomen
2. The second cloth is for your arms.
3. The third cloth is for your left leg.
4. The fourth cloth is for your right leg.
5. The fifth cloth is for your back.
6. The last cloth is for the surgical area, so this will be your second wipe down in that area. Wipe your surgical site last, moving back and forth for about three minutes making sure to wet the whole area.

Use all cloths in the packages (six total) and throw into the trash when finished.

Day of Surgery – Arrival

- Arrive two hours before your scheduled surgery time
- At Holy Cross Hospital, park in the garage or use the valet service.
- At Holy Cross Germantown Hospital, park in the surface lot.
- Visit the information desk to be directed to **Patient Registration** and to pick up a visitor's pass for your **coach**.



Can I eat or drink before my surgery?

During the four hours before

Do not eat or drink anything (only small sips of water to swallow medicines).

Four to eight hours before

You may only drink clear liquids, such as water, sport drinks, fruit juices without pulp, black coffee, clear tea or carbonated drinks. You may drink up to two glasses.

Eight to 12 hours before

You may only eat a small light meal* (toast, jam, cereal, fruit and clear liquids). Do not eat fried or fatty foods.

* Do not eat any food after midnight if your surgeon has placed you on a clear liquid diet.

What to Bring to the Hospital

- Your personal ID
- Your insurance card
- Copayment or deductible required by your carrier
- Personal care items (e.g., toothbrush, hairbrush, mouthwash, lotions, etc.)

- Appropriate footwear (e.g., no open-back or open-toe shoes, no flip flops or clogs)
- Walker (if you have one in good condition), marked with your name. Your therapist will make sure it is appropriate and adjusted properly for you.
- Your advance directive or living will

What NOT to Bring to the Hospital

- Medications (unless otherwise instructed)
- Valuables (items or devices that could get lost or stolen)
- Cash more than \$5

Parking

Holy Cross Hospital charges for daily garage and valet parking, up to \$8 per day. Longer-term parking passes can be purchased through the hospital cashier.

Holy Cross Germantown Hospital does not charge for parking.

For additional information about parking rates and the payment process, please visit HolyCrossHealth.org/parking.

Registration

- Sign in at **Patient Registration** to:
 - confirm contact information
 - complete insurance paperwork and co-pays
 - submit advance directive/MOLST form
 - get your hospital ID bracelet



Surgery Department/Pre-op

- You will be directed to the Ambulatory Surgery Department (ASD)
- This is where we will:
 - confirm your information
 - start your IV
 - review your consent
 - perform another wipe down with the Chlorhexidine Gluconate (CHG) antiseptic cloths (turn in page 14 of your guide, indicating that you completed a wipe down the night before surgery)
 - Speak with your surgeon and your anesthesiologist



Operating Room

Your operating room (OR) nurse will escort you on a stretcher to the operating room. Your anesthesiologist will be waiting to begin anesthesia. The types of anesthesia can vary. Your surgeon and anesthesiologist will determine the best option with you. These include:

- General
- Regional (Epidural, spinal and peripheral nerve blocks)



Anesthesia

Anesthesiologists are doctors who provide one-on-one medical care during surgery. During the procedure, the anesthesiologist:

- Provides comfort and safety;
- Manages preexisting medical conditions and problems that may develop during surgery;
- Monitors and controls blood pressure, heart rate, breathing and oxygen levels; and
- Gives medications to control pain.

General anesthesia is similar to a deep sleep. During surgery, you will not feel, see or hear anything. Serious complications from anesthesia are rare. Anesthesia is much safer and more effective than ever before.

- Nausea and vomiting may occur as the result of narcotic pain medicine, certain types of procedures, or the patient's history of nausea or motion sickness. There are several medications available that decrease the incidence of nausea and vomiting.

- Dental injury may be unavoidable. A tooth, cap or bridge may become chipped or loosened when the anesthesiologist is managing your breathing.
- Sore throat is common along with some tongue or lip swelling after surgery.
- Serious complications like heart or lung failure are most often related to the patient's preexisting health and medical condition.
- Heart and lung disease, high blood pressure, diabetes, smoking and severe obesity increase the risk of these complications.

Your anesthesiologist looks forward to meeting and taking care of you. Before your procedure, you will meet your anesthesiologist to discuss and finalize the best anesthetic plan for you. Your anesthesiologist makes this decision in consultation with your surgeon. He or she bases this decision on what is needed for your surgery, your medical history and health, and your wishes.

If you smoke, we encourage you to stop smoking. You can get help from the State of Maryland Quit Line at 1-800-QUIT-NOW (1-800-784-8669).

Recovery Room

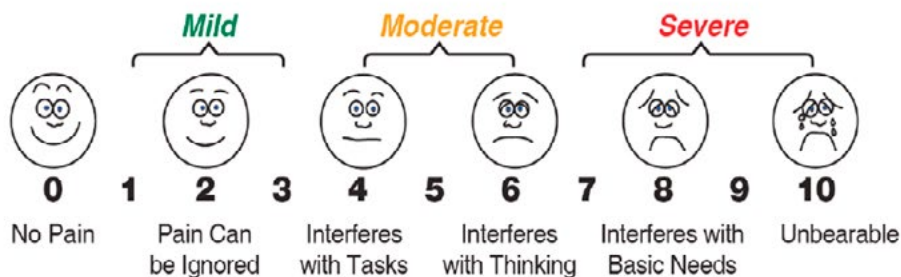
- After surgery, you will be transferred to a recovery room in the Post Anesthesia Care Unit (PACU)
- We will continue to monitor your heart rate, blood pressure and other vital signs
- You are key to managing your pain. Please be familiar with our pain scale, to help make yourself as comfortable as possible



Measuring Pain

When it comes to pain, ***you are in control...***

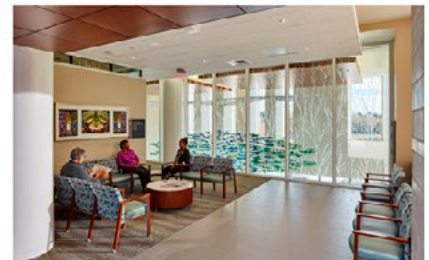
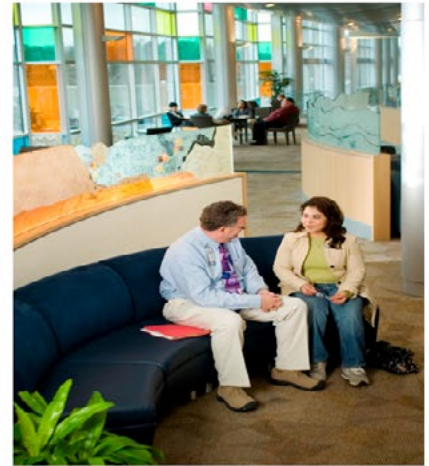
- Think along the lines of “under control” as opposed to “no pain”
- Your nurse will ask about your pain level using a scale from 0 to 10



- Be proactive: ask for pain medication before the pain starts to interfere with mobility
- Effective pain management helps prevent complications and allows you to fully participate in your recovery

Visitor Waiting Area

- At Holy Cross Hospital, your coach will wait in the hospital's main lobby area
- At Holy Cross Germantown Hospital, your coach will wait in the 2nd floor waiting area
- Your surgeon will update your coach after surgery



Private Rooms

In your private patient room, amenities include:

- Room-service-style meal delivery
- Free wireless Internet access
- An in-room entertainment center



Your Most Important Challenges

- **Breathing** using the incentive spirometer 10x/hour
 - coughing and deep breaths
- **Moving** in bed and out of bed, and turning from side to side moves air through your skin and lungs
 - walking moves air through your skin and lungs
 - **always ask for help to get out of bed!**
 - **"CALL DON'T FALL"**
 - increase circulation by performing ankle pumps, quad & glut sets while in bed
- Addressing your **pain** and understanding how to measure your pain.
 - anticipate the situations that will increase your pain



What to Expect During Your Stay

Your personalized care plan will consist of:

Nursing care

- Vital signs
- Labs
- Sequential Compression Devices (SCDs)
- Dressing changes
- Incentive spirometer
- Pain management
- Catheter
- Knee immobilizer as directed by surgeon (For total knee replacement only)
- Hip positioning as directed by your surgeon

Discharge planning

- Discharge by 11 a.m. on day of discharge
- Needs for home including 24 hour care from **coach**
- Follow-up appointment with your surgeon within two weeks of discharge
- Discharge instructions including surgical site care, post-op pain control and post-op nutrition

Knee Replacement Pathway - Day of Surgery

Date: _____

Weight Bearing Status: _____

Diet: _____

EXPECTATIONS

ACTIVITY:

- Surgery
- Transfer from your recovery room to your private patient room.
- Use your incentive spirometer every hour.
- Sit/stand at the bedside with assistance.
- Complete calf/ankle exercises while in bed.
- Wear your knee immobilizer while in bed.

NURSING:

- Start eating a diet as tolerated.
- Your vital signs will be taken routinely.
- Your intake and output will be monitored.
- Wear your pneumatic stockings to prevent clots.
- Work in collaboration with your nurse to manage your pain.
- You may have blood drawn or other lab work/tests.

PHYSICAL THERAPY (PT):

- Start physical therapy today, if ordered by your physician.

OCCUPATIONAL THERAPY (OT):

- Start occupational therapy today, if ordered by your physician.

DISCHARGE PLANNING:

- A discharge planner will visit you either today or tomorrow.

ADDITIONAL NOTES:

Knee Replacement Pathway - Post Surgery Level 1

Date: _____ Weight Bearing Status: _____ Diet: _____

EXPECTATIONS

ACTIVITY:

- Sit out of bed/in chair for all meals.
- Walk to the bathroom with assistance as needed.
- Use your incentive spirometer every hour.
- Wear your knee immobilizer when out of bed (only for the first 24 hours, unless specified by your physician).
- Complete exercises while in bed.
- Begin anticoagulant (blood thinner) education.

NURSING:

- Your vital signs will be taken routinely.
- Your intake and output will be monitored.
- Pneumatic stockings will be removed.
- Work in collaboration with your nurse to manage your pain.
- You may have blood drawn or other lab work/tests.
- Review patient education sheets.

PHYSICAL THERAPY (PT):

- PT evaluation at _____ a.m.
- PT at _____ p.m.
- You will work on:
 - Increasing the range of motion of your knee
 - Transfers
 - Walking
 - Exercises
 - Learning to use an assistive ambulatory device

OCCUPATIONAL THERAPY (OT):

- OT evaluation at _____ a.m. as schedule permits.
- You will work on:
 - Transferring on/off the toilet
 - Activities of daily living (ADLs) (such as bathing, dressing, shower, tub transfer)

DISCHARGE PLANNING:

- Evaluation and review for discharge.
- Start coordinating equipment and home health needs.

ADDITIONAL NOTES:

Knee Replacement Pathway - Post Surgery Level 2

Date: _____ Weight Bearing Status: _____ Diet: _____

EXPECTATIONS

ACTIVITY:

- Sit out of bed/in chair for all meals.
- Walk to the bathroom with assistance as needed.
- Use your incentive spirometer every hour.
- Complete exercises while in bed.
- Use your CPM; set at _____ degrees for _____ hours *(if ordered by your physician)*.
- Continue anticoagulant (blood thinner) education.

NURSING:

- Your vital signs will be taken routinely.
- Your intake and output will be monitored.
- If you still have IVs, they may be discontinued.
- Remember to ask for pain medication 30 minutes prior to your PT/OT sessions and as needed.
- You may have blood drawn or other lab work/tests.
- Review patient education sheets.

PHYSICAL THERAPY (PT):

- PT evaluation at _____ a.m.
- PT at _____ p.m.
- You will work on:
 - Increasing the range of motion of your knee
 - Transfers/walking
 - Stair training
 - Exercises
 - Practice using an assistive ambulatory device
 - Reviewing a home exercise program

OCCUPATIONAL THERAPY (OT):

- OT evaluation at _____ a.m. as schedule permits.
- You will work on:
 - Transferring on/off the toilet
 - Activities of daily living (ADLs) (such as bathing, dressing, shower, tub transfer)
 - Reviewing strategies for doing ADLs at home

DISCHARGE PLANNING:

- Review discharge needs.
- Discuss equipment ordered and home care services.
- Review discharge procedure.

ADDITIONAL NOTES:

Knee Replacement Pathway - Post Surgery Level 3

Date: _____ Weight Bearing Status: _____ Diet: _____

EXPECTATIONS

ACTIVITY:

- Discharge home.
 - You will go home once cleared by your physician.
 - Goal is to be picked up by 11 a.m.
- You will be transported downstairs by wheelchair.

NURSING:

- Medicate for pain as needed.
- REVIEW PATIENT DISCHARGE INSTRUCTIONS.
 - Precautions
 - Medications
 - Pain medication
 - Activity
 - Care of surgical site
 - Anticoagulation

PHYSICAL THERAPY (PT):

- PT at _____ p.m.
- You will work on:
 - Increasing the range of motion of your knee
 - Transfers/walking
 - Stair training
 - Exercises
 - Practice using an assistive ambulatory device
 - Reviewing a home exercise program

OCCUPATIONAL THERAPY (OT):

- OT at _____ a.m. as schedule permits.
- You will work on:
 - Transferring on/off the toilet
 - Activities of daily living (ADLs) (such as bathing, dressing, shower, tub transfer)
 - Reviewing strategies for completing ADLs at home

DISCHARGE PLANNING:

- Review discharge needs.
- Confirm equipment.
- Review home care services for RN and/or PT/OT.
- Review discharge procedure.

ADDITIONAL NOTES:

Therapy at the Hospital

Physical Therapy (PT)

- Your physical therapist will see you on your day of surgery
- You'll work on transfers including from sitting to standing, and bed mobility
- You'll walk with an appropriate assistive device (usually a walker)
- You'll practice stair safety
- You'll exercise the surgical site and work on range of motion
- You'll be educated on fall precautions and joint precautions

Occupational Therapy (OT)

- Your occupational therapist will see you on your day of surgery
- You'll work on bathing, dressing
- Your therapist will recommend adaptive equipment and show you how to use it
- You'll get educated on home safety and fall precautions



The rehabilitation gyms at Holy Cross Germantown Hospital (left) and Holy Cross Hospital (right).

Outpatient Pharmacy

Holy Cross Hospital has an outpatient pharmacy located on the first floor. The following insurances are NOT accepted:

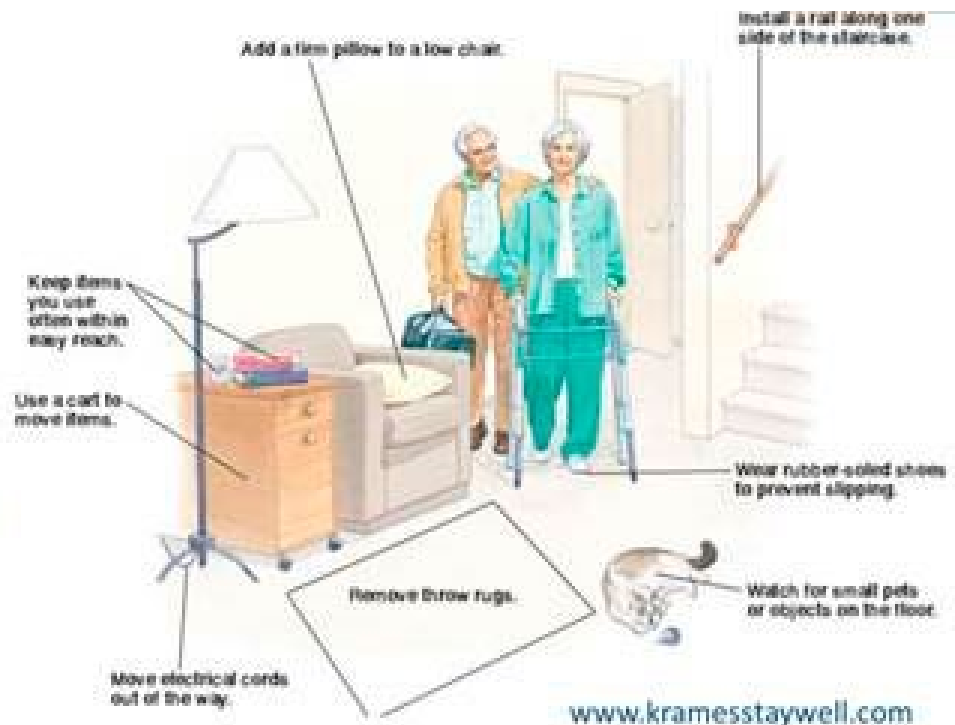
- UnitedHealthcare
- Priority Partners
- Amerigroup

- Medicare Part A or Part B
- Medicare Part D
- Some Aetna carriers

Holy Cross Germantown Hospital does not have an outpatient pharmacy.

Home Safety

- Keep items you use often within easy reach
- Sit in chair with arms rests and avoid low chairs
- Remove throw rugs and loose carpeting
- Move electrical cords out of the way and keep walking paths clear of clutter
- Wear proper foot wear to prevent slipping
- Secure pets to avoid tripping
- Secure handrails on all stairways



www.kramesstaywell.com

HC HOLY CROSS HEALTH
A Member of Trinity Health

Moving Life Ahead.

Bathroom Safety

- Install a hand-held shower head for easier bathing
- Use a long handled sponge to wash hard to reach areas and maintain precautions
- Install grab bars in your shower or tub as shown in picture
- You may sit on a bath bench or shower chair as recommended by your therapist
- You may use a commode chair or raised toilet seat to raise the height of your toilet for safety



www.kramesstaywell.com

HC HOLY CROSS HEALTH
A Member of Trinity Health

Moving Life Ahead.

Adaptive Equipment for Mobility



Bed Rail

Walker



Cane



Grab Bars



Ice Packs

Bedside
Commode:
3in1



Shower
chair



Tub
Bench

Adaptive Devices



Reacher



Handheld Shower Head

Elastic Shoe Laces



Long Handled
Sponge



Long
Handled
Shoe Horn



Hip
Abductor
Pillow



Sock
Aid

Continue with Holy Cross Health

Holy Cross Health can support you beyond surgery:

- Holy Cross Home Care (including a \$50 Pre-Operative Home & Functional Safety Assessment performed in your home)
- Outpatient Physical and Occupational Therapy at Holy Cross Hospital
- Holy Cross Private Home Services
- Holy Cross Health offers a variety of health and wellness programs and classes



Senior Fit



Holy Cross Home Care



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Congratulations!

Completing this class is an important step toward a successful joint replacement surgery! To learn more about Holy Cross Health's Joint Program, visit [HolyCrossHealth.org/joints](https://www.holycrosshealth.org/joints) or call 301-754-7774.

For additional information:

Holy Cross Germantown Hospital

Laura Collins PT, DPT

Orthopedic Program Coordinator

(301)754-7431

collil@holycrosshealth.org

Holy Cross Hospital in Silver Spring

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Director, Joint and Spine Center

301-754-7648

wisharle@holycrosshealth.org



Sue is back on her bike after joint replacement surgery.

"I was up and around right away with physical and occupational therapy the day of my surgery [and] each day in the hospital, I could do more and more. The best thing was that every staff member on the floor cheered me on with every step I took."

Read patient stories at
[HolyCrossHealth.org/patient-stories-joint-replacement](https://www.holycrosshealth.org/patient-stories-joint-replacement).

Pre-Operative Home and Functional Safety Assessment

Holy Cross Home Care offers a Pre-operative Home and Functional Safety Assessment to evaluate and overcome any barriers to safely returning directly home after joint replacement surgery. A licensed physical therapist can visit your home prior to surgery and help you identify what level of support, assistance and equipment you need, as well as suggest other preparation for recovering safely at home. This program is optional and has a cost to you of \$50. To schedule an assessment, call 301-557-HOME (4663).