

TOTAL JOINT REPLACEMENT



OVERVIEW OF PROCESS

Dr. Samuel Park, South Orange County Orthopedics
26730 Crown Valley Pkwy, Mission Viejo CA 92691
Suite #200. Phone: (949) 364-2154



1 CONSULT

Patients meet with Dr. Park to determine if surgical intervention is their best option. A set of X-rays will be taken. If both the patient and Dr. Park agree that surgical intervention is the best option for them at this time, the patient is required to complete a joint replacement class hosted by Mission Hospital one month before surgery. Our surgery coordinator will reach out to the patient to talk about scheduling surgery.

2 PREOPERATIVE APPOINTMENT

- Scheduled by our surgery coordinator
- One week before surgery date
- New X-rays will be taken as needed
- Patients will see the medical assistant, Dr. Park, a surgery coordinator, and a DME assistant.
- Patients are given prescriptions and CHG4% shower kits
- If patient's preop labs are positive for MRSA or urinary infection, antibiotics will be prescribed as needed

A common concern that arises is still needing clearance from the primary care provider because they need all other lab and test results before signing off. Patients must stop smoking for two months before and after surgery, otherwise it will be canceled.

3 HOSPITAL COMMUNICATIONS

The hospital calls the patient with their surgery time two days before the surgery. Call (949)499-1311 if you do not receive a call.

All patients will be tested for COVID-19. Instructions about where to go and when are given two days before surgery (typically Saturday). The test is given one day before surgery at a drive-in test site.

4 DAY OF SURGERY

No eating, drinking, chewing gum, or having anything orally after midnight before surgery. Small sips of water to take medications before surgery in the morning is the only exception to this rule.

Dr. Park performs surgery at Mission Hospital Laguna Beach. 31872 Coast Highway, Laguna Beach CA 92651

Our preoperative team will handle any questions or concerns at the hospital. Try to relax and let Dr. Park do what he's best at!

5 FIRST POSTOP APPOINTMENT

Patients must call and schedule their postoperative appointments for two weeks after surgery by calling our appointment line (949)203-4387.

Patients will get a set of X-rays, have any postoperative dressings removed, and will see Dr. Park. You will also get an order for post operative physical therapy.

6 RECHECK APPOINTMENTS

Patients must call and schedule recheck appointments. These are spaced out 6 weeks, 3 months, 6 months, 1 year, and 2 years from the post-op appointment.

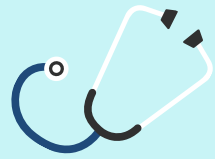
7 CONTACTS

For questions about scheduling surgery, Asuni Lott, Surgery Coordinator
(949)542-4144
surgery@socortho.com

For questions about the class, Kenna Stone, Orthopedic Nurse Navigator
(949)-245-8932
Kenna.Stone@stjoe.org



FREQUENTLY ASKED QUESTIONS



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1 WHAT IS NORMAL AFTER SURGERY?

Pain level: Days 2-5 after surgery are typically when pain peaks for patients as all the hospital medications have worn off. Taking pain medication as prescribed, icing regularly, and elevation help manage pain.

Bruising: After total joint replacement surgery it is normal to have widespread bruising, sometimes even down to patient's feet! Bruising will change color and go away over time as your body heals.

Swelling: Just like with bruising, it is normal to have swelling. Icing and elevation will help manage swelling.

2 WHEN SHOULD I START PHYSICAL THERAPY? WILL A PHYSICAL THERAPIST COME TO MY HOME?

Home physical therapy will be arranged by a case manager at the hospital if indicated. Typically, home PT visits three times before your first post-operative visit. Continued physical therapy will be discussed at the first post-op visit.

3 WHAT MEDICATIONS ARE REQUIRED AND FOR HOW LONG?

The only medication required by Dr. Park after surgery is aspirin or xarelto. Blood thinning medications help prevent blood clots and are required for 14 days after surgery for total knee and 28 days for total hip patients.

4 ARE THE IMPLANTS MRI SAFE?

Yes. The implants are made of titanium and cobalt chrome. They are made by Zimmer Biomet.

5 DO I HAVE TO TAKE ANTIBIOTICS WHEN I GO TO THE DENTIST?

Yes. Dr. Park requires pre-medicating dental procedures with antibiotics for life after total joint replacement surgery. Call our office and connect to the Medical Assistant line to ask for a refill to be sent to your pharmacy.

Patients should wait 6 months after joint replacement surgery to have any dental procedures unless it is an emergency.

6 WHEN CAN I...?

Walk: Patients walk the same day as surgery! Patients are allowed to use stairs one day after surgery.

Travel: Patients should wait for 6-8 weeks after surgery before traveling.

Swim: Patients are allowed to swim 3-4 weeks after surgery.

Drive: Usually, patients are able to drive around 2-3 weeks after surgery depending on patient comfort and medications. Patients currently using narcotic pain medications are NOT allowed to drive.

7 WHEN SHOULD MY SURGICAL DRESSINGS BE CHANGED?

Surgical dressings are typically changed 7-10 days after surgery by the home physical therapist. Dressings should be changed if three borders are saturated.

