

Surgery Reminder Information

Name _____

Surgery date: _____

You will be called two working days before surgery with your arrival time.

Contact Information Pre-Admission nurse: Weekdays from 8am to 4 pm at **204-331-8955**.
or **204-331-8999** Rehab/Surgery Ward: Evenings and Weekends at 204-331-8800 ext 40943.

Your responsibilities prior to your surgery:

- 1 **Report** any changes in your health, medication changes, infections....
- 2 Have all your equipment in place and set up at home done.
- 3 **Day surgery patient fill your Outpatient Prescription before coming for surgery.**
- 4 Eat a healthy well-balanced diet so that you will heal better after surgery.
- 5 Remain as active as possible, exercises before surgery will help you after surgery.
- 6 **Ensure your ride can pick you up on discharge at short notice.**
Admission pts: You will likely be discharged the day after surgery around noon.
Day surgery pts: You will likely be discharged around 5 pm, depending on the time you arrive.

General information to keep in mind regarding surgery:

A Take all prescription medications as normal.

Stop all anti-inflammatory medications as well as herbal medication 7 days before surgery.

Medications to stop: _____

May take Tylenol during this time period.

B Information videos are available through the WRHA Joint Replacement Resource Centre.

To learn more about the surgical process, exercises and Pain Management Google:

Joint Replacement Resource Centre and click on Educational & Exercise Videos.

Follow-up appointments:

- **You must make an appointment with your doctor 2 weeks after surgery** for incision check and possible clip removal
- **6 week follow-up appointment** will be booked for you in the BTHC Outpatient department (ACC), for all surgeons. You will be given this appointment before you leave after your surgery.

Post-operative driving restrictions:

- **Surgery on your right leg (hip and knee):** You are not allowed to drive for at **least 6 weeks**. Your surgeon will inform you when you can drive again.
- Left leg patients can usually drive after 3 -4 weeks, once mobility improves.

You must be well to have surgery. If you are not well call 1-204-331-8955 to discuss options.

Important reminders for the day of surgery:

- 1) **DO NOT EAT ANY SOLID FOODS** for at least 6 hours prior to arriving at the hospital.
You may drink clear fluids up to 2 hours before your time of arrival at the hospital.
Clear fluids include: water, Gatorade, sports drink, apple juice, cranberry juice, clear tea, black coffee (no milk, cream or whitener), clear broth, or jello.
- 2) Take a shower at home on the morning of surgery. You may wash as normal. Before getting out of the shower, **wash the site where you will be having surgery (knee or hip) and the surrounding area using soap and water**, clean well.
- 3) Remove **all nail polish and products, and all jewelry** the morning of your surgery. **Do not apply any deodorant, lotions/creams, hair products, or makeup, after your shower.**
- 4) If you are a smoker. Try to cut down some and **do not smoke the morning of surgery.**
- 5) To help prevent infections, **DO NOT shave** the skin where the surgical incision will be made, within 7 days of your surgery.
- 6) Take **only** the medications that you were instructed to take, by your anesthetist, the morning of your surgery. If unsure do not take any that morning. _____
- 7) Enter by the **Main entrance** on the morning of your surgery. Report to the **Admitting Desk at the time listed** on your surgery letter. **Do not be late**, as the nursing staff need this time to get you ready for surgery.
- 8) Things to bring to the hospital:
 - Your Manitoba health card
 - All your prescription medications
 - Something to help pass the time, your phone and charger, reading material handwork
 - Your equipment including the walker, supportive shoes,.....
 - If having knee surgery **bring your cryotherapy (cold therapy) machine to the hospital**
 - Loose comfortable loose-fitting clothing to wear when doing therapy
 - Your personal items such as comb, toothbrush, deodorant (if staying overnight).

NOTE:

Day surgery patients must bring in all their equipment. Family members are not allowed to stay in the Day Surgery area.

Admitted patients: if possible we prefer family to bring in equipment/personal items after your surgery is completed and you have been admitted to a hospital bed.

- 9) Clearly label all your equipment with your name, so it is not mistaken as hospital equipment.

Post-surgery Orthopedic Pain Management Info Sheet

Normal side effects of surgery:

1) Pain (often a problem for about 4 to 6 weeks)

- You will likely have pain from your incision site. This will take about 2-3 weeks to heal.
- You will likely have bone pain similar to a broken bone. The ends of your bones are trimmed to place the hardware securely. This takes 4-6 weeks to heal and sometimes longer.
- You may experience pain in new areas of your body, especially if your leg was straightened with surgery. This should get better over a number of weeks to months.
- Everyone experiences pain differently, and you may require pain medication for a few weeks. The medication often does not take away all your pain, but should make it easier to cope.
- You need to take enough medication so you can do your exercises, which are necessary for a good recovery. Sometimes you will need to exercise through your pain.

2) Swelling (often lasts a couple of weeks)

- It is normal for there to be swelling around the surgical site, which may increase your pain.
- Elevating and applying ice to the affected area will help to decrease swelling, and reduce pain.
- Use ice packs for 15-20 min to affected area. Use a cloth or towel as a protective barrier to prevent cold damage to the skin. This can be done 3-4 times per day.
- A cryotherapy machine is an alternative to ice packs, and can be used continuously to control pain and swelling. **If this is prescribed for you**, follow all manufacturer's instructions for use.

3) Bruising (often lasts for a week or two)

- Bruises are very common after surgery, and can take a long time to be absorbed by your body. The bruises can shift and move with gravity to your lower leg. This may also cause pain.

Ways to Cope With Pain

- 1) Have a **positive attitude**. Your state of mind is important, and will play a huge role in your recovery. Non-medicinal things that have been shown to help with pain are positive self-talk, distraction, music, enough sleep, a good sense of humor, and a good support network. These things can help you cope better.
- 2) Baseline pain medications: take regularly for 2 weeks after surgery:
 - Take Acetaminophen (Tylenol) 1000 mg, as well as an anti-inflammatory medication like Celebrex, Aleve, Advil, Ibuprofen, Naproxen or Diclofenac, this can significantly help reduce the pain from surgery. These can be taken at the same time.
- 3) **If needed**, you can use narcotic pain medications **at the same time** as Tylenol and an anti-inflammatory for more severe pain. Do not let your pain get out of control. It takes more medication to regain control once pain is severe. **Note:** If you are prescribed Tylenol #3,

Tramacet, or Percocet (Oxycodone), you should not take both this and Acetaminophen at the same time as it contains the same medication. Max: 4000mgs of Tylenol per day.

- 4) Use the chart on this paper to track what medications you are using. It is easy to forget what you have taken and when, while you are taking multiple medications.

Common Side Effects of Pain Medication

Constipation

- This is common when taking narcotic pain medications, it can be very problematic for some.
- Drink plenty of water and increase foods with a higher fiber content.
- Add a stool softener if needed. Some options would be Sennosides, or Restoralax. These are available without a prescription, or ask your pharmacist for other options.

Decreased Concentration and Coordination

- Drowsiness, poor coordination and reflexes, are common with narcotic use.
- Do not drive while you are using Narcotic pain medications.

Tylenol 1000 mgs		Time	Time	Time	Time	
To be spaced at least 4 hours apart Take these regularly for 2 weeks Max 4000 mgs/day		Breakfast	Lunch	Supper	Bedtime	
		Day 1				
		Day 2				
		Day 3				
		Day 4				
		Day 5				

Often: Celebrex		Time	Time	
Celebrex take twice daily. Other NSAIDS as per the bottle instructions <u>Take for 2 weeks only then stop NSAIDS use.</u>		Breakfast	Bedtime	
		Day 1		
		Day 2		
		Day 3		
		Day 4		
		Day 5		

A narcotic medication <u>Hydromorphone</u> or _____		Note: take the lowest dose possible for the shortest time possible (no more that 2-3 weeks)							
date	Day	Write in time	Write in time	Write in time	Write in time	Write in time	Write in time	Write in time	Write in time
	Day 1								
	Day 2								
	Day 3								
	Day 4								
	Day								

If you require more narcotic pain medication, you will need to see your family doctor to get this.

**Boundary Trails Health Centre
OUTPATIENT PRESCRIPTION
Joint Replacement Surgery**

Patient Name (if no addressograph):
Patient Address:
Patient DOB:

**Note: These medications are only to be started
after the surgery is done.**

Allergies: _____

If not in agreement - cross out and initial	
These orders are to be used as a guideline and do not replace sound clinical judgment and professional practice standards. Patient allergies and contraindication must be considered when completing these orders.	
<input type="checkbox"/> Cephalexin 500 mg tablets Take ONE (1) tablet PO FOUR (4) times daily starting the EVENING Of surgery M: 4 tables <p style="text-align: center;">If severe Penicillin allergy</p> <input type="checkbox"/> Clindamycin 300 mg capsules Take TWO (2) capsules PO FOUR (4) times daily starting the EVENING Of surgery M: 8 tables	Antibiotic
<input type="checkbox"/> Acetylsalicylic acid enteric coated 81 mg tablets Take ONE (1) tablet PO TWO (2) times daily x 35 days starting the EVENING Of surgery M: 70 tablets <p style="text-align: center;">OR</p> <input type="checkbox"/> Rivaroxaban 10 mgs tablets Take one (1) tablet PO daily x <u> 14 </u> or <u> 35 </u> days starting the day after surgery M: <u> </u> tablets <p style="text-align: right;">***Important to take for VTE prophylaxis ***</p>	Blood thinner
<input type="checkbox"/> Acetaminophen 500 mg tablets Take TWO (2) tablets PO FOUR (4) times daily x 14 days starting the EVENING Of surgery THEN take ONE to TWO tablets PO FOUR times daily AS NEEDED (pain) M: 1 bottle	Pain Management
<input type="checkbox"/> Celecoxib 200 mg capsules Take ONE (1) capsule PO TWO (2) times daily x 14 days starting the EVENING Of surgery M: 28 capsules	Pain Management
<input type="checkbox"/> Rabeprazole 20 mg tablets Take ONE (1) tablet PO daily x 14 days starting the EVENING Of surgery M: 14 tablets <p style="text-align: center;"><u>May substitute with</u></p> <input type="checkbox"/> Pantoprazole 40 mgs tablets Take ONE (1) tablet PO daily x 14 days starting the EVENING OF surgery M: 14 tablets	Stomach Protection
<input type="checkbox"/> Ondansetron 4 mg tablets Take ONE (1) tablet PO every EIGHT (8) hours AS NEEDED (nausea) M: 4 tablets	Nausea control
<input type="checkbox"/> Senokot 8.6 mg tablets Take 1 - 2 tablets PO at BEDTIME AS NEEDED (constipation) M: 10	Constipation Management

Physician Signature: _____ **Date:** _____

Physician printed name: _____

Prescriber Licence #: _____

Medication recording:

Cephalexin 500 mgs (antibiotic) for 4 doses				
	8:00 am	12:00 noon	6:00 pm	10:00 pm
Day of surgery	XXXX	XXXX	XXXX	
Day after surgery				XXXX

Acetylsalicylic acid enteric coated 81 mg tablets twice a day for 5 weeks unless directed to take an alternative blood thinner.														
	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	am	pm	am	pm	am	pm	am	pm	am	pm	am	pm	am	pm
Week 1														
Week 2														
Week 3														
Week 4														
Week 5														

Celecoxib (Celebrex) 200 mg capsules twice a day for 2 weeks
See back of green Pain Management instruction sheet for table when to take

Acetaminophen (Tylenol) 500 mg tablets take 2 tablets four 4 times a day for 2 weeks
See back of green Pain Management instruction sheet for table when to take

Hydromorphone (narcotic pain medication) this prescription is written the day of surgery
See back of green Pain Management instruction sheet for table when to take

Rabeprazole 20 mg tablets or Pantoprazole 40 mgs tablets once a day for 2 weeks								
	Monday		Tuesday		Wednesday		Thursday	
	pm		pm		pm		pm	
Week 1								
Week 2								

Ondansetron 4 mg tablets every EIGHT (8) hours AS NEEDED (nausea) record time taken

Senokot 8.6 mg tablets 1 - 2 tablets PO at BEDTIME AS NEEDED (constipation)

ABOUT *Katie's* COTTAGE

On August 3, 2016 Katie's Cottage opened the doors. The cottage was a dream and a vision by the late Kathryn Reimer.

The cottage is designed to provide a home away from home atmosphere. Home baking, quiet atmosphere, a place to rest. The cottage is close to the Boundary Trails Hospital.

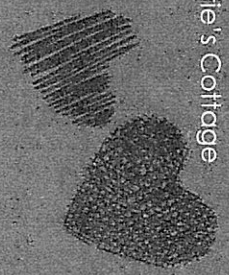
For more information about the cottage visit:

www.katiecares.ca

 Katie Cares/Katie's Cottage

or

 Katie Cares/Katie's Cottage



MISSION STATEMENT

The mission of Katie's Cottage is to create and support programs that directly improve the health and well being of families.

Guiding our mission are our core values:

- Lead with compassion
- Provide a home away from home with comfort, love and compassion
- Celebrate the diversity of our people and our programs - Welcome All
- Operate with accountability and transparency

*See it.
Believe it.
Achieve it.*

ACT UP

12pm - 2pm
at Boundary Trails parking lot

www.katiecares.ca

255-13th Street
Winkler MB R6W 1S5

HOW YOU CAN HELP
Donations are gratefully accepted

Donations can be made payable to:

Katie Cares Inc.
All moneys over \$20 are a 100% tax deductible donation.

Checks can be sent to:

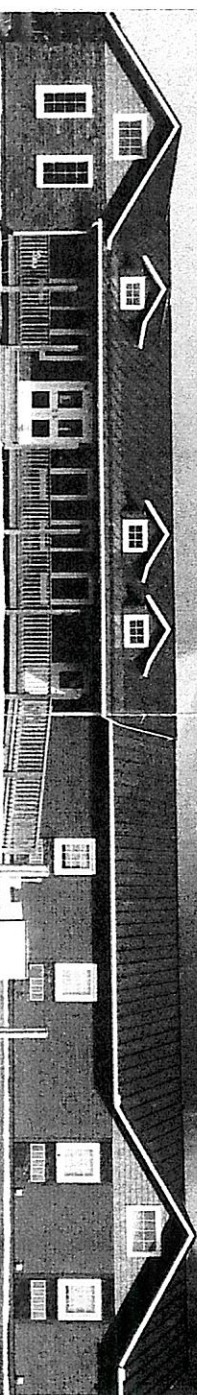
Katie Cares
255 13th Street
Winkler MB R6W 1S5

Or donate online at

www.katiecares.ca



Katie's
COTTAGE
you are welcome here!



I am my own person

I am my own person. I don't want to be, nor will I be someone I'm not. I know a lot of people like to be the same by keeping up with different trends and such, but I honestly don't see the point. Sure you might be "cool" but you're probably missing all the simple and beautiful things in life. Of course sometimes I'll be into popular things, but it'll be because I genuinely like it or think it's cool, not because someone else says so. To me, being my own person means not getting caught up in everyone else's lives, because means being free with myself. I'm perfectly free to be open-minded and full of life, because that's who I am, that's who I love being. So don't tell me to be somebody else, because nobody can tell me who to be. I'm going to be the person that I feel comfortable with, the person who isn't afraid to be different. I'm going to embrace my Katieness.

I'm going to embrace my Katieness.

Written by Kaitlyn Reimer, February 2012.

KAITLYN'S OWN STATEMENT

At age 13 I was diagnosed with cancer, I spent 7 weeks in the hospital. The hospital admissions also consisted of 4 ICU, 2 ambulance trips to Winnipeg, 4 emergency admissions, plus numerous clinic visits to Children's Cancer Clinic as well as a year long chemo treatment plan. Being in hospital opened my eyes to the amount of children fighting cancer with out family. I wanted to do all I could to make it better for the other children which gave me the idea to start this charity.



Katie's Cottage

Katie's Cottage strives to provide the utmost of love and care. Please respect others.

FACILITIES & FEATURES

Katie's Cottage is committed to providing outstanding service:

- Rooms are clean with fresh bedding after every visit
- Friendly compassionate staff / Guest Coffee Bar
- Comfortable surroundings
- Private family meeting room
- Private washrooms
- Full kitchen and dining facility to prepare your own meals
- Complimentary Continental breakfast - self serve
- Small fridge available in each room
- Phones available in each room. Free of charge Canada wide calling. A service provided by Telus.
- Free WiFi
- Wheelchair accessible throughout building
- Outdoor outlets available
- **You must be self sufficient or come with your own care provider. Katie's Cottage is not a medical facility.**

HOURS

Monday - Thursday
8:00am - 8:00pm
Friday
8:30am - 3:30pm

FEES

\$45.20 per night, per room (GST & PST included)
Payment can be made by MasterCard, Visa, debit and cash.

Weekends & Stat Holidays
Closed

Check-in time: 2:00pm **Check-out Time:** 10:00am

Please call 204-312-8445 or come in person to Katie's Cottage to make a reservation.

All Covid 19 guidelines will be followed.

ELIGIBILITY

Katie's Cottage is available for **ANYONE** who is waiting for their loved one. Families who have loved ones in Tabor Home, Salem Home, or Eden Mental Health are also welcome to stay at Katie's Cottage.