

Operation Book



Joint Clinic Paarl

"In Good Hands With Us"

INDEX

The Preoperative Consultation Room Visit

Page

	Make an appointment at our consulting room	
	Bring the following items	
	The agreement with the doctor	
	Demographic data	
	The health questionnaire	
	Medical history	
	Chronic medication	
	The physical examination	
	The special examinations	
	The final diagnosis	
	The treatment plan	

The Pre-Operational Planning and Preparation

	Scheduling the operation	
	Referral to other doctors	
	Permission form	
	Pre-admission clinic at the hospital	
	The Joint school gathering	
	What you can do to prepare for the operation	
	The day before admission	
	Nil per mouth rules	
	The day of admission	

The Time In Operation Theater

	The surgical team	
	Your anesthesia technique	
	Cooperation between the surgeon and the anesthetist	
	Protocol for the prevention of infections	
	The Surgical Check List and Time-outs	
	The surgical procedure	

	Documentation in the theater	
	Continuous communication in the theater	

Care in the Hospital Ward

	Specific spaces in the hospital for treatment	
	Each person rehabilitates at his/her own pace	
	Role of the physiotherapist	
	Role of the care navigator	
	Role of the ward nurse	
	Communication with the patient and family	
	Patients with special needs	
	High risk patients:	
	▪ Infection	
	▪ Fall risk	
	▪ Deep vein thrombosis	
	▪ Pressure sores	
	▪ Postoperative urinary retention (“ POUR ”)	
	The use of medication in the ward and after discharge	
	▪ Pain medicine	
	▪ Antibiotics	
	▪ Blood thinning medication	
	▪ Medication for swelling	
	▪ Iron therapy	
	▪ Sleeping pills	
	▪ Medication for constipation	
	▪ Antibiotics if necessary	
	▪ Anti depressants	
	▪ Own medication	
	Training patients to take care of themselves	
	Observation of risks and complications	
	The discharge plan is adjusted daily	
	We encourage you to return to your own place of residence	

The Discharge

<input type="checkbox"/>	Usually on day 3 (1-5 days) after surgery	<input type="checkbox"/>
<input type="checkbox"/>	Criteria for discharge	<input type="checkbox"/>
<input type="checkbox"/>	You may sit on the left front seat of a vehicle	<input type="checkbox"/>
<input type="checkbox"/>	Mobilise with 2 crutches or a walking frame for 4-6 weeks	<input type="checkbox"/>
<input type="checkbox"/>	Visit the therapists on an outpatient basis	<input type="checkbox"/>
<input type="checkbox"/>	You will need assistance at home for 7-10 days	<input type="checkbox"/>
<input type="checkbox"/>	Referral to a care facility	<input type="checkbox"/>

Home care

<input type="checkbox"/>	Contact your doctor if you are concerned about your condition	<input type="checkbox"/>
<input type="checkbox"/>	Make sure you understand the medication correctly	<input type="checkbox"/>
<input type="checkbox"/>	Get help from the physiotherapist if you have any difficulty	<input type="checkbox"/>
<input type="checkbox"/>	Use crutches to walk with	<input type="checkbox"/>
<input type="checkbox"/>	Factors that may influence the rehabilitation program	<input type="checkbox"/>
<input type="checkbox"/>	Swelling management	<input type="checkbox"/>
<input type="checkbox"/>	Wound care at home	<input type="checkbox"/>
<input type="checkbox"/>	Wound massage	<input type="checkbox"/>
<input type="checkbox"/>	Long-term prevention of infection	<input type="checkbox"/>
<input type="checkbox"/>	You need to be careful for 6-12 months	<input type="checkbox"/>
<input type="checkbox"/>	What to do if an emergency arises at home	<input type="checkbox"/>

Your return to normal

<input type="checkbox"/>	Make sure you have enough time to rest and recover	<input type="checkbox"/>
<input type="checkbox"/>	Do not overdo your activities early on	<input type="checkbox"/>
<input type="checkbox"/>	Shower and dress yourself	<input type="checkbox"/>
<input type="checkbox"/>	Do exercises at home according to instructions	<input type="checkbox"/>
<input type="checkbox"/>	Sit on a high chair with an armrest	<input type="checkbox"/>
<input type="checkbox"/>	You can climb stairs if you feel safe	<input type="checkbox"/>
<input type="checkbox"/>	Do not drive a car before 3-6 weeks	<input type="checkbox"/>
<input type="checkbox"/>	Postpone international flights for 6 weeks	<input type="checkbox"/>
<input type="checkbox"/>	Make sure you recover well before you play sports again	<input type="checkbox"/>

<input type="checkbox"/>	It can take up to a year to fully recover	<input type="checkbox"/>
<input type="checkbox"/>	Follow guidelines for sexual activity after surgery	<input type="checkbox"/>

Follow-up Arrangements

<input type="checkbox"/>	An operation report will be sent to your GP	<input type="checkbox"/>
<input type="checkbox"/>	Your implant information (type of prosthesis) will be registered	<input type="checkbox"/>
<input type="checkbox"/>	Guidelines for follow-up visit times	<input type="checkbox"/>
<input type="checkbox"/>	We would like to record your progress and outcome in our database	<input type="checkbox"/>

Measurement of outcomes

<input type="checkbox"/>	Definition of outcome measurements	<input type="checkbox"/>
<input type="checkbox"/>	The value of outcome measurements	<input type="checkbox"/>
<input type="checkbox"/>	The types of outcome measurements	<input type="checkbox"/>
<input type="checkbox"/>	<ul style="list-style-type: none"> ▪ Subjective: General health outcomes 	<input checked="" type="checkbox"/>
<input type="checkbox"/>	DRAM	<i>Distress and risk assessment method</i>
<input type="checkbox"/>	WOMAC	<i>Western Ontario and McMaster Universities Arthritis Index</i>
<input type="checkbox"/>	SF-12	<i>12-item short form survey</i>
<input type="checkbox"/>	VAS pyn	<i>Visual analogue scale</i>
<input type="checkbox"/>	<ul style="list-style-type: none"> ▪ Objective: Range of movements, strength, flexibility, sensation 	<input checked="" type="checkbox"/>
<input type="checkbox"/>	KNEE:	
<input type="checkbox"/>	KOOS	<i>Knee injury and osteoarthritis outcome score</i>
<input type="checkbox"/>	Oxford knee score	
<input type="checkbox"/>	IKDC Score	<i>Intern knee doc committee score</i>
<input type="checkbox"/>	HIP:	
<input type="checkbox"/>	HOOS	<i>Hipdisability and osteoarthritis outcome score</i>
<input type="checkbox"/>	HARRIS hip score	
<input type="checkbox"/>	SHOULDER	<input checked="" type="checkbox"/>
<input type="checkbox"/>	Oxford shoulder score	<input checked="" type="checkbox"/>
<input type="checkbox"/>	QuickDASH score	<input checked="" type="checkbox"/>
<input type="checkbox"/>	WORC Cuff repair	<i>Western Ontario Rotator Cuff</i>
<input type="checkbox"/>	ELBOW:	<input checked="" type="checkbox"/>
<input type="checkbox"/>	Oxford elbow score	<input checked="" type="checkbox"/>

WRIST:

MAYO wrist score

ANKLE:

FADI score

Foot and ankle disability index

How are the results of the tests interpreted?

What to do with the results of the tests?

Revision surgery

When is revision surgery needed?

How do I know if my prosthesis is loose?

Is revision surgery harder to do?

Is revision surgery more expensive than primary surgery?

Take longer to recover?

Are special components needed for a revision?

Are there greater risks with revision surgery?

Anesthesia techniques

Spinal anesthesia

General anesthesia

Epidural anesthesia

A regional nerve block

A local tissue block

Sedation medication
