

Total Joint Replacement Program: Step by Step



TOTAL JOINT REPLACEMENT PROGRAM:

Step by Step

This new program provides an easy to navigate, step by step program for joint replacement. Auburn Orthopaedic Specialists, in collaboration with Auburn Memorial Hospital's professional staff and the Finger Lakes Center for Living short-term rehabilitation program, are ready as a team to provide convenient and efficient service. Patients have enough to worry about dealing with their health – they shouldn't have to worry about going in multiple directions for appointments and tests.

"The team approach to joint replacement offers you continuity of care. Patients who undergo joint replacement at Auburn Memorial Hospital go through a smooth, individualized program of care with outstanding professional staff assisting them every step of the way. Patients are our first priority, and we offer personalized, compassionate care tailored to each patient's needs."

FREDERICK KAEMPFFE, M.D.
Medical Director, Physical Therapy

Step 1

Your doctor recommends joint replacement surgery. Your questions will be answered and literature will be provided by your physician, who will also explain the rehabilitation process. Your doctor's office staff will make an appointment for your Pre-Admission Testing at the hospital.



Step 2

PRE-ADMISSION TESTING

This includes lab work, xray, an interview with an anesthesiologist, respiratory therapy if needed, and a meeting with a social worker to plan your postsurgical rehabilitation.

Step 3

PRE-ADMISSION EDUCATION

The AMH Physical Therapy Department has a special commitment to preparing surgical patients for what to expect during the rehabilitation process after surgery. You will learn what to expect on each day after surgery and become familiar with exercises, specialized equipment, and mobility techniques.

Step 4

DAY OF SURGERY

You will come to Central Registration, and then proceed to Day Surgery. The nurses will start an IV in your arm and an anesthesiologist will speak to you. You will then be wheeled into the Operating Room. Family members can wait in the Day Surgery waiting area while you are in surgery. The average time for either

knee replacement or hip replacement surgery is two hours. The surgery is done either under spinal anesthesia (legs go to sleep), or general anesthesia (you go to sleep). When the surgery is completed, you will be taken to the recovery room. The surgeon will speak to your family while you are recovering. The nurses will monitor your vital signs and care for you (approximately 1 to 1½ hours) until you are transported to an AMH inpatient unit.

Step 5

DAY AFTER SURGERY

You will be helped by the AMH Inpatient Physical Therapy (PT) staff to be up and walking the day after surgery. For 3 or 4 days, as an inpatient, you will receive inpatient PT two times a day. Knee replacement patients may be provided with a CPM (continuous passive movement)



machine to move their knees automatically, if your doctor prescribes it. Hip replacement patients could be provided with abductor pillows to keep their hips properly aligned. Our caring, professional nursing staff will care for you around the clock, controlling your pain and providing postsurgical monitoring to ensure a quick and safe recovery.

"I would recommend FLCL to anyone who needs rehab. I've gotten well so much faster than I would have thought possible. I was up and walking independently two weeks after surgery. If I need my other knee replaced in six or seven years, I definitely plan to come back to FLCL."

– **CHAR ALLEN**, former knee replacement patient

Step 6

3-4 DAYS AFTER SURGERY

Intense rehabilitation starts at this point. The physicians at Auburn Orthopaedic Specialists recommend a 2 to 4 week stay in a rehabilitation center for the fastest, most complete recovery. Finger Lakes Center for Living (FLCL), offers an excellent environment where the follow-up recommendations of your doctor will be carried out by their highly trained staff of RNs, LPSs and CNAs. FLCL groups rehabilitation patients in adjacent rooms (whenever possible) on the first floor for mutual support and encouragement. Daily nursing care routines are adjusted to accommodate the prescribed therapy sessions (physical and occupational) each day as needed by the FLCL Therapy staff.

Step 7

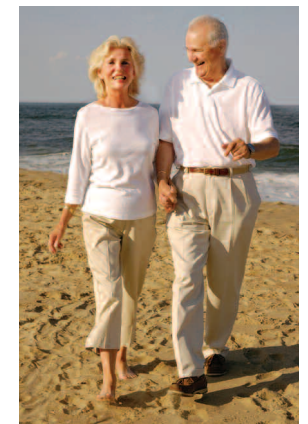
BACK AT HOME

After returning home, we recommend that you undergo outpatient rehab two or three times a week at the AMH Physical Therapy facility, for two to four weeks. Pain relief, restoration of joint and muscle function and promotion of healing are the main focus of our services. Because no two patients are alike, AMH professionals make certain that your treatment plan is tailored to your needs. We offer a variety of services to maximize your rehabilitation potential. Our staff provides a relaxed and pleasant atmosphere during your care.

Step 8

STEPPING OUT!

You are ready to get back in the action and fully enjoy your life!



The Team

THOMAS SULLIVAN, M.D.

Dr. Sullivan is Board Certified in Orthopaedic Surgery. He earned his medical degree at Vanderbilt University, Nashville, TN and completed a Residency at the University of Massachusetts, Worcester, MA.



FREDERICK KAEMPFER, M.D.

Dr. Kaempfer is Board Certified in Orthopaedic Surgery. He completed medical school at the State University of NY at Buffalo and a Residency in Orthopaedic Surgery at SUNY Buffalo School of Medicine. He had a Fellowship in Hand, Upper Extremity & Musculoskeletal Microsurgery at SUNY Buffalo School of Medicine. He is a Fellow of the American College of Surgeons and a Fellow of the American Academy of Orthopaedic Surgeons.

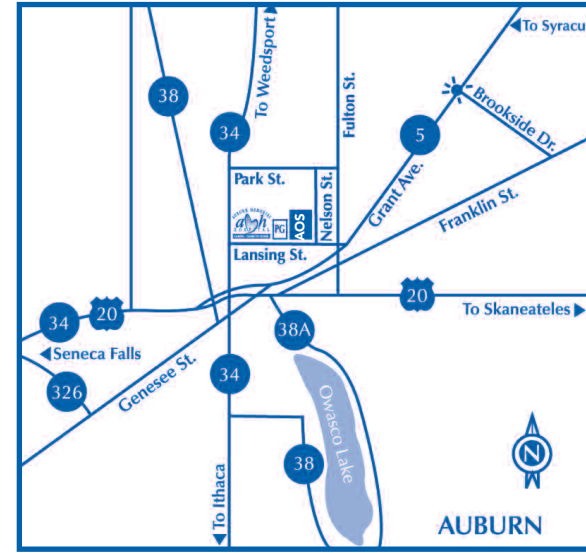


THOMAS V. SMALLMAN, M.D.

Dr. Smallman is Board Certified in Orthopaedics. He completed medical school at McMaster University, Hamilton, Ontario, Canada and had a Residency at the University of Manitoba, Winnipeg, Manitoba, Canada.



Our goal is to be the trusted, first choice provider of quality health care for our community. We are dedicated to serving all individuals in need of healthcare and providing best practices and the highest level of technology. Our philosophy is: Patients Come First.



Easy Access

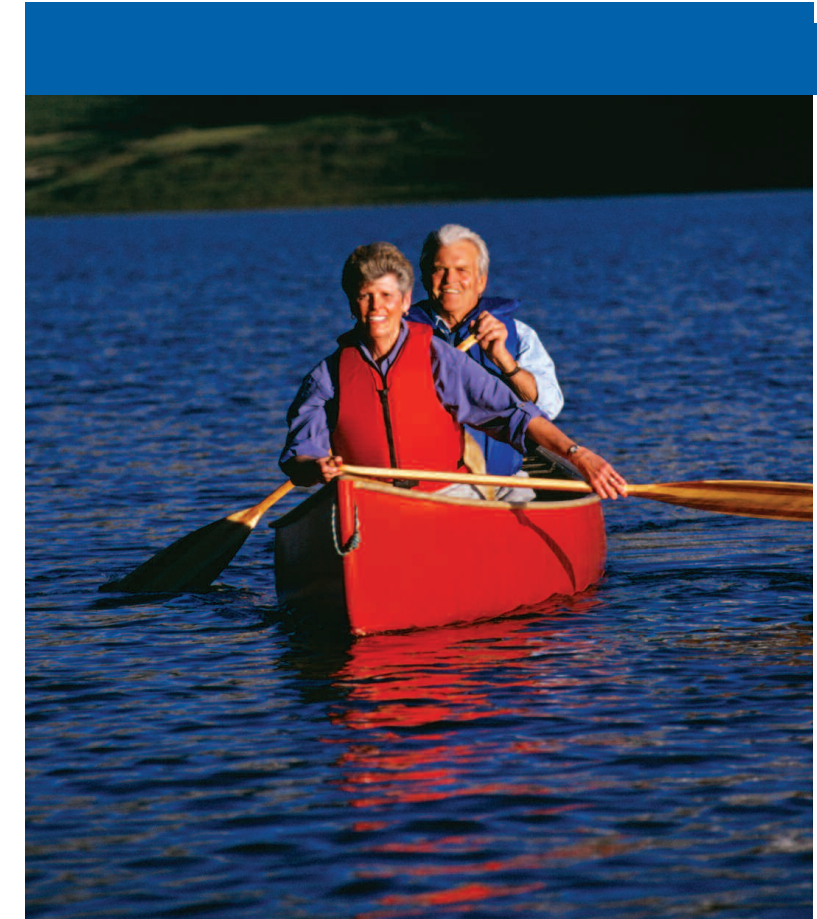
Auburn Orthopaedic Specialists (AOS) is located conveniently for our patients on the first floor of the Auburn Medical Building, on the corner of Nelson and Lansing Streets, next to Auburn Memorial Hospital. Free parking is available in the AMH Parking Garage.



**For more information:
Auburn Orthopaedic Specialists
315 -252-7559**

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