



TOTAL JOINT REPLACEMENTS

YOUR GUIDE TO LIVING A MORE PAIN-FREE LIFE

Table of Contents

An Introduction to Total Joint Replacements	4
Healthy Joints at Every Stage	5
Alternatives to Surgery	6
Is Joint Replacement Surgery Right for Me?	7
What to Expect Before Surgery	8
Your Anticipated Path Toward Recovery	9
5 Steps to a Successful Recovery	10

Contributors



"It's a great honor to perform joint replacement on a patient and help them return to function with less pain so they can get back to doing things they enjoy, such as golfing, hunting or playing with their grandkids. After years of pain and disability, these patients are some of the most grateful patients in all of medicine."

BRYCE BRAAKSMA, DO

Avera Orthopedics | Sioux Falls, S.D.



"Joint replacement surgery generally, and hip and knee replacement specifically, are among the most successful procedures in all of medicine for alleviation of pain and disability. They have no equal in improvement of quality of life and have a long record of durability, a satisfying combination to offer our patients."

JAMES MACDOUGALL, MD

Avera Orthopedics | Aberdeen, S.D.

With total joint replacement,
you can enjoy your life and
live with less joint pain.



AN INTRODUCTION
TO LIVING A MORE
PAIN-FREE LIFE

Total Joint Replacement Offers Life-Changing Benefits

Total joint replacement is a surgery that removes painful and diseased material from the joint caused by an injury or an unresolved condition, such as arthritis, and replaces the damaged area with an artificial implant. As a result, the patient experiences less pain, restored function and better movement in the shoulder, hip, knee or ankle.

Avera Is With You Throughout the Joint Replacement Journey

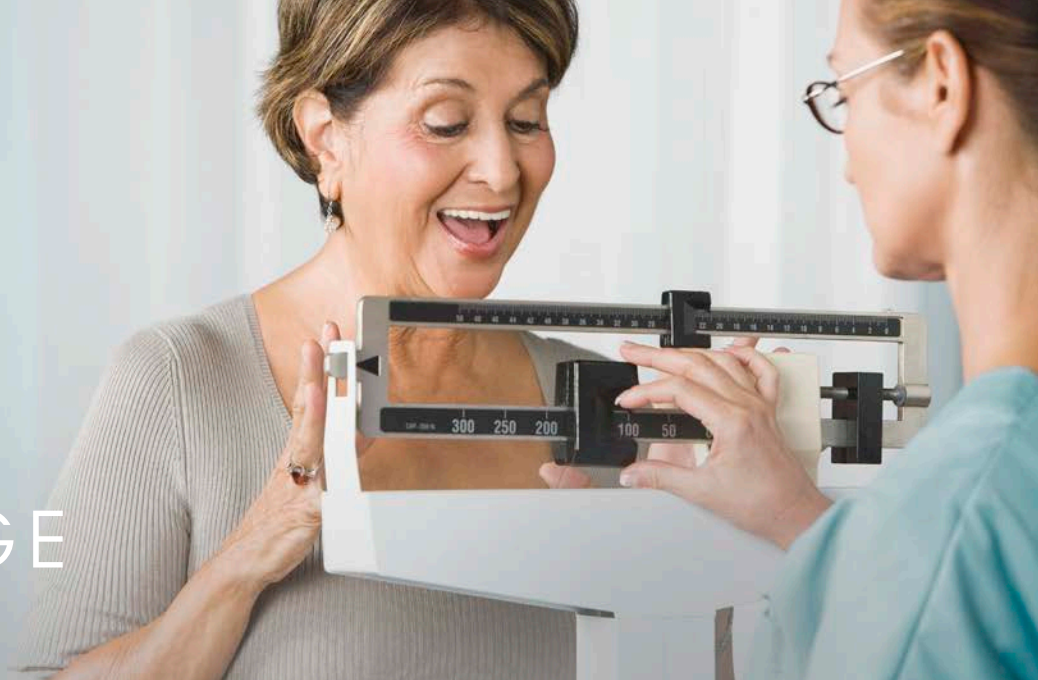
After exhausting nonsurgical options to address orthopedic pain, it can be overwhelming and exciting to take the next step toward total joint replacement surgery. **Your team of Avera surgeons, physicians, physical and occupational therapists, dietitians, social workers and an orthopedic-specific navigator are there every step of the way — from diagnosis to treatment and through recovery.**

So whether your goal is to enjoy sightseeing on your next trip or chasing your grandchildren in the backyard, we're dedicated to delivering excellent, personalized care to help you live a more pain-free life.

“Osteoarthritis is a wear-and-tear arthritis. Just like tread on tires wear down over time from the miles, cartilage on your joints wears down to the point until bone rubs on bone, causing stiffness and pain.”

- Dr. Bryce Braaksma

HEALTHY JOINTS AT EVERY STAGE



Healthy Weight

Managing your weight is quite possibly the biggest modifiable factor of maintaining strong joints throughout life as well as after surgery. Excess weight puts unnecessary pressure on the joints, especially the joints responsible in carrying your body, such as the hips and knees.

Because total joint replacement surgery is a considerable undertaking for the human body, you might be required to lose excess weight before the surgery can take place. An elevated body mass index (BMI) may lead to significant complications during surgery, including infection, thrombosis (blood clot), embolism (artery blockage) or heart attack.

For your safety, you may be restricted from having surgery until you reach a healthier weight. Talk to your primary care provider about weight loss.

Exercising for Strong Joints

Cardio lubricates joints, strengthens muscles around your joints, and improves circulation. It also helps control your weight, which can ease stress on your hips, knees, and ankles.

If you have joint issues, choose low-impact exercises like swimming or biking, which put less stress on joints than high-impact activities like running or kickboxing. Aim for 30 to 60 minutes of aerobic exercise three to five days a week.

However, if these options seem overwhelming at the moment, talk to your physical therapist or an experienced exercise specialist, who could customize a workout plan that would benefit you.

Even a modest weight reduction can make quite a difference. One-pound weight loss is equivalent to a 4-pound weight loss over your painful joint.

Balanced Diet

The diet you consistently eat or drink can aggravate or prevent disease or health complications. A diet rich in whole foods promotes not just a healthy lifestyle and weight, but supple joints. Choose fruits, vegetables, whole grains, lean meats, dairy low in sugar, and natural fats.

Unhealthy foods can cause stiffness and swelling in the joints. Limit foods that contribute to joint inflammation. These include:

- Fried foods
- Fast food
- Candy and chocolate
- Baked goods that contain white flour
- Dairy products, such as cheese and butter
- Chips and overly processed crackers
- Frozen meals
- Processed meats

Tobacco and Alcohol

Talk to your primary care provider about quitting the smoking and/or drinking habit. These substances cause inflammation of the joints and can hinder recovery after total joint replacement.

ALTERNATIVES TO SURGERY

Before turning to total joint replacement, you may try nonsurgical treatment options to resolve your orthopedic pain and inflammation. Many patients are satisfied with the outcome of consistent, well-implemented nonsurgical treatment because it can help manage the symptoms of your orthopedic condition.



For best results, your provider may recommend a combination of nonsurgical treatment options.

Physical Therapy

Physical therapy is the primary choice if you're experiencing weakness, instability or less function in a joint. It's a common, effective nonsurgical option, and an absolute necessity after total joint replacement. A physical therapist will create a therapy plan to strengthen the muscles around the joint, improve flexibility and restore function.

Corticosteroid/Cortisone Shots

Corticosteroids are powerful medicines injected into the joint to alleviate pain and inflammation. Just one shot into the knee, hip or shoulder joint can offer relief for a period of time. Relief varies from person to person and depends on the severity of the pain and the condition.

Viscosupplementation Injections

Hyaluronic acid is injected into the joint and adds cushion and lubrication. This course of treatment is effective for the knees. Patients find relief as the gel-like fluid allows bones to smoothly glide over one another to absorb shock, facilitate movement and reduce pain.

Pain Medications

Oral pain medications reduce inflammation — the usual source of orthopedic pain. Your primary care provider may prescribe specialized medications or a regimen of over-the-counter products, such as Tylenol® or ibuprofen (NSAIDs). Outcome depends on the severity of your pain and condition.

Opioids are NOT effective for pain relief in osteoarthritis and may have undesirable side effects.

Bracing and Assistive Devices

Wearing a brace or using a walker or cane adds a weight-bearing tool to your nonsurgical care. These devices provide a way to offload the affected joint and reduce the risk of losing your balance and falling. Talk to your orthopedic surgeon or physical therapist to see if bracing or an assistive device is right for you. Devices are available at Avera Home Medical Equipment stores.

Regenerative Medicine

Platelet-rich plasma injections contain growth factors that reduce inflammation and promote healing. Stem cells come from either your own adipose tissue or bone marrow and are inserted into the joint to spur the growth of healthy cartilage, particularly in the beginning stages of arthritis. Regenerative medicine is still in its experimental stages but offered at specific Avera Orthopedics locations for a cash service.

IS JOINT REPLACEMENT SURGERY RIGHT FOR ME?

A good candidate for total joint replacement surgery is someone whose life has been negatively impacted by joint pain. Not only are your favorite activities impacted, but getting in or out of a car or putting shoes or socks on may be difficult.

After exhausting other nonsurgical treatment options, only you and your orthopedic physician can decide if total joint replacement is a good next step.



Poor circulation and damaged blood vessels may complicate wound healing.

Your Health Matters Before Surgery

When total joint replacement is the next step, your health and body must be prepared to face the challenge of anesthesia and surgery. Your primary care provider will help you address any existing health conditions you have.

A good candidate for total joint replacement will have:

- Achieved a BMI that is acceptable for surgery
- Controlled blood pressure
- Controlled diabetes/blood sugar levels
- Managed heart disease

Good circulation and healthy blood vessels are a must before surgery. Through your blood vessels, circulation delivers nutrients and your blood's natural healing properties to the affected area during recovery.

WHAT TO EXPECT BEFORE SURGERY

When it's decided that joint replacement surgery is right for you, the Avera Orthopedics team will help you prepare.



“Prepare for your joint replacement surgery by writing out a list of questions for each area of your care. These questions are for your primary care provider, surgeon, physical therapist, dietitian and anyone else on your team.”

- Dr. James MacDougall

Joint replacement has been around since the 1960s. The first successful surgery was a hip.

Record A Snapshot of Your Health

A full health profile will be recorded by your primary care provider, in which he or she will go over your past and present health conditions.

Complete Tests and Diagnosis

An X-ray, MRI or additional tests may be ordered to evaluate the affected joint and diagnose the source of your pain. Knowing your particular health situation may determine which surgery your orthopedic surgeon will recommend.

Understand What's Ahead

Sit down with your orthopedic surgeon and learn about the total joint replacement procedure you will be having. You'll receive a better picture from your surgeon than what the internet might offer.

Attend Physical Therapy

Decent strength and range of motion of the joint can benefit recovery after surgery. Visit with a physical therapist to learn gentle exercises that you can do leading up to total joint replacement. You may either do these exercises at the local therapy clinic or at home.

Achieve Weight Loss

The more weight a person carries, the more at risk they are for complications during surgery. Weight loss will help support your surgical experience, especially responding to anesthesia. Your joint replacement outcome will be greatly enhanced if your body is at a healthy weight.

Make Time for Surgery

Your total joint replacement will be scheduled according to your pre-surgery preparedness — appointments, needed physical therapy or weight loss, taking time off work, etc. Plan with your employer for when your surgery will take place and how long your projected recovery time will be.



YOUR ANTICIPATED PATH TOWARD RECOVERY



*The use of assistive devices is individualized to each person. Your physical therapist will work with you to determine the best equipment for your specific needs.

5 STEPS

TO A SUCCESSFUL RECOVERY

Your part in your total joint replacement is important, too. Before and after surgery, you'll receive many instructions and recommendations. Your recovery may go more smoothly when you take these tips into consideration.

A successful joint replacement can last 20 years, making it the number one value in medicine today.



1. Exercise strengthens your body to face surgery and recovery.

Your primary care provider, athletic trainer and/or physical therapist can create an exercise plan that works for you.



2. Lose weight before surgery.

A BMI over 40 can cause complications during surgery. Your primary care provider, athletic trainer, physical therapist and/or registered dietitian can create a weight-loss plan that works for you.



3. Make home preparations before total joint replacement.

Line up family members and friends that will be available to make meals or do errands for you during your recovery. Home health through Avera@Home could also assist with home needs including physical therapy, activities of daily living and medications, if indicated by your physician.



4. Follow your primary care provider's instructions, such as taking pain medications, doing physical therapy and keeping follow-up appointments.

Ask if you don't understand something on your recovery plan.



Give yourself grace. It will take time to return to a more natural capacity of movement and strength. It took a while for you to get to this place of total joint replacement — it will take some time to heal.



TAKE THE STEPS TO LIVING A MORE PAIN-FREE LIFE.

Schedule your appointment today or talk to your primary care provider about getting a referral to an orthopedic specialist.

Visit Avera.org/orthopedics to learn more.

Schedule an appointment at your local Avera Orthopedics location.

Aberdeen, S.D. 605-226-2663

Aberdeen, S.D. (podiatry) 605-622-2570

Brookings, S.D. 605-696-2700

Marshall, Minn. 507-532-9661

Mitchell, S.D. 605-995-6700

O'Neill, Neb. 402-336-5122

Pierre, S.D. 605-224-7070

Sioux Falls, S.D. 605-504-1100

Yankton, S.D. (podiatry) 605-655-1200