

# Frequently Asked Questions: Joint Replacement

## Pre-Surgery and Inpatient Care

### How will I know if I need a rehab facility, home health care or just outpatient care?

Where you will be discharged to depends on several factors. Better than 80 percent of our joint replacement patients go home with home health care after their hospital stay. The remaining patients go to an inpatient rehab facility. These patients usually have some other health issues that need management besides joint surgery recovery, or they cannot safely stay home during their initial recovery. You should contact your insurance provider before surgery to see what is covered under your plan. Insurance approval is always required for a stay in a rehab facility.

### How long will I be in the hospital?

Most of our joint replacement patients stay in the hospital one to two days. Ultimately, length of stay depends on how well you are doing and how safe it is for you to return home.

### Are there always nurses around to help me?

Yes. After surgery you will be admitted to the Surgical Care Center, which is staffed with experienced nurses and patient care technicians 24 hours a day, seven days a week. The Surgical Care Center staff is focused on you.

### When will I be able to get up?

You will be up and out of bed on the day of your surgery. It is very important to begin exercising your new joint as soon as possible.

### Will I have a lot of pain?

Joint replacement is not a pain-free procedure. However, rest assured we are very experienced in managing pain so you are more comfortable both while exercising and resting.

### What type of physical therapy will I have while I'm in the hospital?

You will have several different exercises to do in the hospital with your physical therapist, including range of motion (bending) and strengthening. You also will do quite a bit of walking. Additionally, you may have visits from an occupational therapist who will focus on daily living activities.

### Is anyone ever allergic to replacement prostheses?

Although uncommon, it is possible to have intolerance to nickel, which is used in stainless-steel components. There are alternatives to nickel-content devices. Your physician can provide you with more information regarding the implant devices, their content and how your body may react.