

## **Patient Information for Hip and Knee Replacement (MAKO)**

Thank you for choosing Dr. Stelmach at Commonwealth Orthopaedic Associates for your MAKO robotic arm assisted surgery for your hip or knee replacement. We understand that undergoing total hip or knee replacement surgery can be an anxious time, and you likely have many questions about the procedure and what to expect during your recovery. Our healthcare team is here to support you every step of the way and address any concerns or questions you may have. Your comfort, safety, and well-being are our top priorities, and we're committed to providing you with the information, resources, and care you need for a successful recovery. Please don't hesitate to reach out to us with any questions or concerns you may have—we're here to help.

### **Below is some important information to help guide you through the process:**

1. **Initial Contact:** If you were unable to meet with one of our schedulers at the time of your visit, our dedicated surgery schedulers will be in touch with you shortly. They will call you to confirm your surgery date and provide detailed instructions on the next steps in your preoperative preparation. If you routinely see any specialist like Cardiology and Respiratory our first step is to obtain a clearance from that specialist. Once you are cleared by your specialist and Anesthesia at SIR, we will give you a surgery date.
2. **Preoperative Preparation:** To ensure you are in the best possible health for your surgery, we will help arrange your preoperative clearances and testing. This will include a preadmission testing appointment at the surgical institute. This is where your nurse assessment, labs, EKG and CT scan for your MAKO will take place. A few days after your PAT appointment we will arrange for you to see your primary care physician to review all your results and advise if you may proceed with surgery. We will also obtain a clearance from your dentist. This is very important as we want to make sure you are clear of any underlying infection.
3. **Recovery and Rehabilitation:** After surgery, you'll be monitored closely at SIR before being discharged. Physical therapy and rehabilitation are essential components of your recovery process. Your healthcare team will provide instructions on postoperative care, exercises, and activity restrictions to facilitate optimal healing and mobility. It is important to make sure your Physical therapy appointment is scheduled ahead of time. If you are having home health, the agency will be in touch.
4. **Follow-up Care:** Post-op appointments will be scheduled to monitor your progress and ensure proper healing. It's important to attend these appointments and communicate any concerns or changes in your condition to your healthcare provider.
5. **Vitamin D:** Dr. Stelmach encourages you to take the high dose 50,000 IUs before surgery, one tablet every week for four weeks and 2000 IUs after you finish the high dose. Talk to your surgery coordinator about how you can take advantage of our surgery bundle which includes both doses of Vitamin D.

### **Why Vitamin D?**

- **Bone Health:** Vitamin D plays a critical role in calcium absorption, which is essential for bone health. Adequate levels of vitamin D help maintain bone density and strength, which is

particularly important before joint replacement surgery, as strong bones can facilitate the healing process and reduce the risk of complications such as fractures.

- **Muscle Function:** Vitamin D is also involved in muscle function and strength. Strong muscles around the hip and knee joints can provide better support and stability, which may help in the recovery process after surgery.

- **Immune Function:** Vitamin D has immunomodulatory effects and is important for maintaining a healthy immune system. Optimal immune function is essential both before and after surgery to reduce the risk of infections and promote wound healing.

- **Inflammation Reduction:** Adequate levels of vitamin D may help reduce inflammation, which is often associated with joint pain and arthritis. By keeping inflammation levels in check, vitamin D may help alleviate symptoms and improve overall joint health.

- **Overall Health:** Proper nutrition, including adequate intake of various vitamins and minerals, is important for overall health and well-being. In addition to Vitamin D, ensuring a balanced diet rich in nutrients can help optimize healing and recovery after joint replacement surgery.

### **What You Need to Do:**

**Stay available:** Please keep your phone handy and respond promptly to calls from our office and any other healthcare providers involved in your care.

**Unavailable time:** Please communicate with our staff if you have any planned vacations or dates you are available before your surgery. This will ensure we do not schedule you when you are not available.

**Follow instructions:** Carefully follow any preoperative instructions provided by our office or your medical team. This may include fasting before labs, adjusting medications, or attending pre-surgery appointments.

**Ask questions:** Don't hesitate to reach out to us if you have any questions or concerns. We are here to help and want you to feel comfortable and informed every step of the way.

**Avoiding cuts and scrapes before knee or hip replacement surgery is important to prevent potential complications such as infections. Here are some tips to minimize the risk:**

1. **Be cautious with sharp objects:** Avoid handling sharp objects that could accidentally cut or scrape your skin. This includes knives, scissors, razors, etc. If you need to use them, do so with care and preferably with assistance.
2. **Wear protective clothing:** If you're engaging in activities where cuts or scrapes are likely, such as gardening or woodworking, wear appropriate protective clothing such as long sleeves, pants, and gloves.

3. **Use proper footwear:** Wear shoes that fit well and provide good support to prevent falls and injuries that could lead to cuts or scrapes.
4. **Keep your environment safe:** Remove any hazards in your home that could cause you to trip and fall, such as loose rugs or clutter on the floor.
5. **Be mindful of pets:** If you have pets, be careful around them to avoid accidental scratches or bites. Keep their nails trimmed and supervise interactions, especially if they are playful or excitable.
6. **Maintain good hygiene:** Keep your skin clean and moisturized to prevent dryness and cracking, which can increase the risk of cuts and scrapes.

Taking these precautions can help reduce the risk of complications before knee or hip replacement surgery and promote a smoother recovery process.

**Final Step:**

The day before your surgery our office will call you with your report time.