



SAUNDERS HOUSE

MAIN LINE SENIOR CARE ALLIANCE

*CELEBRATING
150 YEARS!*

A Healthy Tradition of Care and Wellness

Tips for Preparing for Your Joint Surgery and Making a Successful Recovery

Today, joint surgery is a very common and increasingly popular procedure, especially among mature adults who seek to maintain active lives despite the unavoidable effects of time and wear and tear on the body. Fortunately, with appropriate pre-surgery planning and skilled post-procedure rehabilitation, people can achieve major improvements in their comfort, function and lifestyle.

The **American Academy of Orthopaedic Surgeons (AAOS)** recommends that before your joint surgery, it is important to take some time to prepare. Planning ahead for your surgery, recovery and rehabilitation will help ensure the most successful outcome. They recommend that you:

Take Time to Understand Your Procedure

Be sure to talk to your doctor so you know what to expect before, during and after surgery. For example, you might want to ask:

- What is the process for being admitted to the hospital?
- What type of anesthesia will I receive?
- What type of implant or prosthesis will be used?
- How long will I stay in the hospital?
- How long will my recovery take?
- How will my pain be managed after surgery?
- What will my rehabilitation program entail?

Assemble Your Personal and Medical Information Ahead of Time

Use the time before your surgery to develop a list of all the important information you will need.

- Your insurance coverage
- Medical history
- Current medical conditions and medications
- Allergies, including food allergies
- Your dietary restrictions
- Legal arrangements, such as your Advanced Medical Directives and Power of Attorney
- Names, addresses, and phone numbers for all the doctors you currently see
- The name and phone number of the family member or friend who will accompany you for your surgery



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Arrive in the Best Possible Shape for Your Surgery

The AAOS also offers excellent advice regarding your physical condition prior to surgery. Getting in the best physical shape possible before surgery can lessen the chance for complications and shorten your recovery time. Therefore:

- If you smoke, cut down or quit. Smoking affects blood circulation, delays healing and slows recovery.
- Eat a nutritious, well-balanced diet. If you are overweight, there will be more stress placed on your new joint. In some cases, your doctor may recommend a weight loss program before surgery.
- If you drink, do not consume any alcohol for at least 48 hours before surgery.
- If you use any other types of controlled substances, tell your doctor. Certain drugs can cause complications and affect your surgery.

These days, many people are discharged from the hospital before they're ready and able to go home. They need additional time, support and care to fully recuperate from a surgery, accident or illness and return home safely. Leading short-term rehabilitation services such as Saunders House provide highly specialized best-practice programs that help you to achieve a full recovery and return you to your home as quickly and safely as possible.

Discover our Healthy Tradition of Care and Wellness

Located adjacent to Lankenau Hospital, Saunders House – [part of Main Line Senior Care Alliance](#) – has a celebrated tradition of providing [exceptional care and services](#) to seniors and their families. It's a tradition we're proud to continue.

Today, Saunders House offers a range of services including [short-term rehabilitation therapy](#), [traditional nursing care](#), [restorative care](#), [memory care](#), [respite care](#) and specialized care for individuals with visual impairments – all in a setting that is warm, welcoming and nurturing.

For more information on **Saunders House**, our Short-Term Rehabilitation program and other professional services, please call us today at **(610) 658-5100**. You can also visit us online at www.saundershouse.org/