



**ARE YOU A CANDIDATE  
FOR JOINT REPLACEMENT?**  
Planning for Your New Hip or Knee



To make an appointment, call [1-800-851-3055](tel:1-800-851-3055).



By 2030, nearly 3.5 million  
Americans will undergo total knee  
replacement surgery every year,  
and more than half a million will  
get total hip replacements.\*



\*Web MD, "Your Guide to  
Joint Replacement for Osteoarthritis,"  
[Webmd.com/osteoarthritis/guide/joint-replacement#1](http://Webmd.com/osteoarthritis/guide/joint-replacement#1).

## Why Choose University Hospitals for Your Joint Replacement?

### University Hospitals has been at the forefront of total joint replacement research and innovation since 1969.

Our surgeons were among the first in the world to perform total hip replacement surgery. Our fellowship-trained specialists are leaders in the field of joint replacement and perform procedures using the latest surgical techniques. This reputation for innovation and excellence means we perform a large number of joint surgeries each year with outcomes that rank among the best in the state.

Our collaborative approach to treatment combines the expertise from a variety of specialties to help patients get the most comprehensive care available. Some of the conditions treated by our physicians include osteoarthritis, rheumatoid arthritis and failed previous joint replacement procedures.

The state-of-the-art facilities at University Hospitals provide you with access to expert care and the most technologically advanced procedures, returning you to a healthy and active lifestyle as quickly as possible.

- Outcomes that rank among the best in the state
- Nationally recognized board-certified and fellowship-trained joint replacement surgeons
- Our comprehensive educational program offered before your surgery
- On-site physical therapy
- Expert staff specially trained in caring for joint replacement patients throughout their entire episode of care
- More than 3,500 procedures performed each year
- More durable materials resulting in longer-lasting artificial joints



## What Are the Benefits of Joint Replacement Surgery?

There are several possible advantages of joint replacement surgery, including:

- Significant reduction in joint pain
- Improved mobility
- Enhanced range of motion in the joint
- Improved quality of life
  - Easier performance of daily routine tasks
  - Greater ability to exercise, play sports and take part in hobbies
- Relatively short hospital stay
- High surgical success rate
- Much more effective in relieving pain than nonsurgical treatments



Research indicates that **four out of five** people who've had joint replacement surgery are happy with their new knees and hips.

## Living the Life You Want to Lead

Today's joint replacement procedures can alleviate pain and allow you to live life on your terms.

If joint pain causes difficulty with even simple activities such as walking and sitting, perhaps it's time for you to consider the benefits of today's innovative procedures. Although a number of conditions are commonly treated with joint replacement, the fear of the unknown can be scary. Arming yourself with the facts will go a long way to alleviate some of the anxiety and put you on track to a pain-free lifestyle.

### **Q: What is joint replacement?**

A: Joint replacement is a surgical procedure where specific parts of a damaged or arthritic joint are removed and replaced with metal or plastic, allowing the joint to return to near-normal function.

### **Q: Am I too old or too unhealthy for surgery?**

A: Most joint replacement candidates range in age from 50s to 80s, but being older doesn't necessarily preclude someone from surgery and most people are healthy enough to make them a candidate for surgery.

### **Q: Will I be in a lot of pain?**

A: As with any surgery there will be discomfort; however, advancements in techniques, including more advanced approaches to pain management, serve to reduce the level of pain that patients experience after surgery.

### **Q: Could I benefit from joint replacement?**

It only hurts when I...

- Walk
- Golf
- Sit
- Play tennis
- Get in and out of the car
- Stand
- Garden
- Sleep
- Climb stairs
- Pick up my grandchild

If joint pain keeps you from normal daily activities, you could benefit from joint replacement.

## Are You a Candidate for Joint Replacement Surgery?



You should consider a number of factors before deciding to undergo joint replacement surgery. An orthopedic surgeon can guide you through the process and help you determine whether the surgery will address your problems.

### **Age**

Joint replacement surgery is most often recommended for people between the ages of 55 and 80, but it can be performed on patients in their 80s and 90s.

### **Pain and Mobility**

What is your degree of pain and impaired function? Is it limiting your ability to perform simple daily tasks? Your surgeon will determine whether your pain and mobility limitations are severe enough to make you a candidate for a joint replacement.

### **Your Health**

Do you have a medical condition that would not make you a good candidate for surgery?

### **Work**

Is the discomfort affecting your work? Working-age candidates for joint replacement also need to consider that they will need to take time off from work.

### **Lifestyle**

Is your knee or hip keeping you from living a full life by limiting your physical activity and preventing you from engaging in low-impact sports, exercise, hobbies and travel?

### **Smoking**

If you smoke, are you willing to quit to ensure a more successful surgery and recovery?

### **Weight**

Are you ready to lose excess weight in preparation for your surgery?

### **Support**

Is there someone – a spouse, sibling, adult child or friend – who can assist you during recovery?

### **The Right Time**

The thought of surgery may be intimidating, and you may want to postpone it. If your arthritis is affecting your quality of life enough, if your health is good enough and when you know the time is right, you will make the decision that is best for you. Almost all of our patients have to meet medical necessity issues with their insurance companies. Studies show that sometimes delaying surgery creates a greater risk of degenerative problems and a less successful outcome when the surgery finally occurs.

## How Do You Know You Need Hip Surgery?



### When should I talk to my doctor about hip replacement surgery?

You and your doctor will decide this together. Generally when your hip pain is so bad it actually interferes with you performing simple routine tasks or prevents you from doing things you want or need to do, the time may be right.

Hip replacement is an option when medication, physical therapy and a walking aid are no longer working. If you experience sore joints followed by periods of relief, loss of mobility, stiffness, pain after extensive use or increased discomfort in humid weather, you may be a candidate for hip replacement.

Your family doctor will refer you to an orthopedic surgeon who will help you determine if you are a candidate for surgery and which surgery is the most appropriate for you.

### Are hip replacements common?

Hip replacement is a routine surgery performed on more than 300,000 people in the United States each year. Most patients who have hip replacement surgery report better range of motion, less pain, better balance and stability, and less limping.

### How does the doctor know that I may need a new hip?

Your orthopedic surgeon will thoroughly examine your hip, review X-rays, and conduct a number of physical tests in which your hip will be tested for strength and range of motion. He also will ask you to describe your pain and a series of additional questions related to pain in other joints and previous injuries you may have sustained.

### Warning signs:

- Persistent and recurring hip pain
- Aching pain during and after exercise
- Reduced mobility
- Pain relief medicine doesn't seem to work anymore
- Stiffness from sitting too long
- Pain during humid or rainy weather
- Difficulty sleeping due to pain
- Reduced range of motion and flexibility
- Stiff or swollen hip joints
- Difficulty walking or climbing stairs
- Grinding in your hip joint
- Discomfort from a previous hip injury

## How Do You Know You Need Knee Surgery?



### When should I talk to my doctor about knee replacement surgery?

You and your doctor will decide this together. Generally when your knee pain is so bad it actually interferes with you performing simple routine tasks or prevents you from doing things you want or need to do, the time may be right.

Knee replacement is an option when medication, physical therapy, joint injections and a walking aid are no longer working. If you experience sore joints followed by periods of relief, loss of mobility, stiffness, pain after extensive use or increased discomfort in humid weather, you may be a candidate for knee replacement.

Your family doctor will refer you to an orthopedic surgeon who will help you determine if you are a candidate for surgery and which surgery is the most appropriate for you.

### Are knee replacements common?

Knee replacement is a routine surgery performed on more than 600,000 people in the United States each year. More than 90 percent of those who have knee replacement surgery report improved knee function and reduced pain.

### How does the doctor know that I may need a new knee?

Your orthopedic surgeon will thoroughly examine your knee, review X-rays, and conduct a number of physical tests in which your knees will be tested for strength and range of motion. He also will ask you to describe your pain and a series of additional questions related to pain in other joints and previous injuries you may have sustained.

### Warning signs:

- Persistent and recurring knee pain
- Aching pain during and after exercise
- Reduced mobility
- Pain relief medicine doesn't seem to work anymore
- Stiffness from sitting too long
- Pain during humid or rainy weather
- Difficulty sleeping due to pain
- Reduced range of motion and flexibility
- Stiff or swollen knees
- Difficulty walking or climbing stairs
- Grinding in your knee joint

## Timeline to an Active Life with Less Pain

### 2 – 4 weeks BEFORE surgery

- See your primary care doctor
- Choose a care partner
- Attend the preop joint replacement class
- Visit preadmission testing
- Treat infections before surgery
- Prepare your home

### Surgery

- 2-day hospital stay

### 1 – 4 weeks AFTER surgery

- Keep doing physical therapy after leaving the hospital
- Complete your blood thinner medicine course
- See your surgeon for a follow-up visit



## What Can You Expect From Your Joint Replacement Surgery?



When you have joint replacement surgery at University Hospitals, you can expect to stay at the hospital for two days or less.

After surgery, you will recover in the post-anesthesia care unit (PACU) as your anesthesia wears off before being transferred to your room. A physical therapist will begin working with you to get you walking as you begin your recovery.

While no surgery is 100 percent painless, the discomfort you feel after your surgery is very manageable. In fact, many patients claim they feel immediate improvement in their arthritic pain very shortly after surgery. Pain continues to improve in the first 24 to 48 hours after your surgery.

Generally, patients are treated with pain medicine (mostly taken by mouth) and are eventually discharged with a prescription of the medicine that worked for them during their hospital stay. There are side effects from pain medicine and anesthesia, including nausea, constipation, mood changes and fatigue.

## Recovery and Rehab

Once you are discharged from the hospital to your home, you may still need to manage your discomfort for several weeks after surgery. This pain will gradually go away during the next one to three months. Patients may experience some increased discomfort when performing physical therapy exercises, but this is easily managed.

For the first three to six months of your recovery, you may experience some slight soreness or swelling. This can be managed by applying ice to the area.

The short-term outlook of joint replacement surgery is excellent. Most patients can stand the day of surgery and begin exercise that same day. Using walkers, crutches or canes, most patients can climb stairs and ride in a car by the time they leave the hospital. Most patients are up and about within six weeks of surgery – and it's not unusual to have a slight limp for two to three months after surgery.

Your first office visit with your doctor will be between two and six weeks from the date of your surgery.

However, physical therapy will begin immediately after surgery and continue for about a month after surgery. During this period, your recovery will be managed by a licensed physical therapist, who will craft a recovery plan for you. This plan will require you to perform physical therapy exercises both at one of our locations and in your home.

### **Patients are encouraged to walk often in the weeks and months following surgery.**

Most patients return to work within one to three months of surgery – depending on the type of work they do. A more physically demanding job may require as much as three months of recovery before returning to work.

# Things You Will Need to Know About Your New Hip or Knee

After surgery, you will need to take good care of yourself to keep your new hip or knee healthy.

## **Stay active but follow these precautions**

- Follow the hip and knee precautions as directed by your surgeon.
- You will need to avoid any high-impact activities such as running and jumping.
- You will need to ask your surgeon when you will be able to walk, swim, golf and bike safely.
- Avoid kneeling if you have a knee replacement. Kneeling puts stress on your kneecap. If you must kneel, use padding and do so for only a short amount of time.

## **If you get sick**

Infections anywhere in your body can cause an infection in your new hip or knee. Do not put off calling your surgeon and primary care doctor.

## **Metal detectors**

Your new hip or knee may set off metal detectors. You will need to tell the security staff about your hip or knee before going through the scanner. In most cases, they will take you aside and check you with a metal wand.

# University Hospitals has a team of joint replacement specialists located at convenient locations across the region.

## **UH Cleveland Medical Center**

11100 Euclid Avenue  
Cleveland, Ohio 44106

## **UH Ahuja Medical Center**

3999 Richmond Road  
Beachwood, Ohio 44122

## **UH Bedford Medical Center\***

44 Blaine Avenue  
Bedford, Ohio 44146

## **UH Conneaut Medical Center**

158 West Main Road  
Conneaut, Ohio 44030

## **UH Elyria Medical Center**

630 East River Street  
Elyria, Ohio 44035

## **UH Geauga Medical Center**

13207 Ravenna Road  
Chardon, Ohio 44024

## **UH Geneva Medical Center**

870 West Main Street  
Geneva, Ohio 44041

## **UH Parma Medical Center**

7007 Powers Boulevard  
Parma, Ohio 44129

## **UH Portage Medical Center**

6847 North Chestnut Street  
Ravenna, Ohio 44266

## **UH Rainbow Babies & Children's Hospital**

11100 Euclid Avenue  
Cleveland, Ohio 44106

## **UH Richmond Medical Center\***

27100 Chardon Road  
Richmond Heights, Ohio 44143

## **UH St. John Medical Center, a Catholic Hospital**

29000 Center Ridge Road  
Westlake, Ohio 44145

## **UH Samaritan Medical Center**

1025 Center Street  
Ashland, Ohio 44805

## **UH Concord Health Center**

7500 Auburn Road  
Concord Township, Ohio 44077

## **UH Mayfield Village Health Center**

730 SOM Center Road  
Mayfield Village, Ohio 44143

## **UH Mentor Health Center**

9000 Mentor Avenue  
Mentor, Ohio 44060

## **UH Sheffield Health Center**

5001 Transportation Drive  
Sheffield Village, Ohio 44147

## **UH Solon Health Center**

34055 Solon Road  
Solon, Ohio 44139

## **UH Twinsburg Health Center**

8819 Commons Boulevard  
Twinsburg, Ohio 44087

## **UH University Suburban Health Center**

1611 South Green Road  
South Euclid, Ohio 44121

## **UH Westlake Health Center**

960 Clague Road  
Westlake, Ohio 44145

To make an appointment at a location near you, call 1-800-851-3055.

