

Rebalance^{MD}

Hip Replacement Surgery



January 2021

Victoria Jackson

Being Put on the Surgical Waitlist? Some Things to Consider...

Can I take the necessary time off work?

Do I have help post-operatively?

Do I have someone to drive me post-operatively while I am unable (could be for an extended amount of time)?

Do I have vacations coming up or will I be away for extended periods of time that will make me unable to take a surgical date or attend my post-operative appointments?

Do I have other health issues I am currently dealing with that could put-off my surgery?

Am I able to come to Victoria for multiple appointments and tests required for surgery?

Do I have any other life circumstances that may cause me to be unable to take a surgical date?

As surgical wait times are always changing, please ensure you are "Ready, Willing and Able" to take any surgical date once you have been put on the waitlist.

If any of the above considerations would cause you to not be able to take a surgical date, at whatever time that may come, please inform your Surgeon or your Navigator.

Welcome to the Rebalance^{MD} New Joint Program

Now that you are on the waitlist for a total joint replacement, please review this booklet that has IMPORTANT and REQUIRED information. Please do not lose this booklet as it will be needed throughout your journey to joint replacement. Please bring this booklet with you to any future appointments you have at Rebalance^{MD}.

Please watch our Education video. You will be asked to watch it at different times throughout your surgical journey. It is important that you watch this video before your New Joint Program Intake Assessment so you are prepared with informative questions.

You can find this video at <http://rebalancemd.com/resources/#hip>. Please note any “forms” mentioned in the Education video will be provided once you have a booked surgery date.

What you will find in this booklet:

1. Introduction and Patient Journey (page 3)
2. FFAST 2.0 (page 5)
3. Hip Anatomy and How the Joint is Replaced (page 7)
4. Before Your Surgery (page 11)
“Having a Plan” worksheet found on page 15, please review before your New Joint Program Intake Assessment
5. Once Your Surgery Day is Booked (page 17)
6. Hospital Stay (page 27)
7. Physiotherapy/Rehabilitation (page 31)
8. At Home (page 35)
9. Resources (page 42)



Thank you from the Rebalance^{MD} team for reviewing this package and taking an active role in your surgical journey. If you have any further questions or comments please contact the office 250-940-4444

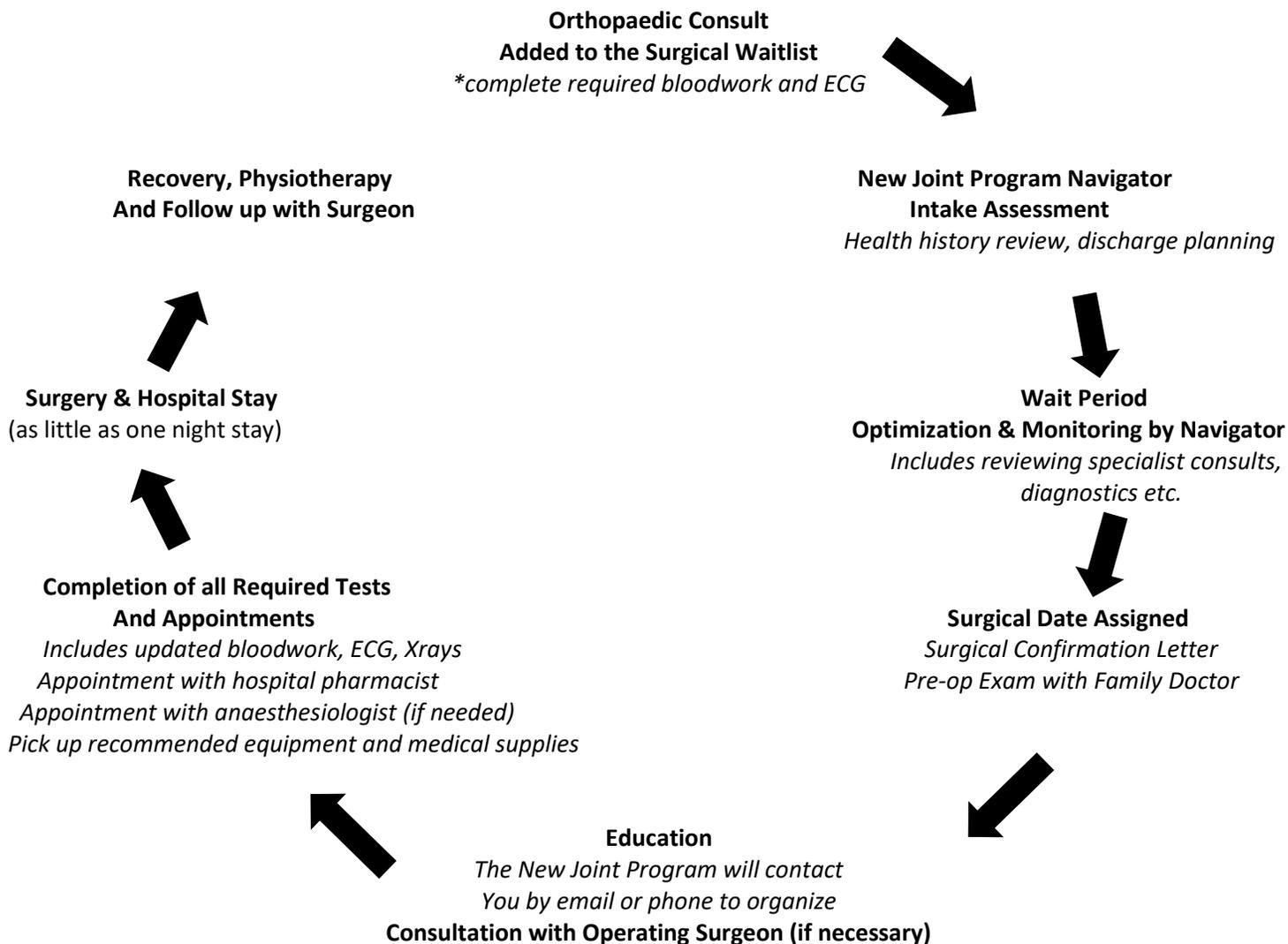
New Joint Surgical Journey

The next step in your journey is a New Joint Program Intake Assessment. You will be contacted by our office within the next 2-4 months to book an appointment with your Navigator. Your Navigator will walk you through all the steps for surgery and are available to answer any questions you may have. They will review your medical history, go over a discharge plan and ensure your health is optimal for surgery. **Having reviewed all the information in this package, reviewing the “Having a Plan” form on page 15 and watching the Education video ahead of time (link on previous intro page) will help you and your Navigator have a successful and informative appointment.**

After your Intake Assessment with your Navigator you may not hear from us often during this “waiting phase.” You will be contacted by the surgical booker approximately 6-8 weeks before a potential surgical date. Once you have a surgical date, they will let you know of any further actions that need to be taken, arrange an appointment with your surgeon if needed and send you a confirmation letter.

You will then be contacted by the New Joint Program to organize pre-operative tests, watch the Education video again, and complete and return required forms.

Hip Replacement Education Video: <http://rebalancemd.com/resources/#hip>



FAAST 2.0 Total Joint Replacement Waitlist

What is FAAST 2.0?

FAAST = First Available Appropriate Surgical Triage

FAAST 2.0 is a triage tool to improve and equalize wait times for patients waiting for hip and knee replacement surgery (this does not include revision surgery). Rebalance^{MD} is working with Island Health to improve and reduce wait times and optimize outcomes in joint replacement surgery. You will be placed on our joint replacement waitlist and will receive the first available surgical date with one of our Orthopaedic surgeons.

Frequently Asked Questions:

1) How is the FAAST 2.0 waitlist different from the previous waitlist structure?

Current waitlist time for surgery between surgeons can vary by 6-12 months. The FAAST 2.0 model can significantly reduce your wait time by booking you into the first available surgical date. This will make wait times more equal for all patients.

2) When will I find out who my surgeon is?

You will be notified when you receive your surgical date and will receive an appointment 2-8 weeks before your surgical date to meet and discuss your case with the surgeon.

3) If after meeting my new surgeon I am not comfortable with the choice, what are my options?

We recognize that the choice between patient and surgeon is a personal one, and many factors go into a successful patient-surgeon relationship. All the surgeons participating in this program are capable of performing successful hip and knee replacement surgery. If however you are not comfortable please let your Navigator know and they can arrange to have another surgeon from the FAAST 2.0 program consult with you.

We cannot give the same date for surgery if you change; however, if you choose another surgeon within the FAAST 2.0 model you will be offered the next available slot.



Dr. R. S. Burnett



Dr. T. Camus



Dr. P. Dryden



Dr. D. Jacks

4) The surgeon I met as part of FFAST 2.0 said I shouldn't have joint replacement surgery.

The indications for hip and knee replacement surgery are not black and white, hence there may be differences of opinion among care providers. Feel free to discuss your case with your Navigator, and/or GP or receive another opinion.

5) What if my condition changes?

If you develop significant medical or social issues while on the waitlist, please contact your Navigator to discuss these issues.

6) My hip or knee is getting much worse. What can I do?

There are a variety of medical/physical therapies to ease the pain while waiting for your hip/knee replacement. The first step is to contact your family doctor and discuss the use of medication, physiotherapy, or assists such as a cane or walker. If your GP wishes, a re-assessment may be required. The surgeon may need to reassess your pain/ function/ x-rays to reassess your urgency on the waitlist.

7) Can I be on the cancellation list as well as the FFAST 2.0 list?

Yes, all patients are considered for a cancellation. You will be contacted if you are an appropriate candidate for the available date.

**Get to know our surgeons currently participating in our FFAST 2.0 program. Please feel free go to our website to read their biographies.
<http://rebalancemd.com/team/>**



Dr. J. McInnes



Dr. C. Nelson



Dr. L. Pugh



Dr. J. Stone



Dr. E. Torstensen



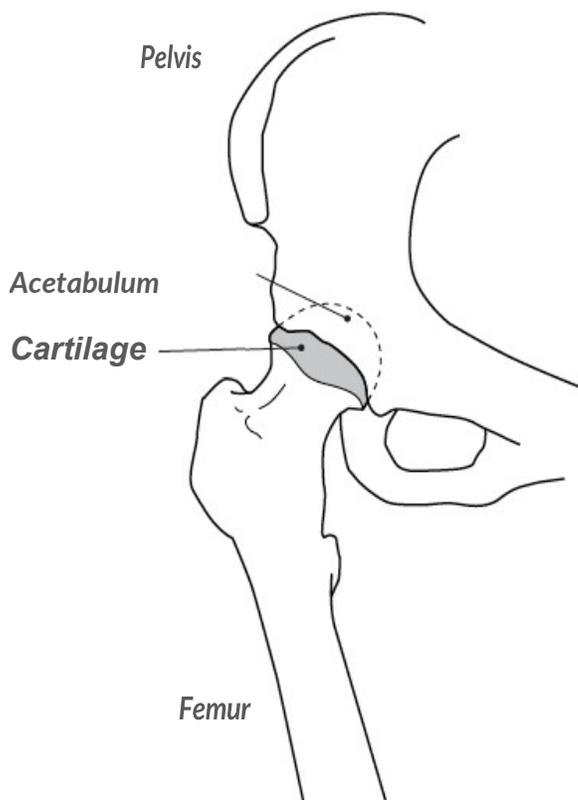
Dr. Z. Zarzour

Hip Replacement

This section contains information about:

- **Anatomy of the Hip**
- **Hip Disease**
- **Hip Replacement Surgery**
- **Fitting Options**

Hip Anatomy



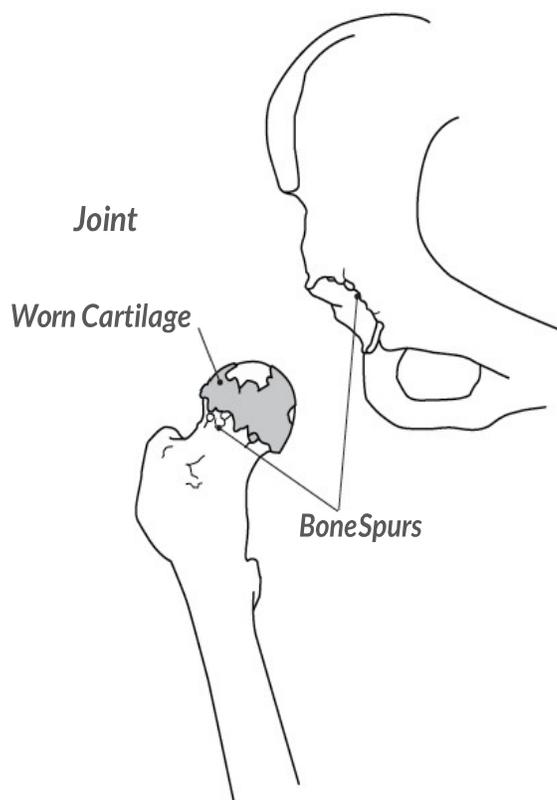
Normal Hip Joint

The hip joint consists of a ball and a socket. The round head of the thigh bone (femur) moves within the socket of your pelvis called the acetabulum.

The joint is cushioned by a layer of cartilage and strengthened and supported by muscles and ligaments.

The ball and socket structure of the hip joint is what allows you to move your hip in multiple directions.

Hip Disease



Osteoarthritic Hip

Osteoarthritis – also called degenerative joint disease – is the most common reason for hip replacement surgery.

Osteoarthritis is a by-product of age-related 'wear and tear' and usually occurs in joints that bear the weight of the body. The cartilage within the joint softens and wears away, causing the bones to rub against each other and resulting in pain and stiffness.

Joint replacement surgery is one method of repairing the advanced joint damage caused by osteoarthritis. Other disease conditions that may lead to joint damage and the requirement of a joint replacement surgery include **inflammatory arthritis, avascular necrosis, childhood hip disease, or hip fracture.**

Total Hip Replacement Surgery

Total hip replacement surgery involves an **orthopaedic surgeon** replacing your diseased hip joint with an artificial prosthesis.

The surgeon makes an incision along your affected hip joint and moves the muscles and ligaments out of the way before cutting out the head of the femur and replacing it with a **ball and stem**. Your pelvis socket is then enlarged, smoothed, and lined with a **prosthetic cup**. Once the artificial components are fixed in place, the joint is put back together with the ball fitted into the cup. The muscles and ligaments are repaired and the skin is closed with sutures or staples.

A total hip replacement surgery generally takes one to two hours.

Fitting Options

A variety of factors will determine the type of fitting used to fix the artificial joint in your body.

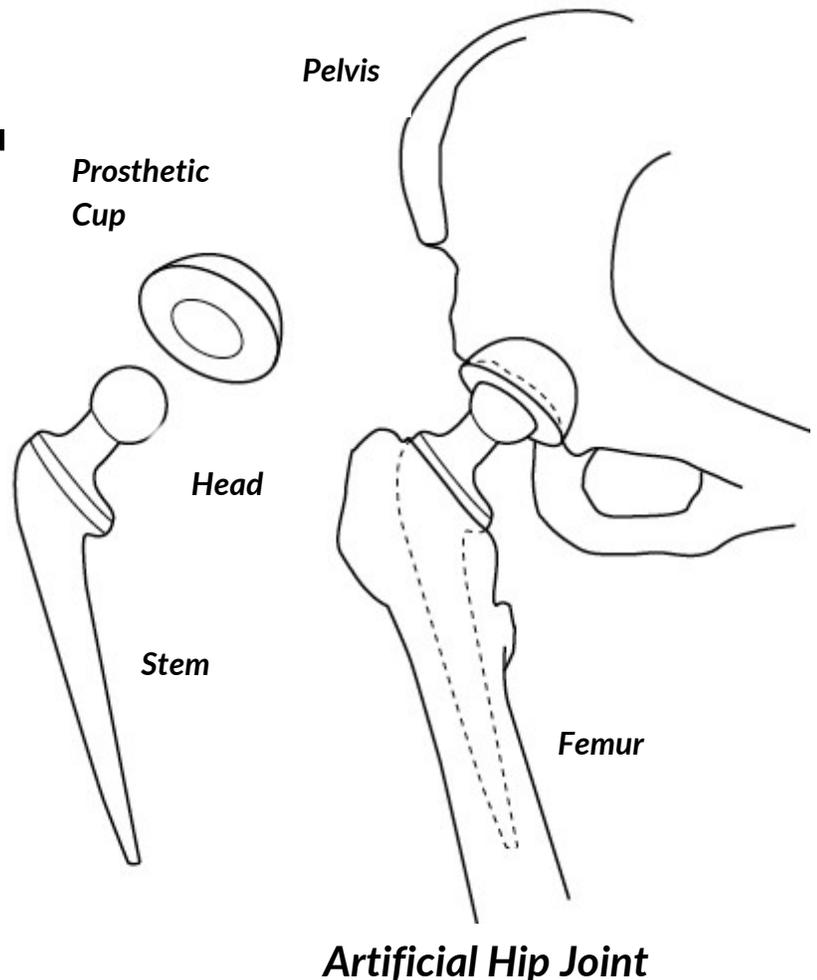
These include age, disease type, and bone quality.

The joint may be:

Cemented: The artificial joint is secured with a quick-hardening adhesive.

Uncemented: The artificial joint is closely fitted and covered with a rough material, encouraging the bone to grow into the artificial joint for increased stability. Some parts may be screwed in.

Hybrid: One side of the artificial joint is cemented and the other is uncemented.



Before Surgery

This section contains information about:

- **Walking with a Cane or Walking Poles**
- **Exercising Before Surgery**
- **Weight Management**
- **Nutrition**
- **Dental Work**
- **Having A Plan Worksheet**
- **“Out-of-Towners”**

Walking with a Cane or Walking Poles

Use a cane or walking poles before surgery to take the stress off your joint. This may also decrease your pain. These will also provide extra support to your other joints, which need to work harder to compensate for your sore joint. If you are limping or having pain in another body part (same leg, opposite leg, lower back) you should try using a cane or other gait aid on a more regular basis.

Walking with a Cane:

If you hang your arm loosely by your side, the top of a properly adjusted cane should be level with the crease of your wrist.

1. Hold the cane in the hand **opposite** your sore leg.
2. Move the cane and the sore leg forward together.
3. Walk with even and equal length steps, as close to normal speed as possible.

Walking with Walking Poles:

Adjust walking poles so that you are able to grip the handles when your elbows are at a 90-degree bend. Walk with an opposite arm and leg pattern, similar to your walking pattern without the poles.

Exercising Before Surgery

Exercising before surgery will increase your chances of a quick and easy recovery. Exercise keeps the muscles around your joint strong, which helps to take the pressure off the joint and may reduce your pain. It also maintains your joint flexibility and improves your overall mobility. Regular physical activity keeps the muscles in the rest of your body strong. You will be relying on these muscles more during your recovery from your joint replacement surgery.

Daily physical activity will be a key part of your recovery for at least 1 year after surgery. Exercising **before** surgery will build up your confidence and knowledge of how to exercise after surgery.

The Canadian Physical Activity Guidelines recommend building up to at least 150 minutes of moderate- to vigorous- intensity aerobic physical activity per week. This can be done in bouts of 10 minutes or more. This works out to 30 minutes per day, 5 days per week. The guidelines also recommend strengthening and balance exercises 2 days per week. Choose exercises that put less stress on your joints such as pool exercises (swimming, water walking, water aerobics), riding a stationary bike, or walking with poles or a cane. For strengthening exercises, see "Your Home Exercise Program" (pages 32-34).

If you would like a more focused exercise program:

1. Make an appointment with a physiotherapist, kinesiologist, or personal trainer.
2. Check with your local community centre for group classes and information sessions.
3. Physical Activity Services at HealthLink BC provide physical activity information and advice by qualified exercise professionals. (See "Resources" on page 43).

Before beginning any new exercise program, please discuss with your family doctor whether the program is suitable for you.

PRE-SURGICAL CONDITIONING & PREPARATION PROGRAM

Set yourself up for success!

A Pre-Surgical Conditioning Program can optimize your Post-Surgical Recovery.

- **Stay ahead** – Gain strength and fitness to prepare for your surgery
- **Be informed** – We will familiarize you with the post-surgical rehabilitation process
- **Build connections** - Meet the team that will guide you through your surgical recovery



Your First Visit:

- Physical assessments will be done by a physiotherapist to evaluate your starting point.
- A kinesiologist will develop your personalized exercise plan and guide you through your surgical preparation exercises and provide you with the knowledge to complete these exercises at home.

Following Visits:

- A kinesiologist will assess your progress and give recommendations to improve your exercise form. Based on your progress, your exercise plan will be modified to give you the best results.
- Appointment options include in person clinic visits or over the phone with emailed exercises and videos.
- Every 2-4 weeks you may choose to see a physiotherapist for further evaluations.



Our Pre-Surgical Conditioning & Preparation Program may be covered by your extended medical benefits or MSP.

For more information on the RebalanceMD Pre-Surgical Conditioning & Preparation Program please contact the RebalanceMD Physiotherapy Department:

p: (250) 598-7410 physiobilling@rebalancemd.com

Weight Management

Being overweight or underweight can affect your recovery from surgery.

Every extra pound you carry places the equivalent of 3-6 pounds of force on your hips. But being underweight can make it harder for your body to heal after surgery.

If you are overweight, moderate gradual weight loss is a good strategy in the lead up to surgery (no more than 1 pound per week). This may reduce joint pain and allow you to do more activities.

Whether you are overweight or underweight, it is important to eat well before surgery. If you are worried about your weight, talk to a dietitian.

Nutrition

Good nutrition will help you recover from surgery. It will also reduce your risk of infection.

Protein- Promotes healing after surgery. Try to eat at least 3 servings of meat, milk or alternate protein sources every day.

Multivitamin- Promotes healing and is best taken in moderate doses. If you have a history of low iron, talk to your doctor, pharmacist or dietitian about supplements.

Calcium and Vitamin D- Are important for strong bones. Adults should have 2-3 servings of milk or calcium-fortified products per day. A minimum of 600 IU Vitamin D supplement is recommended for all people over 50 years old.

Fibre and Water- It is important to have a regular bowel habit prior to surgery as constipation can be a complication. Spread fibre intake throughout the day and drink at least 8 glasses of water per day.

Dental Work

While you are on the waitlist, a routine check-up can help identify any issues that may delay your joint replacement surgery. **Once you are booked for surgery** it is important that you avoid dental work, including a dental cleaning, to minimize the risk of infection. If you need major dental work, you will not be able to proceed with your joint replacement until **3 months after completion**.

Having a Plan Worksheet

Please review this form prior to your Intake Appointment with your Navigator

Making sure that you are prepared for surgery is important to help you have a successful recovery.

Here are a few things you need to consider so that you can start creating a plan for after surgery.

1. **Stairs:** How many stairs are there outside the home? Inside the home? Is there a railing?
2. **Help:** Who will help after surgery with **chores** such as cooking, cleaning, laundry, grocery shopping etc. Who can help you after surgery?

PLEASE NOTE: For elective surgeries (all pre-booked surgeries such as the one that you are having), the hospital does NOT arrange post-operative help, such as home care. You will need to make your own arrangements prior to having the surgery. Notify your Navigator if you would like a Victoria Community Resource booklet that lists private, fee-based home care and respite options.

Please be aware that you will still be discharged from hospital when you are medically stable and able to mobilize. You will still be discharged if you do not have a plan.

3. **Transportation:** Who will pick you up at the hospital? Who will drive you to follow up appointments with you surgeon and physiotherapy?
4. **Physiotherapy:** Physiotherapy AFTER surgery is free at RebalanceMD, the Saanich Peninsula Hospital and most Island Health hospitals outside of Victoria. You are welcome to attend a private physiotherapy clinic but you will be responsible for covering the fee.
5. **Medical Equipment:** Please review the Equipment section on page 18 to review the items you already own and what you will need to acquire. You will discuss this with your Navigator during your intake appointment.
6. **House Set-Up:** Do I have a walk-in shower or do I need to step over a tub?
How tall is my toilet? Do I have supports to push up on beside my toilet?
How is the height of my bed?

A Special Note for “Out-of-Towners”

For patients who do not live within greater Victoria, there are a few things that you need to be aware of in your planning:

- There may be necessary appointments that you need to attend in Victoria before and after surgery. Organizing transportation to accommodate these appointments will be your responsibility.
- Appointments may not be able to be organized around ferry times.
- Your arrival time for surgery could be as early as 6:00am. You may need to make arrangements to stay in town the night before.
- *Discharge from the hospital:*
 - Discharge times are not organized around ferry times.
 - Discharge times can vary depending on your individual circumstance. The hospital will try to give you as much notice but occasionally something will occur that prevents you from being discharged on schedule.
 - There is a “Discharge Lounge” within the Royal Jubilee Hospital where you may wait if your ride home is unable to come when the hospital needs to discharge you. A trained orthopaedic nurse is stationed there Monday-Friday.

Once Your Surgery Day is Booked

This section contains information about:

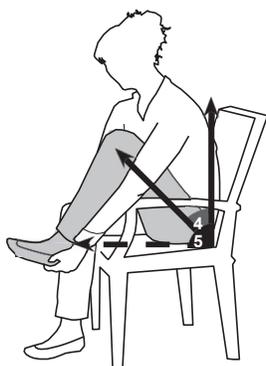
- **Hip Precautions**
- **Equipment**
- **Preparing Your Home**
- **Daily Activities**
- **Walkers and Crutches**
- **Stair Use**
- **Transportation**
- **Pre-Op Education**
- **Surgical Confirmation Letter**
- **Alcohol and Smoking**
- **Pre-Admission Clinic**
- **Cancellation of your Surgery**
- **Shaving**
- **Pre-Op Showers**
- **Eating and Drinking Before Surgery**
- **What to Bring to the Hospital**
- **Medications**

Hip Precautions

For up to **3 months** after your surgery, you may have the following restrictions on your movement.

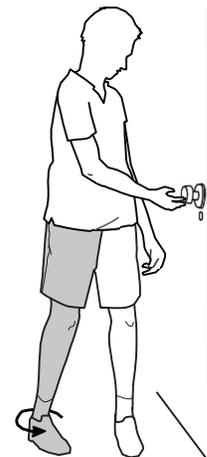
Your surgeon will confirm this with you after your surgery.

1) Do not bend your hip past 90 degrees



3) Do not twist your body or legs

2) Do not cross your legs at the knees or ankles



Equipment

You will need the following equipment:

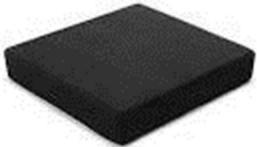
- Raised toilet seat- 2", 4" or 5"/6"
- Height adjustable bath bench or shower stool
- Two-wheeled walker (with a tray if you live alone) or crutches
- Cane
- Firm foam cushion- 2", 4" or 6"
- Flexible gel ice packs, or a cryotherapy machine
- Long handled reacher
- Long handled shoe horn
- Sock aid

You may also require the following equipment based on you or your home set-up:

- Toilet safety frame
- Long handled sponge
- Hand-held shower hose
- Non-slip bathmat
- Elastic shoelaces or slip-on shoes
- Leg lifter strap
- Bed rail assist

Most of this equipment can be rented or purchased from a local medical supply store or Rebalance^{MD}. These expenses can often be claimed- please check with your Extended Health Benefits plan. Some items may be available from local loan cupboards. Your Navigator will review this and help with any necessary referrals shortly after your surgery is booked.

It is important that you pick up all the necessary medical equipment and set up your home so that you can move around easily at least 1 week BEFORE surgery.

2 wheeled walker		Firm foam cushion (high density foam)	
Cane		Long handled shoehorn	
Long handled reacher		Sock aid	
Raised toilet seat		Toilet safety frame	
Shower stool		Bathtub transfer bench	
Other equipment :	Commode Tub grab bar- clamp on Bed rail assist	Crutches (axilla) Crutches (forearm)	

Places to RENT or PURCHASE equipment in Victoria

- Please contact the store to confirm that they have the items you require and to inquire about **pricing**.
- If you need to purchase an item and have Extended Health Benefits, there is a **prescription** in your Education package that you can use to claim expenses.

Store	Phone number	Address	RENT
One Bracing @ RebalanceMD	250-598-7420	104-3551 Blanshard St *cushions included ONLINE ORDERING & SHIPPING AVAILABLE please visit www.onebracing.com/shop	NO
Home Health Care Supply	250-474-6966	875 Cecil Blogg Drive	Need to inquire
Motion Specialties -Victoria	250-384-8000	1856 Quadra Street *cushions included	YES
Motion Specialties- Sidney	250-656-6228	7-9764 Fifth Street Sidney *cushions included	YES
Rexall Home Health Care	250-384-7196	3098 Nanaimo Street	YES
Island Mediquip - Victoria	250-391-0388	750 Enterprise Crescent (top of Glanford by Bird of Paradise Pub)	YES
Shoppers Home Health	250-370-2984	1561 Hillside Avenue	YES
Vancouver Island Medical Supply	250-384-4060	1A 3534 Quadra Street	YES
HME Mobility and Accessibility	250-386-0075	101-2567 Wilfert Rd	YES

Places to purchase the HIGH DENSITY FOAM CUSHIONS

The Foam Zone	250-475-3255	Unit 1 – 3388 Douglas Street (behind Mr. Lube)
McGeachie's Foam Shop	250-385-7622	2103 Douglas Street
McGeachie's Foam Shop	250-391-9320	890 Goldstream Avenue Langford
Home Health Care Supply	250-474-6966	875 Cecil Blogg Drive

Please contact your Navigator if you are having difficulty getting your equipment. 250-940-4444

Preparing Your Home

Making the following modifications to your home prior to surgery will make it easier for you to go about your daily activities in the weeks after surgery.

- If possible, arrange your home so that you can spend most of your time on a single level.
- Ensure all stairs have stable, solid railings.
- All chairs that you sit on should be at least 2 inches above the bend in the back of your knees. Use a firm foam cushion to increase the height of a chair.
- Try to use chairs with arms. If you do not have one already, consider a patio chair with a cushion.
- Raise your bed to be above the bend in your knees. Bed risers can be purchased at your local furniture store.
- Install a raised toilet seat. You may need a toilet safety frame (arms for your toilet).
- Have a seat for when you have a shower. This may be a height adjustable bath bench for over your tub or a height adjustable shower stool for your walk-in shower.
- Move any items that you use often from lower cupboards and drawers to counter height. You will not be able to bend to the floor.
- Remove all throw/scatter rugs and other potential tripping hazards.
- If you think you will have difficulty getting in and out of bed you can purchase, rent or borrow a bed rail assist.

Daily Activities

It is helpful to practice these activities BEFORE surgery.

Sitting/Standing:

- Choose a chair with arms.
- The chair must be at least 2" above the bend in the back of your knees. Place a firm foam cushion on the seat to raise the height.
- Always extend your surgical leg before you sit or stand.
- Feel free to lean back or slouch.
- Do not bend forward in the chair.

Getting Dressed:

- Sit on a chair or raised surface.
- Dress your **surgical leg first**.
- Use a long-handled reacher to get your underwear and pants over your foot and up your leg. Do not bend forward to pull them over your foot.
- Use a sock aid and long handled shoe horn to get your socks and shoes on.



**Choose a chair
with arms**

Getting in to bed:

- Sit on the edge of your bed, extending your surgical leg.
- Slide back across the bed, using your arms for support.
- Swing your legs into the bed. Be sure to avoid twisting.

Getting out of bed:

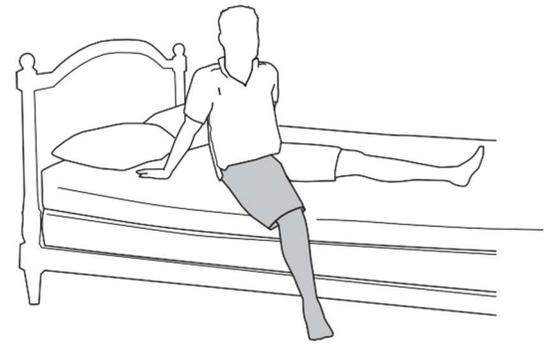
- Slide to the edge of the bed.
- Using your arms, push yourself up to sitting.
- Slide your leg off of the bed.

Useful Tips:

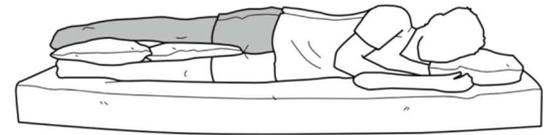
- A leg lifter strap or pyjama bottoms can be helpful to assist getting your surgical leg in and out of the bed.
- A bed rail assist may also be helpful.

Sleeping/Lying Down:

- It is common to have difficulty sleeping in the first few weeks after surgery. You will need to sleep on your back until it is comfortable to sleep on your side. Some people find sleeping in a **recliner chair** more comfortable.
- When lying on your side, place a long pillow between your legs to prevent your surgical leg from falling across your good leg.

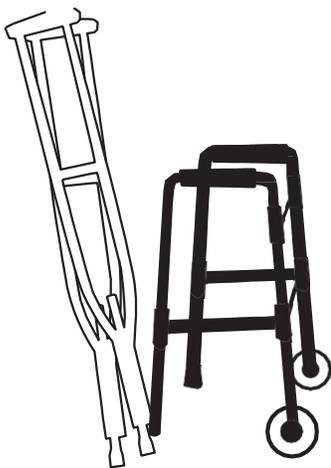


**Swing legs to
avoid twisting**



**Place pillow(s)
between legs**

Walkers and Crutches



**A pair of crutches and
a two-wheeled walker**

You will be using a two-wheeled walker (**preferred**) or crutches for **2-6 weeks** after surgery to provide extra support to your new joint as it is healing. Your physiotherapist will advise you when you are ready to move to another gait aid, typically a cane.

If you hang your arms loosely by your side, the handles of a properly adjusted walker should be level with the crease of your wrist. Crutches should be adjusted so that the crutch top is approximately 2 inches below your armpit. Adjust the crutch handle so that you have a slight 20-30 degree bend in your elbow.

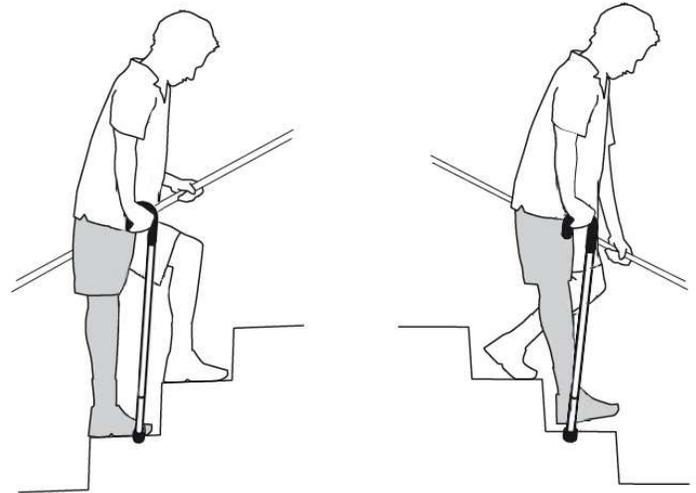
Walking with a Two-Wheeled Walker or Crutches

- 1) Start from standing and move walker or crutches forward.
- 2) Step forward with your surgical leg.
- 3) Putting as much weight as necessary on the aid, step forward with your good leg.

Stair Use

Going UP Stairs:

- 1) Always use a handrail if available.
- 2) Step up with your **good leg** first.
- 3) Follow with your surgical leg and your cane (or crutch), one stair at a time.



Going DOWN Stairs:

- 1) Always use a handrail if available.
- 2) Place your cane (or crutch) on the step below.
- 3) Step **down with your surgical leg** first.
- 4) Follow with your good leg, one stair at a time.

The hospital physiotherapist will practice stairs with you before you leave the hospital. In the early stages of recovery, plan your day so that you minimize the number of times per day you do the stairs. This will help you conserve energy and avoid putting unnecessary stress through your new joint.

Transportation

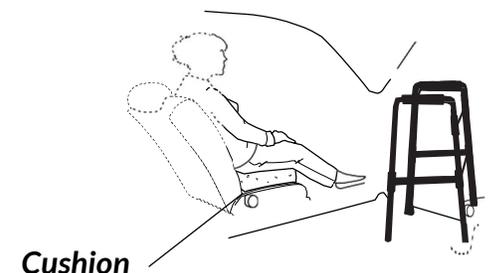
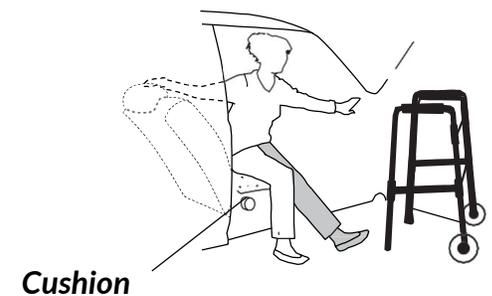
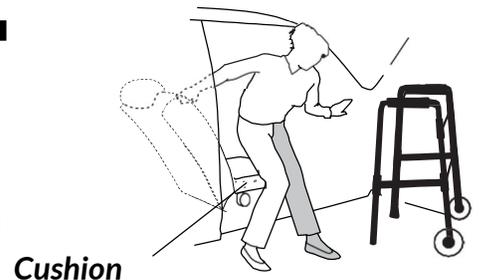
You are responsible for arranging a ride home from the hospital. Please do not take a taxi or HandyDART unless you have someone that can accompany you and help you get into your home safely. There are many private transportation services that offer fee-based supported transportation. If you need assistance, speak with your Navigator.

Ask the person who is picking you up at the hospital to bring the two-wheeled walker or crutches and foam cushion.

Getting in/ out of the car:

1. Have the driver slide the seat all the way back.
2. Have them recline the seat back and place the foam cushion to raise the seat height.
3. Back up until you feel the seat on the back of your legs.
4. Extend your surgical leg.
5. Lower yourself slowly to the seat.
6. Slide back and lift your legs.
7. Spin on the seat, avoiding twisting with your body.

It is very helpful to practice this BEFORE surgery.

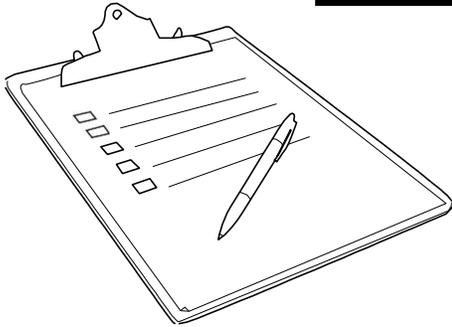


Surgical Confirmation Letter

You will receive your surgical confirmation letter via email or in the mail **once your surgery date is booked**. This letter will confirm your surgery date as well as other information to help you prepare.

You will receive your hospital arrival time via email or telephone call **1 week before your surgery date**.

Education



After you have accepted a surgery date, you will be contacted by the New Joint Program around 3-4 weeks before your surgery to arrange your Education. **This is a necessary step in preparation for surgery.** You will be asked to watch a detailed video on our website, complete paperwork and go to the hospital for updated pre-operative tests.

Alcohol and Smoking

Continued use of alcohol and smoking may prolong your recovery. Please stop drinking alcohol **7 days** prior to surgery. Quitting smoking prior to surgery is also a good strategy as smoking may slow your healing. Your Navigator or family doctor can connect you with a smoking cessation program (see “Resources” page 43).

Pre-Admission Clinic

The Pre-Admission Clinic will call you from the hospital to schedule an appointment. At this appointment you will speak with a pharmacist who will review your medications.

You may also be called to see an anaesthesiologist prior to your surgical date. This may occur at either the hospital or at Rebalance^{MD}. You should bring any questions you may have about your anaesthesia or pain issues to this appointment.

It is important that you bring **ALL** of your medications/supplements to this appointment. It is advised that you complete all of your pre-operative tests before this appointment. Requisitions for these tests will be provided as part of the Education as mentioned above.

Cancellation of your Surgery

Your surgery may be cancelled if you have an active infection, open wound, weeping rash, sore on the surgical leg, a cold, or the flu. Having any dental procedures **3 months prior** to your surgery may also cancel your surgery. If you are unwell in any way before your surgery, please call Rebalance^{MD}.

Shaving

Please **do not** shave the area or limb to be operated on **2 weeks prior** to surgery. Any cut or abrasion on your skin may result in your surgery being postponed.

Pre-Op Showers

You will need to take 2 pre-op showers before your surgery. The first shower will take place **the night before** your surgery and the second one **the morning of** your surgery. You will need to purchase 2 Antibacterial Chlorhexidine 4% sponges for this. These are available at most pharmacies or Rebalance^{MD}. Instructions on how to scrub will be provided in your Surgical Confirmation Letter.

Eating and Drinking Before Surgery

Please follow the fasting guidelines as explained in your Surgical Confirmation Letter. You are not to eat or drink (ingest anything by mouth) as of **midnight the night before surgery**.

What to Bring to the Hospital

- Label all essential personal items with your name and phone number (denture cup, glasses case, hearing aid case, cellphone, etc.)
- Bring your own toiletry items (toothbrush, hairbrush, etc.)
- Bring loose fitting clothes as well as comfortable closed-toed shoes that are easy to get on/off (slip-on, elastic shoelaces).

Do not bring:

- Your own bedding, pillows, blankets. Do not bring flowers, balloons or cards. Non-essential items will be turned away
- Valuables: jewellery, cash, tablets.
- Scented products: perfumes, deodorants, make-up, powders or nail polish.
- Equipment: walkers, raised toilet seats. These will be provided in hospital.

Medications

Most medications can be taken up to and including the day of surgery. Some medications must be **stopped** before surgery to decrease the chances of complications.

Below is a guide to medication use in the lead-up to surgery. Any allowed medications may be taken with 30 mL of water per pill up to one hour before your hospital arrival time.

You may be given further direction from the anaesthesiologist. If so, follow those instructions.

Generic Medication	Trade Name	When to Stop
Acetaminophen	Tylenol	May take for pain as needed up to and including day of surgery
Angiotensin converting enzyme (ACE) inhibitors	Captopril, Cilazapril, Enalapril, Rosinopril, Ramipril, Trandolapril	Hold day of surgery to reduce risk of excessive drop in blood pressure during anaesthesia.
Anticoagulants and Antiplatelets	Coumadin, Warfarin, Heparin, Plavix, Xarelto, Ticlid, Eliquis, ASA, Aspirin	If you are on ANY of these medications, contact your cardiologist/ internist and/or orthopaedic surgeon
Cox-2 NSAIDS	Celebrex, Meloxicam (Mobicox)	Hold day of surgery
Diuretics	Hydrochlorothiazide, Furosemide (Lasix), Spironolactone	Hold day of surgery
Non-steroidal anti-inflammatory drugs (NSAIDS) with a short life	Ibuprofen, Advil, Motrin, Diclofenac, Voltaren, Ketoprofen, Indomethacin,	Stop the day before surgery
NSAIDS with an intermediate life	Naproxen, Sulindac, Ketorolac (Toradol)	Stop 3 days before surgery
NSAIDS with a long life	Prioxicam	Stop 10 days before surgery
Oral contraceptives or hormone replacement therapy		Stop 1 month before surgery and restart on the direction of your surgeon. (You may need to use alternative forms of birth control during this period.)
Oral Hypoglycemic agents	Chlorpropamide, Glyburide, Metformin	Hold day of surgery to decrease risk of hypoglycemia when fasting
Vitamin E and all other oral natural health products and herbal remedies	Garlic, Gingko, Kava, St John's Wart, Ginseng, Dong Quai, Glucosamine, Papaya	Stop 7 days before surgery
Regular vitamins and iron pills		Hold day of surgery

Hospital Stay

This section contains information about:

- **Length of Stay**
- **What Happens on the Day of Surgery**
- **Blood Thinning Medications**
- **Rehabilitation**
- **Pain Control After Surgery**
- **Discharge Checklist**

Length of Stay

Your length of stay in the hospital may be as short as **24 hours**, once you have reached discharge criteria (medical stability and ability to safely mobilize). It is important that you have made arrangements with someone to pick you up from the hospital upon discharge. Make sure these arrangements are flexible, to account for an early discharge time.

If you think you will need extra care or home support after surgery, please contact your Navigator. We have a list of resources available as [you are responsible for organizing your own care after discharge](#).

As your surgery is a planned surgery, the hospital will NOT organize post-operative help for you.

What Happens on the Day of Surgery?

Before Surgery:

- Bring a small suitcase of your belongings (see “What to Bring to the Hospital” page 25).
- Do not bring your medications (unless the hospital pharmacist directs otherwise).
- If you use a CPAP machine, please bring it to the hospital with you.
- Check in at “**Patient Admitting**”. They will guide you from there.
- You will confirm your anaesthesia plan with an anaesthesiologist.
- You will see your surgeon at this time as well.

After Surgery:

- You will wake up in the recovery room.
- You will stay here until your pain is under control and you are no longer drowsy.
- You will have an intravenous (IV) line to keep you hydrated and to give you medication.
- You may have oxygen administered by nasal tubing.
- Your stay in the recovery room may last from 1-3 hours.

The Hospital Ward

- You will be transferred to the orthopaedic ward once you are medically stable.
- A nurse will assist you out of bed the night of the surgery. Usually, this is only to stand for a short duration or to attempt to empty your bladder.
- The nurse will let you know how much weight you can put on your surgical leg.
- You may have a drain on your leg that collects blood from your joint.
- Sometimes your bladder function is impaired shortly after surgery. This is usually due to the anaesthetic. If you are unable to empty your bladder, the nurse will perform a portable ultrasound of your bladder while you are lying on your bed. If the ultrasound shows a large amount of urine, the nurse may insert a catheter to drain your bladder. This will be removed once the bladder has been drained.
- It is important to do **deep breathing** and **ankle pumping** exercises after your surgery, especially while lying in bed (see the following page).

Deep Breathing

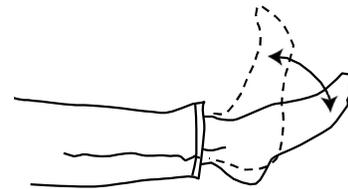
This exercise is important because it helps clear your lungs. This exercise can reduce the risk of lung problems like pneumonia.

- While sitting up, take a few normal breaths. Then take one deep breath. Try to hold your breath for 2-5 seconds.
- While making an “O” with your lips, slowly breathe out like you are blowing out a candle.
- If you feel the need, cough to help clear your lungs.
- Do this a total of 10 times, remembering to take normal breaths in between.
- Do this exercise every hour that you are awake.
- You may be given an spirometer which is a blue breathing tool that helps you visualize your deep breathing.

Ankle Pumping

This exercise is important because it can improve circulation and reduce the risk of getting a blood clot.

- While lying down or sitting, start by pointing your toes up towards the ceiling. Then, point your toes down, similar to pressing on the gas pedal while driving.
- Do this exercise 10 times every hour that you are awake (this could be done in conjunction with your breathing exercises).



Blood Thinning Medications

After surgery, you are at an increased risk of getting a blood clot. The following blood thinning medications reduce that risk and must be taken for as long as your surgeon prescribes.

Enoxaparin (injection) ASA/Aspirin (pill) Xarelto (pill)

Your surgeon will select the blood thinner that they think is right for you. If this is Enoxaparin, the hospital nurse will teach you how to give yourself the injection.

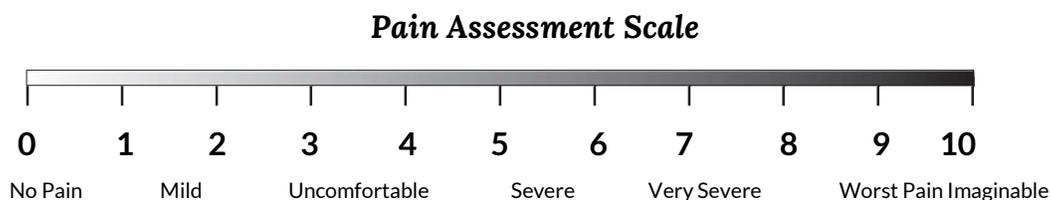
Rehabilitation

Physical activity is an important part of your recovery. It will not only help to improve the function of your joint, but help to clear your lungs, reduce your risk of blood clots, reduce your pain, and start your bowels moving.

A physiotherapist will work with you during your hospital stay to teach you how to walk with a walker or crutches, use stairs safely and review your home exercise program. A Rehabilitation Assistant may also help you with your walking and exercises. A member of the rehabilitation team will review how to do your daily activities such as dressing while following precautions to protect your new joint.

Pain Control After Surgery

A common way to reference your pain after surgery is by using a scale from 0 to 10 (where 0 means you have no pain and 10 means the worst pain imaginable).



Staying Ahead of the Pain:

The best time to take your pain medication is when your pain level is around 3 or 4 (uncomfortable but bearable). This way, you will require a smaller dose of pain medication to bring your pain level back to a comfortable range (such as 1 or 2). If you wait until your pain level reaches 7, 8, or 9 you will need a higher dose of pain medication. This can lead to nausea, drowsiness and dizziness and should be avoided.

Types of Pain Medications:

There are a variety of pain medications that your doctor may order for you. You will likely be prescribed a combination of these medicines to control your pain after surgery. These include:

- Hydromorphone or oxycodone: These narcotics are “heavy duty” painkillers. Your nurse will only give you the amount that your surgeon feels is safe.
- Tramacet/Tramadol or Tylenol with codeine: These are effective painkillers, but might not be strong enough shortly after surgery.
- Tylenol (extra strength): You will likely be on a regular dose of Tylenol to help keep your pain level down.
- Gabapentin or Pregabalin: These are medications to help with nerve pain.
- Celebrex: This medication will reduce inflammation.

Remember to also use **ice** and **elevation** to help alleviate pain.
Please review “Pain Control at Home” on page 36 for further information.

Discharge from Hospital

At discharge, you will be given a “Discharge Sheet” with information on it. You will also be given prescriptions for your pain medication and blood thinner. There is a “Discharge Lounge” within the Royal Jubilee Hospital where you may be brought to if your ride home is unable to come when the hospital needs to discharge you. A trained orthopaedic nurse is stationed there Monday-Friday.

Physiotherapy/ Rehabilitation

This section contains information about:

- **Physiotherapy/Rehabilitation**
- **Your Home Exercise Program**

Physiotherapy/Rehabilitation

Post-operative physiotherapy is offered free of charge at Rebalance^{MD}, Saanich Peninsula Hospital, and other Island Health Hospitals and Health Centres on Vancouver Island. Your Navigator will record your choice around the time of your Navigator Intake Assessment and every effort will be made to have you attend at your preferred facility, but due to capacity limitations this may not always be possible. The majority of patients will be seen at RebalanceMD in our integrated group session format. Our group classes are supervised by our Physiotherapist and carried out by our Kinesiologists/Exercise Therapists in our rehabilitation department.

Your first appointment is usually 3 weeks from your surgery date. If you will be coming to Rebalance^{MD} for your physiotherapy, you will be contacted prior to surgery by the Physiotherapy Department to schedule this appointment.

Your home exercise program and gentle, gradual walking with your walker or crutches are the most important part of your rehabilitation. If you are wanting to progress your walking before your first physiotherapy visit, please follow the “**10 percent rule.**” Increase your walking time or distance by only 10 percent. For example, if you were walking for 10 minutes, you would increase by one minute. (**Please note:** the 10 minute time example is used for easy math only – each patient will be walking for different times based on your recovery).

During your visits, your home exercise program will be reviewed and increased in difficulty as you recover. The Physiotherapist or Kinesiologist will also assess your mobility and determine when you are ready to progress from the walker or crutches to a cane. You will typically be using a walker/crutches for 2-6 weeks after surgery. **It is important that you do not come off your walker/crutches too soon**, as this will place too much stress on your new joint, as well as other joints in your legs and back. This may cause increase pain and swelling and may delay your recovery.

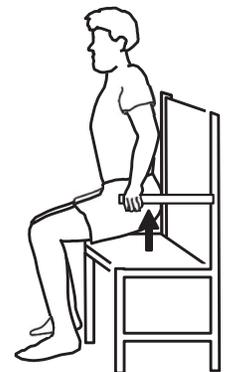
Bring any questions or concerns that you may have regarding your recovery and return to activity (such as driving, work, or a gym program) to your appointment.

Your Home Exercise Program

It is important to practice these exercises **BEFORE** surgery.

Arm-Chair Push-Up

- Sit on your chair, placing your hands on the armrests, elbows bent.
- Push through your hands to lift your body by straightening your elbows.
- Hold for 5 seconds before **slowly** lowering your body back down.
- Repeat this exercise 10 times, 2 times per day.



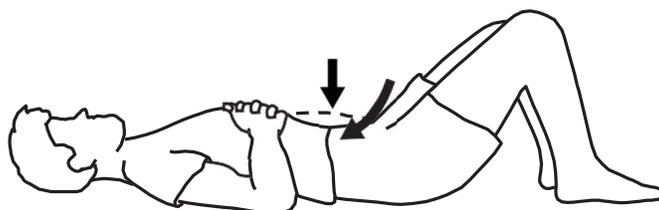
This exercise will strengthen your arms, allowing you to better use your walker or crutches, get in and out of bed, and stand up from a chair.

Turning on your Core Muscles

Your core muscles provide stability and control during movement. These muscles grow weak during periods where you are not regularly walking. This can make you stiff and give you poor balance.

Turning on your Pelvic Floor (Bladder Muscles)

- Pull your bladder muscles into your belly button.
- Hold for 5 seconds before relaxing.
- Repeat this exercise 10 times.



Turning on your Lower Abdominal Muscles

- Pull your belly button into your spine.
- Hold for 5 seconds while breathing quietly, then relax.
- Repeat this exercise 10 times.

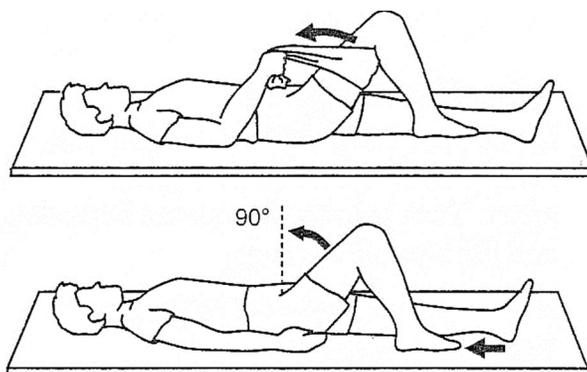
Range of Motion Exercises

These exercises will help increase your hip joint's range of motion.

Please note: these exercises are done on your bed or another elevated flat surface.

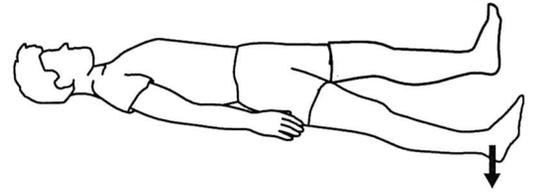
Hip Flexion Heel Slides

- Lie on your back.
- Bring one knee up to your chest (**do not bend past 90 degrees**).
- You may use a towel behind your thigh to help you.
- Repeat this exercise 10 times, 2-3 times per day.



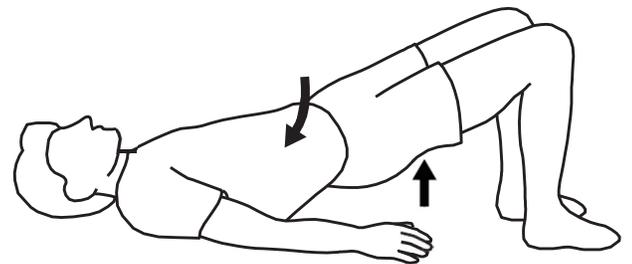
Hip Abduction

- Lie on your back with your legs straight and your tummy tucked in.
- Slide your surgical leg out to the side, while keeping your kneecap and toes pointing toward the ceiling.
- Return to the starting position.
- Repeat this exercise 10 times, 2-3 times per day.
- Please note: Your surgeon may require you use a plastic bag and leg strap to assist this exercise.



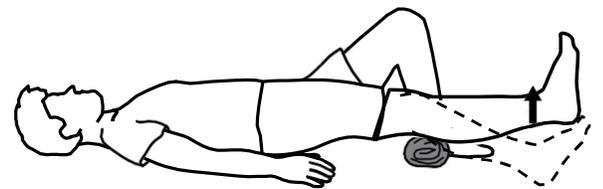
Lying Hip Extension

- Lie on your back with your knees bent and no more than 1 pillow under your head.
- Turn on your core muscles.
- Turn on your buttock muscles and lift your hips up, keeping your back relaxed.
- Hold for 5 seconds.
- Slowly lower your hips.
- Repeat this exercise 10 times, 2-3 times per day.



Knee Extension Over a Roll

- Place a large or a rolled towel under the back of your surgical leg.
- Straighten your knee by tightening the muscles on the front of your thigh.
- Push the back of your knee into the roll.
- Hold for 5 seconds.
- Repeat this exercise 10 times, 2-3 times per day.



At Home

This section contains information about:

- **Pain Control at Home**
- **Swelling**
- **Icing & Elevating**
- **Complications After Surgery**
- **Changing Your Dressing**
- **Resuming Home Medications**
- **Returning to Work**
- **Returning to Driving**
- **Returning to Sexual Activity**
- **Dental Work and Medical Procedures**

Pain Control at Home

Most people experience a reduction in pain over the 6-12 weeks following surgery.

Please see “Pain Control After Surgery” (page 30) to review effective pain management. It is important in the transition from hospital to home to maintain consistent dosing.

Acetaminophen:

It can be helpful to take acetaminophen 1000 mg (2 extra strength tablets) every 4-6 hours, ensuring you do not exceed 4000 mg in a 24-hour time frame. Here is a general schedule for taking acetaminophen:

6:00 am 11:00 am 4:00 pm 9:00 pm

Please note: Tylenol is the same medication as acetaminophen.

If a medication contains acetaminophen, be careful about using Tylenol as well. For example, “Tramacet”, “Tramadol” and “Tylenol #3” contain acetaminophen, so **it is important to read your prescription bottle carefully to ensure you do not exceed the maximum daily dose.**

If you have a history of liver disease or significant alcohol consumption, you may need to reduce or avoid acetaminophen use. Discuss this with your pharmacist or family doctor.

Narcotics (Hydromorphone, oxycodone, etc):

These are intended for short use following surgery as they pose a risk for addiction or dependence. Signs of drowsiness, confusion, hallucinations, slow and/or shallow breathing are all signs that you might be taking too much pain medication. If any of these symptoms are severe, please contact your Navigator, surgeon’s office, family doctor or a nurse through Healthlink BC (see “References” page 43).

If your surgeon gave you prescriptions for two pain medication:

Usually this involves a stronger narcotic and another more moderate pain medication such as Tramacet/Tramadol or Tylenol #3. **It is important to only use one medication at a time.** Start with the narcotic medication first following surgery. Once your pain starts to improve, try substituting one narcotic dose with the other pain medication. If this provides adequate pain control, continue substituting replacing some but not all the narcotic doses with the other pain medication. Over the next few days, continue the other pain medication, slowly decreasing the amount of narcotic use until you are no longer using the narcotic. It is advisable that you do not stop the narcotic suddenly or you may experience withdrawal symptoms such as nausea, irritability, jitteriness etc.

As your pain continues to improve, start decreasing how often you take your pain medication. You can start substituting extra-strength Tylenol in place of the other pain medication until you no longer need any pain medication.

Do not use non-steroidal anti-inflammatory drugs such as Ibuprofen/Advil and Aleve while you are taking your prescribed blood thinner unless directed by your surgeon.

Swelling

Having some swelling in your leg is normal after surgery, as well as later in the recovery process. It is normal for the swelling to extend all the way down to your feet. Swelling may also increase as you become more active and during your physiotherapy exercises. Swelling can take months to normalize, even up to 2 years in some cases. It is important to take active steps to minimize swelling.

In order to reduce swelling:

- Ankle Pumping- See page 29.
- Please do not walk or stand for more than a TOTAL of 5-10 minutes each hour in the first 1-2 weeks after surgery. Remember to start at 5 minutes and slowly increase if your pain and swelling is under control.
- Lie down often for 15-20 minutes with your leg up on pillows (keeping hip precautions in mind). You may also want to ice your hip at this time.
- Do not sit for longer than 30 minutes at a time.
- Ice your joint regularly as well as following exercises.
- Sometimes compression stockings can help reduce swelling. You may purchase a medium compression stocking that goes all the way to your thigh or an intermittent pneumatic compression device (review Education video) recommended by our surgeons.

If your calf becomes very swollen, tight, red and has a sharp pain or cramping, please contact your Navigator or go to your nearest emergency room.

Icing & Elevating

Icing your joint regularly throughout the day is an effective way to reduce pain and swelling. It is useful to ice after you exercise or after you have been on your feet for a while. Use ice packs or a cryotherapy machine. Cryotherapy machines can be purchased or rented from some medical supply stores, some Bracing/Orthotics stores or purchased from Rebalance^{MD}

Wrap an ice pack in a pillow case and place it on the joint. If necessary, secure with a tensor bandage, Velcro straps, or a tie. If you are using a cryotherapy unit, place the pad on your joint (with a pillow case or thin tea towel between your skin and the pad) and secure it with the supplied Velcro straps. Ice for 15-20 minutes. Repeat at least 4-6 times per day in the first two weeks. Continue to use ice as needed for as long as you find it helpful. You should also helpful to elevate your leg while icing. Ensure that your foot is elevated above the level of your waist when sitting.

To avoid injury, never apply ice directly to your skin.

Resuming Home Medications

Once you return home following surgery you can resume most of your usual medications, unless otherwise directed.

Medications you should NOT continue (**unless instructed by your surgeon or family doctor**):

- Blood thinners you were taking before surgery (Asprin/ASA, Plavix, Coumadin, etc).
- Biologics such as Remicade.
- Hormone Replacement Therapy.
- Ibuprofen or any previously prescribed painkiller.
- Any supplement that has blood thinning capabilities, such as glucosamine or Vitamin E.

Changing your Dressing

You will receive a Dressing Change Guide specific to your surgeon in your Education package. **You are responsible for your own dressing change. If you have any questions about your dressing change or incision, contact your Navigator.**

How to change your dressing:

- Wash your hands with soap and water beforehand
- Simply take off the old dressing (carefully, so as not to remove the steri-strips) and apply the new one
- DO NOT clean the incision with anything, including water

When your incision no longer requires a dressing, please make sure you avoid the sauna, pool, hot tub or bath until the incision is completely healed. This usually takes an average of 6-8 weeks to be completely healed.

Do not apply lotions, oils, ointments to the incision until it is completely healed.

Complications After Surgery

After surgery, a few people suffer complications and may require further medical treatment.

Blood Clots:

A small number of people may develop a blood clot following surgery. These usually develop in the deep veins within the legs and may travel to your lungs. If you have significant calf pain, swelling and cramping, call our office if available or go to Emergency. If you have difficulty breathing or chest pain, go to Emergency as soon as possible.

In order to reduce your risk of blood clots:

- Take the blood thinning medication prescribed by your surgeon.
- It is important to mobilize every hour that you are awake, but limit it to 5 minutes at a time.
- While you are sitting or in bed, pump your ankles (see page 29) and flex your leg muscles to improve circulation.
- Use compression stockings or an intermittent pneumatic limb device (review Education video).

Constipation:

A change in diet, reduced activity, and pain medication may cause some patients to have difficulty with constipation after surgery. Some ways to stay regular in hospital and at home include:

- Drink at least 8 glasses of water or other clear low calorie fluid per day.
- Eat fibre such as prunes, bran, beans, fruit and vegetables.
- Activity, such as moving around frequently and doing your exercises.
- Take an over the counter stool softener and/or laxative, especially while you are taking pain medication. Please discuss with your pharmacist.

Infection:

Infection around a new joint is something that occurs in 1-2% of people. However, it is possible for an infection elsewhere within the body to reach the new joint through the blood stream. If you develop a joint infection, you will require antibiotics and, on the rare occasion, further surgery.

Signs of an infected incision include:

- Redness developing and spreading around the area and that redness.
- Increasing drainage from the wound site. Although it is normal for a new surgical wound to have some drainage, this should slowly stop within 3 to 5 days.
- Increased pain or swelling at the wound site and the surrounding area.
- A fever (above 38 degrees Celsius or 101 degrees Fahrenheit) or chills.

If you think you have a possible wound infection, call your surgeon's office immediately.

Confusion:

You may experience short term confusion if you are reacting to medication or are suffering alcohol withdrawal.

- If the confusion is severe, go to the nearest Emergency Room.
- If the confusion is minor, please see your family doctor, visit a walk-in clinic or contact a nurse via HealthLink BC (see “Resources” page 43).
- If you think the confusion is caused by the pain medication, contact your surgeon’s office.

Chest Infection:

Chest infection following surgery is generally the result of mucus that is not cleared from the bottom of your lungs.

Signs of a chest infection include:

- Frequent coughing, coughing up yellow or green mucus, or shortness of breath.
- Fever above 38 degrees Celsius or 101 degrees Fahrenheit.

If you think you have a possible chest infection, contact your Family Doctor.

Hip Dislocation:

If you experience any of the following, please go to Emergency:

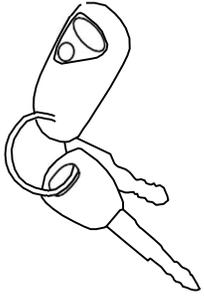
- Sudden extreme pain in your surgical leg.
- Your surgical leg suddenly shortens.
- Your hip cannot be moved.

Returning to Work

It is important that you allow yourself time to recover from surgery and focus on your rehabilitation before you return to work. Some people need longer than others to heal and recover. This depends on a variety of factors, such as your health status and the type of work that you do.

Talk to your surgeon about what is right for you.

Returning to Driving



Being able to drive safely depends on which leg was operated on, whether you have an automatic or standard transmission vehicle, and your ability to safely navigate your foot from the gas pedal to the brake.

As a general guideline you should be off all narcotic medication. If your right leg was operated on, you should wait a minimum of **6 weeks** after your surgery date.

It is important that you discuss this with your surgeon at your post-operative visit.

Returning to Sexual Activity

It is important to maintain your hip precautions for **up to 3 months** following surgery. Keeping in mind to avoid twisting and bending more than 90 degrees, you may return to sexual activity once you feel ready and comfortable. This is generally 4-6 weeks after surgery.

You may want to consider some new positions. Discuss this with your partner. The website: www.recoversex.com has a variety of illustrations of sexual positions that maintain hip precautions.

If you have questions or concerns about how to protect your new hip during sexual activity, talk to your physiotherapist or surgeon.

Dental Work and Medical Procedures

If you will be having any dental work or medical procedures- such as procedures involving the bladder, prostate, lung, or colon- it is important that you let your health care professional know that you have had joint replacement surgery.

To avoid the risk of infection, it is important that you **avoid dental work and dental cleanings, for 3 months after surgery.**

If you have a health issue that compromises your immune system, you may need antibiotics with every dental procedure for the rest of your life. Please discuss this further with your surgeon and dentist.

Resources

This section contains resources for:

- **Arthritis and Surgery Information**
- **Health Professionals**
- **Physical Activity**
- **Transportation**
- **Resource Guides**

Resources

Rebalance^{MD}

www.RebalanceMD.com

250-940-4444

Walk In Clinic Locator and Wait Times

www.medimap.ca

Arthritis & Surgery Information

The Arthritis Society

www.arthritis.ca

Email: info@arthritis.ca

Arthritis Society Information

line: 1-800-321-1433

Eating Well for Arthritis

<http://www.arthritis.ca/living-well/optimized-self/eating-well/your-good-food-guide>

Canadian Orthopedic
Foundation

www.whenithurtstomove.org

Ortho Connect

www.orthoconnect.org

American Academy of
Orthopaedic Surgeons

www.orthoinfo.aaos.org

Health Professionals

Nurse Hotline/HealthLink BC

Phone: 8-1-1

www.healthlinkbc.ca

Non-emergency health
information provided by a nurse,
pharmacist or dietitian.

Physical Activity Services at
HealthLink BC

www.healthlinkbc.ca/physical-activity

Phone: 8-1-1

Dietitians of Canada

www.dietitians.ca

Physiotherapy Association of
British Columbia (PABC)

– to find a physiotherapist in your
area

www.bcphysio.org

Quit Now

www.quitnow.ca

BC Smoking Cessation Programs

<http://www2.gov.bc.ca/gov/content/health/health-drug-coverage/pharmacare-for-bc-residents/what-we-cover/drug-coverage/bc-smoking-cessation-program>

Transportation

HandyDART

www.bctransit.com/victoria/riderinfo/handydart

Phone: 250-727-7811

SPARC–

Disabled parking pass
Victoria Disability
Resource Centre

www.drcvictoria.com/parking-permits/

Phone: 250-595-0044

Fax: 250-595-1512

Email: parking@drcvictoria.com

TAP – Travel Assistance
Program- travel and
accommodation

<https://www2.gov.bc.ca/gov/content/health/accessing-health-care/tap-bc>

Phone: 1-800-663-7100

Resource Guides

Seniors Serving Seniors
Directory

www.seniorsservingseniors.bc.ca

Greater Victoria Rec Centre
Guide

www.fitinfitness.ca

**Please note that information on this page is provided as a reference only and is subject to change. You may need to use directory assistance or an internet search.*

Visit Our Website

www.rebalancemd.com

For Educational Videos & Anaesthetic Information Regarding Your Hip Replacement Please Visit:

<http://rebalancemd.com/resources/>

Do not worry about the “forms” in this video. You will be provided these forms once you have accepted a surgical date and you have been contacted regarding pre-operative Education.

Cover art by a previous participant of our Annual RebalanceMD Young Artists Competition, which highlights the talent of local high school students.

You can see more art from the competitions held over the years showcased on the walls throughout our clinic.