

River's Edge Hospital

Getting to the Hospital

River's Edge Hospital is located in St. Peter, MN at 1900 North Sunrise Drive.

To get to River's Edge Hospital:

From the south: From US HWY 169 N (Minnesota Ave.), take the Hwy 22 North exit (Dodd Ave.). Turn right onto Sunrise Drive, then left into the hospital entrance.

From the north: From US Highway 169 S, take the Hwy 22 North exit (Dodd Ave.). Turn right onto Sunrise Drive, then left into the hospital entrance.

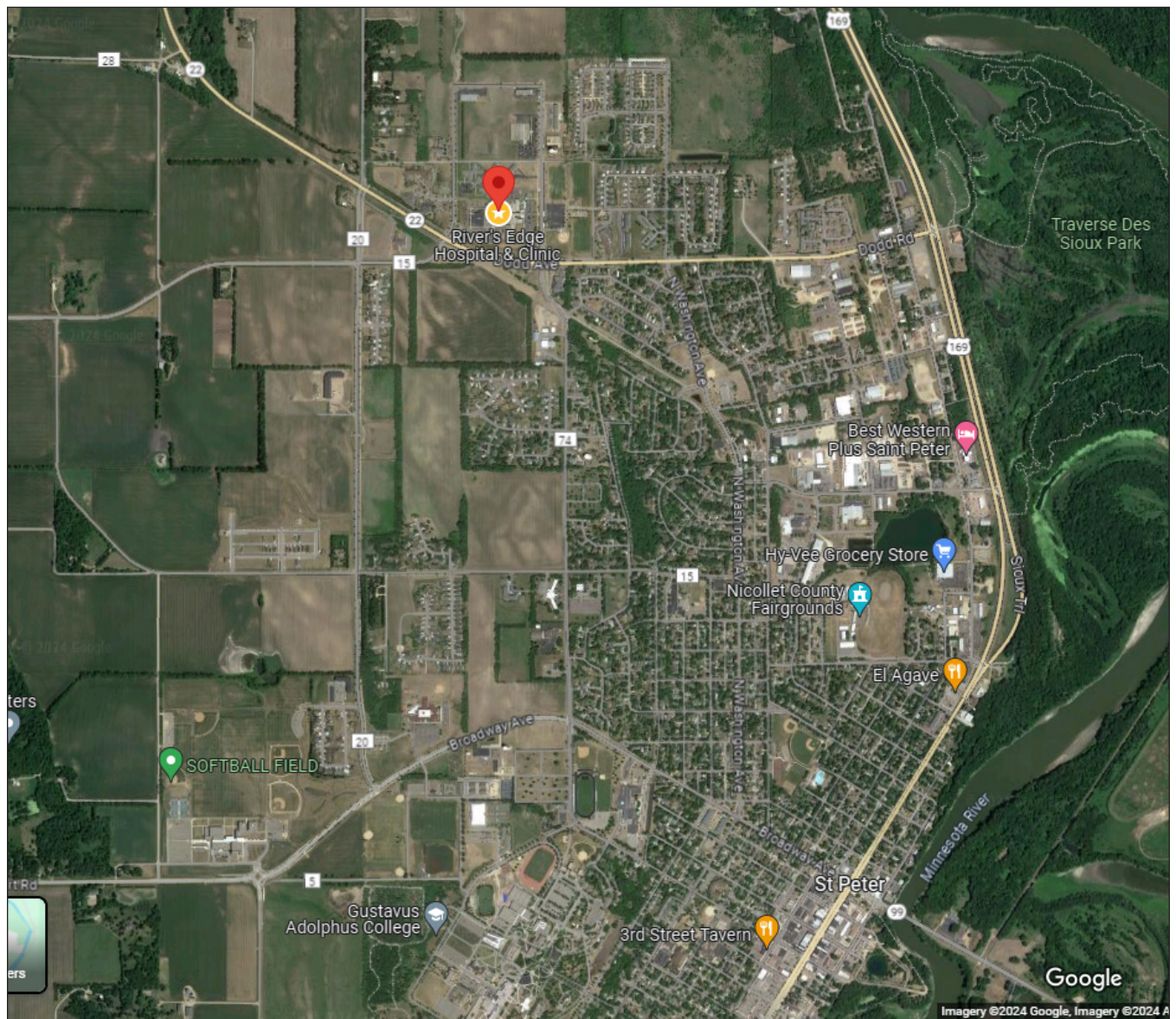


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Appointment Reminders

Pre-Op Appointment

Date: _____

Time: _____

Location: _____

Phone: _____

Day of Surgery

Date: _____

Time: _____

Location: River's Edge Hospital

Phone: 507-931-2200

Discharge Plan

Discharge Date: _____

Time: _____

my ride is: _____

Phone : _____

Post-OP Physical Therapy*

Date: _____

Time: _____

Location: _____

Phone: _____

*for total knee replacement patients only

2-week Post-OP visit

Date: _____

Time: _____

Location: _____

Phone: _____

6-week Post-OP visit

Date: _____

Time: _____

Location: _____

Phone: _____

Important Phone Numbers

Orthopaedic & Fracture Clinic- Mankato
(may call 24/7 with questions/concerns):
507-386-6600

River's Edge Hospital:
507-931-2200

River's Edge Hospital Nurse's Station
(may call 24/7 with questions/concerns):
507-934-7620

OFC Express (Urgent Care) located at Orthopaedic & Fracture Clinic- Mankato

No appointments necessary. If you have concerns after your surgery and feel you need to be seen by a member of the orthopedic team urgently, you may present to the OFC Express during urgent care hours. Urgent care hours are Monday-Friday 8:00 AM-5:00 PM.

Billing Information

*Patients will receive a bill from River's Edge for orthopedic surgery charges. Other charges may be billed from an outside imaging service and from a third-party billing service for providers, other than your surgeon, who deliver care during your hospital stay. **This bill will be sent to you from an out-of-state Provider/Hospitalist service after insurance has processed charges.***

Insurance Coverage:

River's Edge Hospital will file your insurance claims when insurance information is provided. Insurance payment is expected within 30 days. Upon receipt of the insurance payment the account will be made Self-Pay and the unpaid balance is the patient's responsibility. You may pay by cash, check or credit card (MasterCard, Visa or Discover). If you are unable to make payment in full, payment arrangements must be made with our Patient Account Representative at 507-934-7303. If you have questions regarding your insurance benefits, please contact your insurance company.

No Insurance Coverage/Self Pay:

If you do not have insurance coverage, you must be prepared to pay your bill in full upon receipt of your billing statement. You may pay by cash, check or credit card (MasterCard, Visa or Discover). If payment in full is not possible, payment arrangements must be made with the Patient Account Representative at 507-934-7303.

All self-pay elective surgical procedures are discounted by 20 percent. A payment of 50 percent of the total is required before or on the date of surgery. Payment arrangements should be made prior to your discharge.

Medicare/Medicare Advantage:

Your claim will be sent to Medicare/Medicare Advantage. Once payment has been received from Medicare/Medicare Advantage, the remaining balance will be sent to your supplemental plan. If there is no supplement, a billing statement will be sent to you. If you cannot make payment in full, payment arrangements can be made by

contacting the Patient Account Representative at 507-934-7303.

Community Care:

Community Care is a financial assistance program offered by River's Edge Hospital for patients who need medical care and are either uninsured or underinsured. You must be denied by Medical Assistance to qualify for this program. Community Care can provide full or partial financial assistance with your bills. Please contact the Patient Account Representative at 507-934-7303 to learn more about the program.

Care Credit:

The CareCredit health, wellness, and personal care credit card gives you a convenient, flexible way to pay for care for the whole family—including pets! With everyday promotional financing for purchases of \$200 or more, you can pay over time with convenient monthly payments. *

See if you prequalify with no impact to your credit score by visiting <https://www.carecredit.com/go/473BDJ/>

** Subject to credit approval. Minimum monthly payments required. See [carecredit.com](https://www.carecredit.com) for details.*

Questions:

For questions please contact our Patient Account Representative at 507-934-7303 between 7:30 a.m. and 4 p.m.

Pre-Surgery Homework

We want you to have the best outcome before, during, and after your spine surgery. Please complete the following items prior to your surgery so that you can best participate in the therapy process during your hospital stay and prepare for your return and recovery at home.

1. Therapy will provide instruction on safe transfer methods during your hospital stay. Please measure the following heights at home prior to your surgery. Your occupational therapist will adjust heights in your hospital room to make your transfer methods consistent from hospital to home.
 - A. Bed (floor to the top of the mattress) _____
 - B. Toilet (floor to the top of the toilet seat) _____
 - C. Recliner (floor to the top of the seat) _____
 - D. Bathtub (floor to the top of the tub edge) _____
 - E. Walk-in Shower (floor to the top of the ridge) _____
2. Bring a front-wheeled walker, reacher, sock aid and long handled shoe horn to the hospital when you check in for surgery. You will be given instructions on how to use this equipment, as applicable, and encouraged to practice throughout your stay. Medical equipment resources are noted on [page 27](#). You do not need a prescription from your provider to purchase or rent the equipment.
3. If your bedroom is on the second floor of your home and you anticipate going up and down the stairs will be difficult, consider setting up a sleeping area on the main floor if possible.
4. You will be asked to continue regular icing of your operative joint once home. Have ice packs in your freezer, ready to use.
5. Please complete your pre-operative physical therapy exercises prior to your surgery so that you are familiar with them. Do 20 reps of each, twice daily until your surgery. Knee replacement exercises are on pages 29-30 and hip replacement exercises are on page 35-36.

You may also want to consider. . . .

- *Arranging for a person to stay with you the first night home if you live alone and feel nervous about being alone.*
- *If you've had a total knee replacement, arranging for rides to physical therapy, 2-3 times per week. You should have good control of your operated leg and be off of narcotic pain medication at least during the day. This is usually around four (4) weeks.*

NOTES: _____

Pre-Op Checklist

Preparing for your homecoming prior to your surgery will make your post-operative days go much smoother. Being prepared is the key to a relaxed recovery.

Complete the list below.

Don't let household chores slow your recovery or make it more painful. Plan now so you'll have less to do after surgery. Try to:

○ Prepare and freeze meals ahead of time and arrange for someone to go shopping for you.

○ Change bed linens, etc. before leaving for the hospital.

○ Have a pair of shoes and/or slippers with good support and nonskid soles.

○ Have easy access to a bed and bathroom on the floor level that you will be spending most of your time.

○ Choose a bathroom with a door wide enough to accommodate a walker. Install commode rails or an elevated seat.

○ Install a hand rail, if possible, for any stair steps you may be using routinely.

○ Clear clutter and stray cords from floors to prevent falls.

○ Arrange for an adult to stay with you, if needed, your first few days home.

○ Ask someone to help care for children or pets until you feel better; and to mow the lawn (or shovel snow) and bring the mail.

○ Have some treats ready to take your mind off the pain. Rent a few videos, or check out

some library books.

○ Purchase or rent needed equipment such as a walker or cane. [See page 27](#) for suppliers and a list of suggested equipment.

○ Fill your current prescriptions for medications. Have stool softeners, laxatives, multi-vitamins, Tylenol (acetaminophen), etc. on hand.

○ Have ice bags, ice packs or a bag of frozen peas ready to ice your surgical area.

○ Take care of any financial matters such as paying bills, having cash on hand, etc.

○ Arrange your kitchen with items within easy reach without having to bend or use a step stool.

○ Place your phone within easy reach of where you will spend most of your day. Have emergency numbers handy.

○ Have a comfortable chair or couch with arms to help you when rising.

○ Tend to any scheduled procedures, like teeth cleaning, hair cuts, etc., before surgery.

○ Fill your vehicle's gas tank before leaving for the hospital.

○ Arrange to have someone drive you to the grocery store, religious services, family events, and doctor and therapy visits. Keep a list of people who are willing to take turns driving.

○ If you don't have people to help you, talk with your social worker or care coordinator. He or she can put you in touch with resources in your area.

NOTES:

Preparing for Surgery

Obtaining medical and anesthesia clearance

Your surgical team needs to be aware of any existing health conditions in order to avoid potential problems during surgery. If a potential problem is detected, then additional steps will be taken to ensure a successful surgery.

You will need to undergo a physical exam with your primary care provider to obtain medical and anesthesia clearance for surgery. Your surgeon's office will make arrangements for you to be examined up to 30 days prior to surgery.

If you reschedule your pre-op appointment, let OFC know as your surgery may have to be rescheduled.

Making an appointment for laboratory tests

OFC will give you a laboratory testing letter specifying the tests you need to have done prior to surgery. An appointment scheduler from River's Edge Hospital will call you to schedule you for labwork to determine blood type (if needed), CT scans (if needed), and Joint Camp. **Blood type and CT scans must be done at River's Edge Hospital prior to your surgery.**

Pre-registering with the hospital

Once your surgery has been scheduled, you will be contacted 1-2 business days prior to your surgery by a pre-admission surgery nurse at River's Edge Hospital. They will review your health history, medication list, and answer any questions you may have.

OFC will call you to give arrival time for surgery one business day prior to your

surgery.

Prepare Yourself

Preparing your body for surgery helps limit problems later. Be sure to:

- Drink plenty of water 1 week prior to surgery. The more hydrated you are, the easier it is to start your IV.
- Ask your primary care provider about when to stop taking aspirin or other blood thinners, herbs, vitamins, and supplements. Some can interfere with surgery. Others interact with medications.
- If you smoke, cut down or quit. No tobacco after midnight.
- No alcohol or recreational drug use 1 week prior to surgery.
- You will receive a package of anti-microbial wipes (2 packages if you are having bilateral knee replacement or hip replacement). The night before surgery take a shower and dry off. Take one wipe from the package and scrub the surgical site for 2-3 minutes. Let air dry. On the day of surgery, take a shower and take one wipe from the package and scrub the surgical site for 2-3 minutes. Let air dry.
- Do not shave surgical area.

Day of Surgery

It is helpful if you arrive a few minutes before your scheduled arrival time to allow for check-in. You will see an admitting nurse, surgical nurse, anesthesia, and your surgeon before surgery. Once admission is complete, you will be taken to the operating room in your bed by members of your care team.

Follow the 8-6-2 rule for fasting prior to anesthesia:

8 hours before your hospital report time stop eating

6 hours before hospital report time, light toast or crackers taken with medications is permitted.

2 hours before hospital report time you may drink clear liquids.

Guests

Guests are welcome at River's Edge Hospital. Two guests are allowed in the patient room at one time.

Guests need to be screened in at the Main Registration Desk and will receive a visitor sticker.

If you have questions about the Visitor Policy at River's Edge Hospital, please call our Compliance Officer at 507-934-7642.

Packing for the Hospital

You can expect to stay in the hospital 1 night following your joint replacement. You will wear a hospital gown the first day and can wear your own clothes for the remainder of your stay. You may want to include:

- Loose fitting shorts or sweatpants; loose fitting blouses or shirts. Bring several changes of clothing.
- Socks and underwear
- Tennis shoes with good traction and/or well-fitting slippers
- Robe and sleepwear
- Personal hygiene items such as toothbrush, toothpaste, deodorant, etc.
- Comb, brush, makeup, eyeglasses, denture cup
- Battery operated razor
- Your front-wheeled walker
- Bring in *all* medications and supplements you are currently taking and have recently stopped taking within the last 30 days. Include why you stopped taking each medication.

- Insurance card
- Any copayment required by your insurance company
- Photo ID
- Phone numbers of family and friends
- CPAP/BIPAP machine if used
- Advanced directive, if you have one
- Cell phone and charger

Things to leave at home:

- Jewelry and valuables
- Large amounts of money
- Razors with blades

River's Edge Hospital will not be responsible for misplaced, lost, or damaged personal property. On admission to the hospital, patient and family will be informed that personal properties brought to the facility will be their responsibility. This includes phones, computers, tablets, clothing, jewelry, dentures, glasses, etc. This is not an inclusive list.

Advanced Medical Directive

An advanced medical directive is a form that lets you plan ahead for the care you'd want if you could no longer express your wishes. This statement outlines the medical treatment you'd want or names the person you'd wish to make health care decisions for you.

Writing Down Your Wishes

- Decide what is important to you and the treatment you'd want.
- An advance directive is important whether you're young or old. Injury or illness can strike at any age.

A Durable Power of Attorney for Health Care

- This form lets you name someone else to be your agent.
- This person can decide on treatment for you only when you can't speak for yourself.

- You do not need to be at the end of your life. He or she could speak for you if you were in a coma but were likely to recover.

A Living Will

- This form lets you list the care you want at the end of your life.
- A living will applies only if you won't live without medical treatment. It would apply if you had advanced cancer or a massive stroke.
- It takes effect only when you can no longer express your wishes yourself.

How To Obtain Additional Information

If you want more information about health care directives, please contact your health care provider, your attorney, or: Minnesota Board on Aging Senior LinkAge Line®
1-800-333-2433.

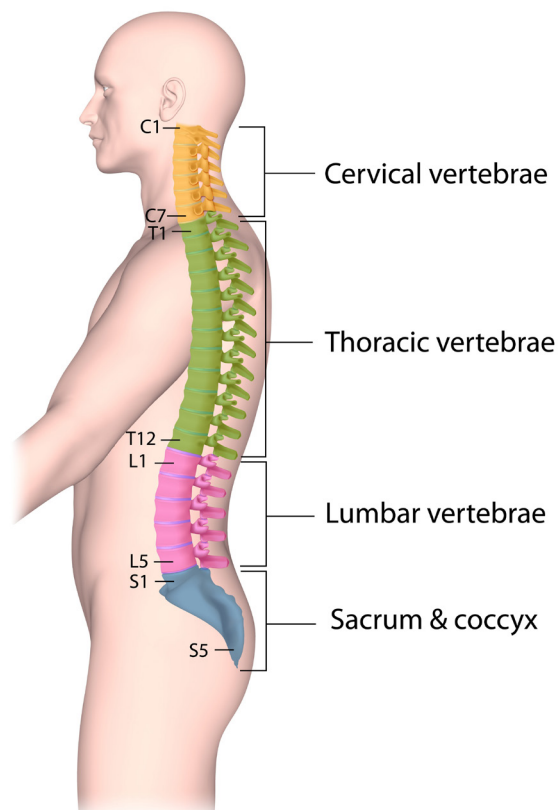
General Information

Welcome to you spine surgery patient education. This book will help you learn how to prepare for surgery. It will help you know what to expect after your spine surgery. You are a key partner in reaching your goals. What you do before and after surgery can help reduce problems and improve your activity level.

Introduction to Spine Anatomy

The spine is made up of 5 parts:

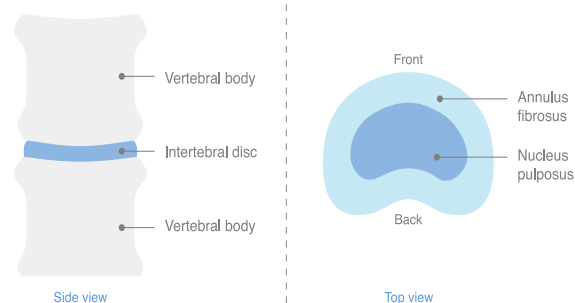
- Neck (cervical)
 - 7 bones (vertebrae), C1-C7
- Chest/mid-back (thoracic)
 - 12 bones (vertebrae), T1-T12
- Low Back (lumbar)
 - 5 bones (vertebrae), L1-L5
- Sacrum
 - 5 joined bones
- Coccyx (tailbone)
 - 4 joined bones,



Basic Spine Anatomy

There are 33 bones (vertebrae) in the spine. Between each stacked bone is a soft disc that acts as a shock absorber. The area between each vertebra on the left and right sides is called a facet joint. The facet joints allow for movement in the spine. The bony area from the base of the neck to the low back level is the protective canal that surrounds the spinal cord. Each vertebra has nerves that send and receive information for feeling and movement. The complete structure of the spine protects the spinal cord, attaching muscles, protecting organs, and providing upright posture.

Normal Intervertebral Disc



Healthy Intervertebral Disc

Frequently Asked Questions

About Spine Surgery

Well-informed patients can take part in their care and recovery. Knowing what to expect before, during and after surgery can help you recover more quickly. It can assist you and your caregiver to avoid any potential problems. There are many questions about spine surgery. Some are shared below. It is best to discuss your questions with your surgeon.

Why does my neck or back hurt and why do I have this problem?

You may have pressure on the nerve roots or spinal cord from many causes. Some causes can be a herniated disc, bone spurs, calcium deposits, tumors, bone fragments from a fracture, or infection. The pressure may cause numbness, tingling (like pins and needles feeling), and pain in your arms, legs, neck or back. These problems may cause the vertebrae in the spine to be unstable or be out of alignment.

How can this problem be fixed?

Your doctor will have you try non-surgical treatments first. If the pain and related symptoms are not lessened and you are not able to function well in your daily activities, surgery may be a valid option. There are different spine surgeries. Your surgeon will talk about different options with you, along with risks and benefits of having surgery.

Where does the bone graft come from?

Bone graft material can come from different sources. Some are your own hip or pelvis bone, a bone bank, or a synthetic option. Your surgeon will decide what is best for you.

What are the risks of spine surgery?

Some risk factors may include nerve injury, unintentional tear to the protective layer of the spinal cord (called a dural tear), infection, hematoma, failure to achieve bone fusion, or failure to ease symptoms. Risks of surgery should be discussed with your surgeon.

Will I be hospitalized?

Some surgeries are simpler and those patients can be discharged within a few hours. Other surgeries require a hospital stay of 1 to 3 days. Your type of surgery, health, age, and response to surgery will define how long you stay in the hospital.

When can I get out of bed?

When you are awake and doing well, a nurse or therapist will assist you out of bed and help you to get around. You may sit at the edge of the bed or take a short walk. Activity is part of your recovery. The physical therapist or occupational therapist will instruct you on safe ways of moving, walking and using stairs. They may suggest some devices to use at home.

Do I need to wear a neck collar or back brace?

A brace may help provide extra support after surgery. Your surgeon will decide if a brace is needed and which one is best for you. In some cases, a brace may not be needed.

When can I drive?

Your surgeon will let you know when it is safe to drive again. You cannot drive while taking pain medication.