

Is a New Knee or Hip in Your Future? Joint Replacement Education Classes at Morton Hospital Can Help You Prepare.

To help patients and their family members best understand what to expect before, during and after their joint replacement surgery, Morton Hospital now offers pre-surgical education classes as part of its orthopedic surgery program.

Classes are held twice a month at Morton Hospital and offer helpful information from members of the hospital's surgical staff and physical therapy team who will educate patients on what to expect throughout the process, including their inpatient stay, recovery phase, and rehabilitation or home care services. Topics of discussion include: diet and nutrition prior to surgery, pain management, how to prepare on the day of the surgery and what to expect when you get to the hospital, preventing surgical wound infections, and physical therapy during and after the hospital stay.

"A joint replacement is a life-changing procedure that we can provide to patients with daily, painful arthritis," said Dr. Drew Rogers, orthopedic surgeon and sports medicine specialist who also serves as Chief of Orthopedics at Morton Hospital. "It requires surgical planning and discussions with the surgeon before the surgery, as well as multiple experts during the recovery phase after surgery. This includes the nursing staff in the hospital, formal physical therapy starting the day of surgery and continuing for many weeks to months after surgery, as well as understanding how to care for your incision."

According to Dr. Rogers, the pre-surgical education program is an important component of the patient's overall surgical experience.

"Providing patients with information before surgery about what to expect, meeting some of the nursing staff and physical therapists when appropriate, and answering the patient's questions are important parts of the overall care we provide at Morton Hospital," said Dr. Rogers.

Morton Hospital's Day Surgery Center is comprised of an experience team of surgeons, anesthesiologists, nurses, technologists and other support staff dedicated to supporting patients throughout the entire surgical process. If you are preparing for joint replacement surgery, ask your surgeon's office to contact Morton Hospital to schedule you for a pre-surgical education class.

To learn more about orthopedics at Morton Hospital, visit mortonhospital.org/orthopedics.