

JOINT REPLACEMENT: PREOPERATIVE RISK OPTIMIZATION

Every surgery has risks to your health. Even small surgeries can be hard on your body and pose risks to you. Your surgeon manages the risks that he/ she can control, like bleeding and the length of time you are in surgery. As a patient, you are responsible to help manage the risks that you can control.

The following list describes parts of your health that you control, how these parts change your risks from surgery and what you can do to decrease that risk. You, your PCP, and your surgeon may even talk about delaying surgery if any of these parts of your health are not well controlled. Taking time to make even small changes gives your body the best possible chance to recover fully and avoid problems after surgery.

If you:	How does this change your risks for surgery?	What can you do to reduce your risks?
 <p>Are overweight or obese</p>	<ul style="list-style-type: none"> • 10 times more likely that your wound will not heal • 10 times more likely to have an infection • Twice as likely to be readmitted to the hospital for complications • 2-4% more likely to dislocate your new hip • 4 times more likely that the surgery will fail, and you will need to have surgery and all the costs again 	<ul style="list-style-type: none"> • Reducing your weight prior to surgery can help you recover faster and decrease your risk of complications • Reduce your weight (BMI) <ul style="list-style-type: none"> ○ By 3-5% if your BMI is between 25-40 ○ To < 40 if your current BMI is > 40 ○ As an example: If you weighed 260 lbs. a 5% weight loss would be 13 lbs. • For patients who have had bariatric surgery <ul style="list-style-type: none"> ○ Your surgeon will need you to have a nutrition evaluation to make sure your body is well prepared for surgery
 <p>Smoke or use vaping devices</p>	<ul style="list-style-type: none"> • Bones, skin and muscle need oxygen to heal, smoking decreases oxygen available to your body • 2 times more likely to have complications • 6 times more likely that the new joint will become loose and you will need to have it replaced again <p>Increased chances of leg or lung blood clots which can cause you to die</p>	<ul style="list-style-type: none"> • Stop smoking for at least 2 months prior to surgery and for at least 6 weeks after surgery • Quit smoking
 <p>Have Diabetes or blood sugar levels that are not well controlled</p>	<ul style="list-style-type: none"> • 22% greater changes of having at least 1 complication after surgery • Are 3 times more likely to develop infections in the joint • Surgery causes stress on your body and stress makes your blood sugar levels difficult to control • Decreases your body's ability to heal the wound 	<ul style="list-style-type: none"> • If your blood sugar levels are too high you are causing damage, even if you do not feel bad • Doctors and nurses look at a number called a HbA1c as a general way to see if your diabetes or blood sugar levels are under good control • This number should be below 7.0 • If your HbA1c is higher than this there are likely steps that can help you bring this number down. • Taking some time to get this under control will dramatically reduce your risks during and after surgery

If you:	How does this change your risks for surgery?	What can you do to reduce your risks?
 <p>Have Sleep Apnea</p>	<ul style="list-style-type: none"> • 2-3 times more likely that you will stop breathing; this is called respiratory failure • 1.5 times more likely to have heart complications 	<ul style="list-style-type: none"> • If you have been prescribed a treatment (oxygen or a CPAP machine to wear at night), wear it • See your sleep doctor to make sure that your machine is right for your body now
 <p>Use prescription pain medication or recreational drugs</p>	<ul style="list-style-type: none"> • Your body becomes tolerant to these medications, so when you have increased pain from surgery, fewer medications will control your pain • If you are in greater pain after surgery, you will be less likely to get out of bed and participate in your recovery • Recovering from joint replacement is hard work and you must be able to actively participate with physical therapy and exercises 	<ul style="list-style-type: none"> • Decrease the amount of medication or recreational drugs you use. • Decreases of even 50%, will improve the ability to control your pain after surgery • See a therapist to help you identify strategies to help you quit or reduce the amount of prescription or recreational drugs you use.
 <p>Have low blood levels (Anemia)</p>	<ul style="list-style-type: none"> • Increased chances of needing a blood transfusion during or after surgery • Increased risk of needing to stay in an intensive care unit in a hospital 	<ul style="list-style-type: none"> • Take the medication or change your diet as recommended by your physician <ul style="list-style-type: none"> ○ Follow up with your physician for any blood test orders to help to find out if your blood levels are better.
 <p>Have Depression or Anxiety</p>	<ul style="list-style-type: none"> • You are at increased risk for infections • If you are older than 60 you have an increased chance of: <ul style="list-style-type: none"> ○ becoming confused after surgery ○ not being able to return to independent function after surgery 	<ul style="list-style-type: none"> • Talk with a therapist about making changes to better control anxiety or depression • If you have been prescribed medication, take it as prescribed.
 <p>Have Poor Dental Hygiene</p>	<ul style="list-style-type: none"> • Slight increased risk for infections inside the new joint because of bacteria in your mouth due to poor dental hygiene 	<ul style="list-style-type: none"> • See a dentist to get your teeth cleaned • If you do not have dental insurance or a regular dentist there are free or low-cost dental clinics that can assist; talk with your physician's staff about a referral • Brush and floss your teeth daily • If you have teeth that need to be removed it may be safer to have this done well in advance of any hip or knee surgery