

DAILY RACING REGIMEN

Post-op Day 1

Your physician and/or his assistant will usually visit you early in the morning. Based on his assessment of your progress and your needs, he will individualize his orders for your day. Below are the most common expectations and goals for today. Please keep in mind that based on your individual needs these could vary some according to your physician's orders. Remember to refer to your **Racing Schedule** for more detailed information about what to expect during the 1st day of your stay after surgery.

◆ Refueling

- ◇ **REFUELING** (Breakfast service begins at 7 a.m. Lunch service begins at 11 a.m. and Dinner service begins at 4 p.m.)

Remember that snacks, juices and other drinks are available to you. Please let your nursing staff know if you would like these. For any dietary questions, concerns or food preferences, please feel free to contact the Dietary office by dialing 8190.

- ◇ If you are a member of Wesley's Forever Young program (for seniors age 50 and older), your **RACING REP** or specific designee is entitled to 1 free meal a day during your stay. Their meal can be obtained in the Wesley cafeteria by showing your Forever Young membership card to the cashier. If you are not a Forever Young Member, ask a member of your **RACING TEAM** for an application or dial 601-268-8127.

◆ Therapy

- ◇ The **RALLY ROOM** will be the site for your physical therapy today. The **RALLY ROOM** is located on the 3rd floor of the hospital. Your therapist will assist you in walking from your room to the **RALLY ROOM** for group therapy. You will begin performing certain exercises aimed at increasing the range of motion of your new joint. You will be expected to repeat the exercises you have learned today every 2 hours while you are awake.

◆ Tests

- ◇ A lab technician will come to your room to draw blood today.

◆ Medications

- ◇ Your medications will be reviewed and adjusted by your surgeon and/or medical physician today based upon your needs.
- ◇ You will continue to receive IV fluids today.
- ◇ Your pain medication will be administered by an injection or through your IV today. It is important that you communicate your pain level and pain control needs to your nurse because pain control is important for you to progress with your treatment plan designed to maximize your recovery period.
- ◇ You will receive a stool softener today.
- ◇ Should you have any questions regarding your medications, please contact a Wesley Pharmacist at 8181.

◆ Personal Care

- ◇ Your nurse will check on you frequently throughout the day. A nursing assistant will assist you with your bath and personal care needs.

◆ Respiratory Health

- ◇ You will be instructed today on how to use your breathing exerciser, which should be used every 2 hours while you are awake.

◆ Surgical Site

- ◇ Your surgical dressing will be changed.
- ◇ If you had a knee joint replaced, your CPM machine and your Foot Pumps should remain in place and operating when you are in bed.

◆ Discharge Planning

- ◇ Your RN Case Manager or Social Worker will visit you today.
- ◇ Depending on your choices regarding care after you are discharged from the hospital you may receive additional visits from personnel regarding those arrangements.
- ◇ If you made the choice to go to Wesley's Transitional Care Unit (TCU), a representative will visit you and perform an assessment to determine if you meet the unit's criteria for admission.

DAILY RACING REGIMEN

Post-op Day 2

Your physician and/or his assistant will usually visit you early in the morning. Based on his assessment of your progress and your needs, he will individualize his orders for your day. Below are the most common expectations and goals for today. Please keep in mind that based on your individual needs these could vary some according to your physician's orders. Remember to refer to your **Racing Schedule** for more detailed information about what to expect during the 2nd day of your stay after surgery.

◆ Refueling

- ◇ **REFUELING** (Breakfast service begins at 7 a.m., Lunch service begins at 11 a.m. and Dinner service begins at 4 p.m.)

Remember that snacks, juices and other drinks are available to you. Please let your nursing staff know if you would like these. For any dietary questions, concerns or food preferences, please feel free to contact the Dietary office by dialing 8190.

- ◇ If you are a member of Wesley's Forever Young program (for seniors age 50 and older), your **RACING REP** or specific designee is entitled to 1 free meal a day during your stay. Their meal can be obtained in the Wesley cafeteria by showing your Forever Young membership card to the cashier. If you are not a Forever Young Member, ask a member of your **RACING TEAM** for an application or dial 601-268-8127.

◆ Therapy

- ◇ The **RALLY ROOM** will be the site for your physical therapy today. Your therapist will again assist you in walking from your room to the **RALLY ROOM** for group therapy. You will begin more aggressive therapy exercises aimed at increasing

the range of motion of your new joint.

◆ Medications

- ◇ Your medications will be reviewed and adjusted by your surgeon and/or medical physician today based upon your needs.
- ◇ Your IV fluids will probably be stopped today.
- ◇ Your pain medication will most likely be administered by an injection or pill. It is important that you communicate your pain level and pain control needs to your nurse because pain control is important for you to progress with your treatment plan designed to maximize your recovery period.
- ◇ You will continue to receive a stool softener today. A laxative is available to you should you feel the need for it.
- ◇ Should you have any questions regarding your medications, please contact a Wesley Pharmacist at 8181.

◆ Personal Care

- ◇ Your nurse will check on you frequently throughout the day. A nursing assistant will assist you with your bath and personal care needs.

◆ Respiratory Health

- ◇ You should use your breathing exerciser every 2 hours while you are awake.

◆ Surgical Site

- ◇ Your surgical dressing will be changed.
- ◇ If you had a knee joint replaced, your CPM machine and your Foot Pumps should remain in place and operating when you are in bed.

DAILY RACING REGIMEN

Post-op Day 3

Your physician and/or his assistant will usually visit you early in the morning. Based on his assessment of your progress and your needs, he will individualize his orders for your day. Below are the most common expectations and goals for today. Please keep in mind that based on your individual needs these could vary some according to your physician's orders. Remember to refer to your **Racing Schedule** for more detailed information about what to expect during the 3rd day of your stay after surgery.

◆ Refueling

- ◇ **REFUELING** (Breakfast service begins at 7 a.m., Lunch service begins at 11 a.m. and Dinner service begins at 4 p.m.)

Remember that snacks, juices and other drinks are available to you. Please let your nursing staff know if you would like these. For any dietary questions, concerns or food preferences, please feel free to contact the Dietary office by dialing 8190.

- ◇ If you are a member of Wesley's Forever Young program (for seniors age 50 and older), your **RACING REP** or specific designee is entitled to 1 free meal a day during your stay. Their meal can be obtained in the Wesley cafeteria by showing your Forever Young membership card to the cashier. If you are not a Forever Young Member, ask a member of your **RACING TEAM** for an application or dial 601-268-8127.

◆ Therapy

- ◇ The **RALLY ROOM** will be the site for your physical therapy today. Your therapist will again assist you in walking from your room to the **RALLY ROOM** for group therapy. You will begin more aggressive therapy exercises aimed at increasing the range of motion of your new joint.

◆ Tests

- ◇ A lab technician will come to your room to draw blood today.

◆ Medications

- ◇ Your medications will be reviewed and adjusted by your surgeon and/or medical physician and a determination of what you will need to continue taking after your discharge will be made. You will be provided a copy of this important information about your medications.
- ◇ Your pain medication will most likely be administered in the form of a pill today. It is important that you communicate your pain level and pain control needs to your nurse because pain control is important for you to progress with your treatment plan designed to maximize your recovery period.
- ◇ You will continue to receive a stool softener today. A laxative is available to you should you feel the need for it.

◆ Personal Care

- ◇ Your nurse will check on you frequently throughout the day. A nursing assistant will assist you with your bath and personal care needs.

◆ Respiratory Health

- ◇ You should use your breathing exerciser every 2 hours while you are awake.

◆ Surgical Site

- ◇ Your surgical dressing will be changed.
- ◇ If you are being discharged to another health-care setting or home, your CPM machine and your Foot Pumps will be discontinued.

◆ Discharge Planning

- ◇ Your follow-up appointment with your surgeon will be arranged for you and written down for you to take with you.
- ◇ If you are going home, your prescriptions will be called into the Pharmacy of your choice.