



Dear Patient:

Thank you for putting your trust in Southern Maine Health Care (SMHC) for your total joint replacement. We know you have choices and it is our privilege to take care of you. Our Joint Replacement Program is Joint Commission accredited and SMHC's team of highly skilled and experienced caregivers is dedicated to ensuring you receive high quality care and the best experience possible.

Please take a few moments to review this Patient Guide, which will provide you and your family with essential information about your surgery and recovery. Please bring the Patient Guide with you on the day of your surgery and keep it handy for reference as you progress through your recovery. For more information about SMHC and what to expect during your hospital stay, please visit www.smhc.org and click on "Care and Services" then "Orthopedics and Sports Medicine" where you will find a link to watch a video about Joint Replacement Surgery at SMHC.

Throughout the entire process, our team of providers, physical and occupational therapists, nurses and case managers will work with you to ensure you understand your treatment plan. If you have questions at any time, please speak with any of your caregivers.

We welcome you as our most important healthcare partner and look forward to assisting you in your journey to improved health. Thank you for choosing SMHC.

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Getting Ready for Your Operation

There is a lot to think about as you prepare for any surgery. Here are some guidelines to help you get ready for your hospitalization.

BEFORE YOUR HOSPITAL STAY:

- Do not smoke for 6 weeks prior to surgery and for 6 weeks after surgery.
See page 45-46 in the “Charts and Tools” section to learn why not smoking is so important for recovery.
- Control your diabetes. Your A1C must be under 8 in order for surgery to be performed.
- Have your pre-admission testing (PAT) done. This may be done at SMHC or over the phone. During PAT a nurse will:
 - o Go over your medical history
 - o Gather a list of your current medications and how often you take them
 - o Make arrangements for lab work or other testing before surgery
 - o If necessary, make arrangements for you to meet with an anesthesiologist or a primary care doctor for medical clearance

See page 30 in the “Charts and Tools” section to make notes during pre-admission testing.

Before PAT be sure you have:

- Your insurance card and any pre-certification forms with you
- A list of your medications with you. **For a handy fill-in chart see page 31 in the “Charts and Tools” section.**
- Practice your exercises 1-2 times per day. **See page 39-40 for hip, page 41-42 for knee or page 43-44 for shoulder exercises in the “Charts and Tools” section.**
- Get SAGE wipes from the Orthopedic Surgery office
- Have a pre-operative visit with your physician's assistant to go over any final details and answer any questions

PACKING YOUR BAGS

What to bring:

- Your Patient Guide
- Your insurance ID cards

- A list of your medications. **For a handy fill-in chart see page 31-32 in the “Charts and Tools” section.**
- Eye glasses, hearing aids and/or dentures
- Underwear or shorts
- Robe or house coat
- Slippers or shoes with non-skid soles like sneakers. (Note: Your feet may swell so choose loose-fitting shoes.)
- Loose, comfortable clothing. (If you are having a knee replacement, ensure that your pant leg can be pulled up above your knee.)
- Personal items such as toothbrush and toothpaste as desired
- Assistive devices such as a walker. You will start to use this equipment during your therapy sessions. **Please label all personal equipment with your name.**
- C-PAP machine for sleep apnea, if applicable
- Living Will/Advanced Directive

What NOT to bring:

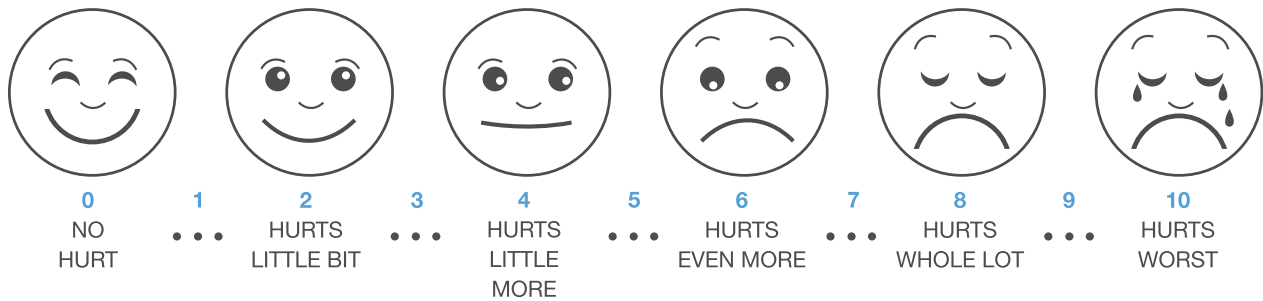
- Medications – SMHC will provide you with any medicine you need during your stay
- Jewelry or valuables (if possible, please leave wedding rings at home)
- Perfumes or highly-scented products
- Tight clothing
- Tobacco products – For the health of patients, staff and guests, SMHC has smoke-free campuses. Do not smoke for 6 weeks before and 6 weeks after surgery. If you need help quitting talk with your primary care provider.

TAKING MEDICATION BEFORE SURGERY

Occasionally, there are some medications that may be taken the morning of surgery. This will be reviewed with you during pre-admission testing.

Understanding and Managing Pain

Pain after surgery is normal, even expected. It is typically caused by the incision, position during surgery or bruising, as well as swelling following the surgery and muscle pain. It is important to keep your pain under control to allow you to be successful with your recovery. Please review the following guide to assess your pain.



HOW MUCH PAIN CAN YOU EXPECT?

- Even with medication, pain may be high for the first 3-5 days.
- **Treat your pain before it gets too high. Don't wait! Let your nurse know.**

HOW DO I TREAT MY PAIN?

- **Medication:** Take your medication as prescribed. Talk to your doctor if the medication does not work well enough for your pain or you are worried about addiction, so that changes can be made. **Use the fill-in chart on page 31-32 in the “Charts and Tools” section to track pain medications you are taking.**
- **Treat Swelling (Edema):** Swelling contributes to pain. **Please refer to page 22-23 in the section called “Avoiding Problems After Surgery.”**
 - **Ice:** Ice helps reduce swelling and decreases the sensation of pain. You should use ice as often as you can on both sides of the joint. Ice can be left on for 10 minutes at a time and gel packs can be left on for 15-20 minutes at a time. Cover the ice pack with a soft cloth to protect your skin.
- **Cryocuff:** A cryocuff also helps reduce swelling and decrease the sensation of pain. It can be left on as long as needed.
- **Get Enough Rest:** Fatigue will make it more difficult to cope with pain.
- **Keep Moving:** Exercising will help keep your blood flowing, reduce swelling and decrease stiffness. It may seem difficult, but moving will speed healing and help you get back to normal more quickly.

During Your Hospital Stay

DAY OF SURGERY:

- Do NOT eat solid food after midnight the night before your surgery
- You may drink clear liquids up until 2 hours before surgery.

Diabetic patients should choose sugar-free versions of these clear liquids.

Do not drink alcohol products of any kind.

- Take only medications directed by your doctor or PAT nurse the morning of your surgery
- DO NOT shower the day of surgery. You may take a sponge bath but do not wash the area being operated on which has been washed with SAGE wipes.
- Do not smoke 6 weeks before surgery
- Do not wear make-up, nail polish or jewelry
- Check in at the reception desk in the main lobby at your scheduled time

PREPARING FOR SURGERY IN THE AMBULATORY CARE UNIT (ACU):

- You will be brought to the ACU where you will be prepared for surgery
- You will meet your anesthesiologist, physician and nurses
- An IV will be started and antibiotics will be given
- As a safety measure, you will be asked to confirm your name, date of birth and which side your surgery will be on
- Contact lenses and dentures will be removed prior to surgery

IN THE OPERATING ROOM:

- The OR is cool, bright and busy
- Your anesthesiologist will keep you comfortable and closely monitor your vital signs
- Your surgery will likely last 1-2 hours

IN THE RECOVERY ROOM:

- Immediately after surgery you will be moved to recovery for 1-2 hours
- The nurses will assess your pain level and vital signs
- A regional block will be performed for knee and shoulder replacements
- You will be asked to cough and breathe deeply
- An x-ray may be taken
- Your nurse or doctor will go to the surgical waiting room to speak with anyone who accompanied you
- When you are awake and stable you will be moved to your hospital room

TRANSFER TO YOUR HOSPITAL ROOM – DAY 0:

- You will arrive on the Medical/Surgical Unit with an IV for fluids, antibiotics and pain medication
- You may be connected to different lines and tubes for:
 - Oxygen
 - Cryocuff (a compressive ice wrap used for total knee replacements)
 - Venodynes (a compressive device put on calves to prevent blood clots)
- You will be given liquids as tolerated
- There may be a pillow between your legs and an ice pack on your hip if you have had a total hip replacement
- You will sit at the edge of the bed, stand with an assistive device, move to a chair and walk as tolerated with staff assistance. Not by yourself or with family.
- You will begin physical therapy the same day
- Some patients will go home the same day

AFTER SURGERY – DAY 1: IT’S A BUSY DAY!

- You will receive pain medication regularly. **Use the fill-in chart on page 31-32 in the “Charts and Tools” section to record your medications and when they are given.**
- Don’t let pain get too high and speak with your nurse
- If you feel sick to your stomach, tell your nurse
- You will be given more food options as you are able to digest more
- You will receive physical and occupational therapy
- A therapist will work with you one or two times a day
- Your therapists will review the exercises in this Patient Guide with you
- They will also review any precautions associated with joint surgery
- Your case manager will discuss your plans for leaving the hospital with you and your family
- You will be reminded to continue with your breathing exercises
- You may be sent home if your goals have been met

AFTER SURGERY – DAY 2:

- Your pain medication will continue as necessary
- You will progress with improving independence with daily activities (i.e., dressing, bathing, toileting)
- You will continue to progress with movement from bed to chair, distance walked and stairs if needed
- You may be sent home or to a rehabilitation facility, depending on your progress
- Please speak to your nurse or doctor if pain is a problem
- You will continue progressing with your exercises, walking, stairs and daily living activities
- You will continue to progress with your exercises
- Whether you go home or to a rehabilitation center will depend on your independence in activities, ability to move and general medical condition
- If leaving the hospital in a personal vehicle, please be sure you can get in and out of it comfortably

Preparing for Your Recovery at Home

Before your surgery you will need to prepare your home and make it safe for your recovery. Ask a family member or friend to stay with you for the first 72 hours at home. If you have questions or a special concern not covered on this checklist, please call your doctor.

PATHWAYS

It's important to clear the pathways between your bedroom, the kitchen, bathroom and living room to ensure you won't trip or fall while you recover.

- Remove clutter and tripping hazards
- Remove throw rugs
- Tape down loose carpet edges
- If you have pets, arrange for someone to care for them until you are able to
- Place items you will use frequently while you recover (remote control, telephone) where you can easily reach them

LIGHTING

You will need a well-lit environment to ensure safety

- Put nightlights in bathrooms, the bedrooms and hallways
- Consider using motion-activated nightlights
- Put a lamp next to your bed with an easy-to-reach on/off switch
- Turn on lights before you enter a room
- Take your time when moving in dim or less-than-ideal lighting conditions.
DO NOT RUSH.

STAIRS/STEPS

These tips apply to indoor and outdoor steps

- Install solid, stable handrails on two sides if possible
- Remove clutter (potted plants, etc.)
- Ensure stairs are well lit

KITCHEN

- Move frequently-used items within easy reach (generally waist or chest high) so you won't have to bend down or reach up for them
- Set up a clean, clutter-free work area on a table or counter close to the sink/stove/refrigerator
- Prepare and freeze meals ahead of time
- Stock up on basic healthy foods

BEDROOM

- Make sure commonly used items are easy to reach
- If possible, your bedroom should be on the same floor as the bathroom
- Make sure you can easily reach lights and that they are bright enough at night
- **DO NOT GO BAREFOOT!** Keep a good pair of shoes next to the bed. They should fit well, have a back (to keep it on your heel) and have a good non-skid sole.
- If your bathroom is on a different floor, you may need a bedside commode with armrests (minimum 24 inch seat height*) in the early weeks.

* On average, depending on your height.

Shoulder joint replacement patients may feel uncomfortable lying down in a bed. Sleeping in a reclining chair is an option many patients use.

BATHROOM

This is one of the most difficult rooms to keep safe. Water on the floor can be a hazard, getting in and out of the tub can be dangerous and smaller bathrooms can be difficult to move in with walkers. Assess these crucial areas:

- Can you move with a walker in the space?
- Can you move from toilet to tub/shower to sink without anything in your way?
- Clear items from the floor
- Install a nightlight

Will you have trouble stepping in or out of your tub or shower?

- If you have a tub/shower enclosure, remove the door
- If you have a tile surface or you do not have non-skid rugs, you may need non-skid floor and shower mats
- Install a grab bar in the shower
- Get a portable shower bench
- Put frequently used items within easy reach

Do you have difficulty getting on or off the toilet?

- Get a raised seat for your toilet or a 3-in-1 commode with armrests which can be used stand alone or placed over your toilet bowl

Your home health therapist can also help you determine what your exact needs will be and suggest additional safety improvements.

FURNITURE

- Do not sit on low chairs or surfaces, or in chairs without armrests
- Have a chair with armrests in each room you will use after surgery
- DO NOT sit on any furniture with wheels
- Ask your therapist for more specific guidelines

ADDITIONAL DEVICES

You may find a few devices helpful in assuring your independence with recovering at home. **Please refer to page 33-36 in the “Charts and Tools” section for a list of Adaptive and Durable Medical Equipment and stores where you can purchase these items.**

Now that you have completed your checklist, your home should be ready. You will receive detailed instructions from your orthopedic surgeon and home health therapists for your return home from surgery and for your safe and speedy recovery.

Back to Doing the Things You Love

After you leave the hospital you will receive additional therapy, depending on your personal needs. Your therapist will evaluate you and work with you to increase your strength, motion and walking to return you to your previous level of function. This overall therapy goal will remain the same from the hospital to completion of your recovery. Each setting will determine step-by-step goals in each of these areas to help you reach a successful outcome. It is important that you wear comfortable loose clothing and comfortable flat shoes during your therapy sessions.

There are three different settings where you may receive therapy after you leave the hospital.

1. HOME CARE

Upon leaving the hospital or a rehabilitation facility to go home, your doctor may order home care services to help you in your recovery until you are well enough to go out and about. Additional services provided will depend on your medical and therapy needs. Within 1 or 2 days after you arrive home, a physical/occupational therapist will visit you up to three times per week, working toward a goal of you moving safely and without assistance.

Please refer to page 37 in the "Charts and Tools" section for a list of Home Health Care organizations that provide these services.

2. OUTPATIENT THERAPY

Your outpatient therapy will begin with a detailed evaluation to examine your new joint and overall function. You can address any functional concerns you may have and, together with your therapist, come up with a treatment plan. Depending on when you start therapy and how fast you progress, outpatient therapy is generally 2-3 times per week. It is very important that you bring your current assistive device to each therapy visit.

3. INPATIENT REHABILITATION FACILITY

There are many things that help you and your health care team decide if an inpatient rehabilitation facility is the best course of care for you. A small percentage of patients need to recover in a facility instead of home.

Transfer directly from the hospital to an inpatient rehabilitation facility is a bridge between the acute care given in the hospital and being independent at home; with daily therapy usually lasting for 6-21 days. During this time you will work intensively with physical and occupational therapists until your goals are met. A physician and 24-hour nursing staff is available on-site if medical problems arise and pain management is needed.

Please refer to page 38 in the "Charts and Tools" section for a list of Certified Nursing Facilities that provide inpatient rehabilitation services.

EXERCISES FOR TOTAL JOINT REPLACEMENT

While you will feel stiff and sore after surgery, it's important to continue gentle exercises to help your body recover. The most vital aspect of these exercises relates to blood flow. Movement keeps your blood moving through the affected areas which helps healing and prevents blood clots due to inactivity.

Please refer to pages 39-44 in the "Charts and Tools" section for exercises that will help increase your strength and motion.

Infection and Blood Clots

SURGICAL SITE INFECTIONS

Harmful germs can enter your body where the surgeon makes a cut in the skin during an operation. Germs are everywhere, on your skin, in the air and on the things you touch. Most often, infections are caused by germs found on and in your own body.

Signs and Symptoms of Infection

- Increased redness, swelling, draining or itching around the area of your surgery
- Fever of 101°F or higher
- Increased joint pain, especially at rest, when pain should be the least

Prevention

Before Surgery

- Do not shave the area where you will be operated on at least 2 days before surgery
- Do not smoke for 6 weeks before and 6 weeks after surgery
- Wash your hands often
- Only take antibiotics if instructed

After Surgery

- Eat healthy, easy-to-digest foods (avoid dairy, sugars and refined or processed foods)
- Do not touch the bandages over your incision unless your doctor tells you to
- If you are diabetic, closely monitor your blood sugar levels and keep them as normal as possible
- Follow instructions for taking care of your surgical site
- Ask questions!

IMPORTANT: Call your doctor immediately if you think you have an infection, or if you get a fever.

HOW SMHC PREVENTS INFECTION

SMHC has been recognized nationally for its low infection rates and patient safety. Here are some of the ways that SMHC prevents surgical site infections:

Before Surgery

- SAGE wipes are used the night before and morning of your surgery
- The surgeon and all operating staff scrub their hands and arms with antiseptic soap
- The surgeon and all operating staff wear sterile clothing, a surgical body suit (space suit) with hood, gloves, face masks and eye protection
- Hair near the incision site is clipped, not shaved, as shaving can cause nicks and cuts where germs can enter
- The incision site is cleaned with an antiseptic solution
- Sterile (germ-free) coverings are used around the incision site to prevent germs that may be on your body from entering

During Surgery

- Your body temperature is monitored and kept as close to normal as possible. Being too cold can increase the risk of infection.

After Surgery

- Diabetic blood sugar levels are monitored closely. High blood sugar can delay healing.
- All staff follow proper hand hygiene; washing their hands upon entering and leaving your room and wearing protective gloves

BLOOD CLOTS – DEEP VEIN THROMBOSIS (DVT)

Blood clots can occur after surgery. A blood clot which gets stuck in the deep veins of your leg is referred to as a Deep Vein Thrombosis or DVT.

Signs and Symptoms of Blood Clots

- Sudden warmth in your legs, especially in your calf
- Swelling and redness in your legs, especially your calf
- Pain in your calf when your ankle is stretched
- A sudden, rapid heartbeat or fever

Prevention

- You will be given medication to prevent blood clots after surgery
- Do range of motion exercises (provided by your therapist)
- Get up and walk while awake

IMPORTANT: Call your doctor immediately if you think you have a blood clot.

Understanding and Managing Swelling

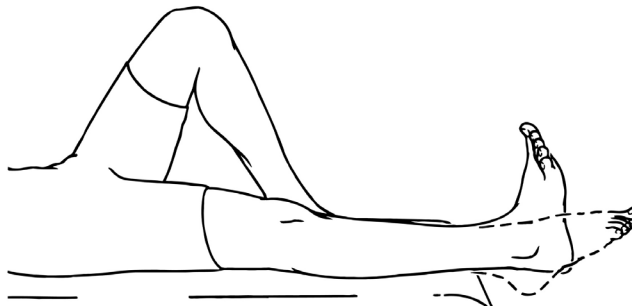
Edema, or swelling, following surgery is normal. However, it can cause pain and difficulty moving which will interfere with your recovery. There are several ways you can reduce the amount of edema you have after surgery.

COMPRESSION STOCKINGS

- Wear compression stockings (usually TED hose) during the day after surgery until the doctor says you can remove them. Even after that, it is best to wear them when you will be up on your feet.

ELEVATION

- Elevate your leg 2-3 times a day in addition to when you go to bed, use several pillows under your calf to keep your knee straight
- When elevating your leg, lay as flat as you can tolerate on a bed or a couch, not in a recliner
- Knees: Leg should be elevated so it is above your heart with you knee straight (Do NOT put a pillow behind your knee)
- Elevate leg for at least 30 minutes at a time
- Ice your hip or knee while elevating
- Do ankle pumps and isometric exercises while elevating your legs



ICE

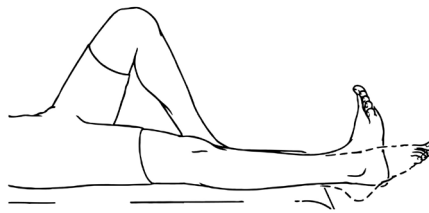
- Ice can help control pain and swelling
- Ice your knee while you are elevating your leg
- You can ice every hour as needed or use a cryocuff as long as needed
- Use crushed or cubed ice for 10-15 minutes at a time
- Use gel packs for 15-20 minutes at a time

EXERCISE

- Exercises use the muscles to pump fluid out of your joints
- Do at least 2 sets of 10 ankle pumps and quad and gluteal sets while you are elevating your leg
- Shoulder joint replacement patients should do pendulums, along with flexion, and extend the elbow, wrist and fingers to reduce swelling and decrease pain

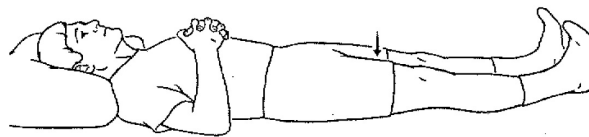
ANKLE PUMPS

Flex ankle up and down.



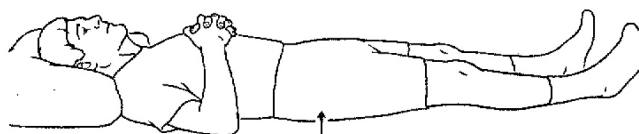
QUAD SETS

Push the back of your knee into the bed.



GLUTEAL SETS

Squeeze your buttocks together.



Post-Operative Pneumonia Prevention

To prevent complications after your surgery, please follow these activities during your recovery.

INCENTIVE SPIROMETRY

How?

- Place the mouthpiece in your mouth and seal your lips around it.
- Breathe in slowly and deeply.
- Remove the mouth piece from your mouth and breathe out.

Why?

Deep breathing exercises will help keep your lungs healthy and prevent lung problems.

When?

This breathing exercise needs to be done 10 times each hour while awake.



COUGH AND DEEP BREATH

How?

After surgery take deep breaths and cough to help clear your lungs.

Why?

This helps the lungs do the vital job of delivering oxygen to the tissues in your body.

When?

Every two hours.

ORAL CARE

How?

Brush your teeth and use mouthwash.

Why?

To keep your mouth clean from germs.

When?

Twice a day.

Note: You should brush your teeth and use mouthwash several days before your surgery and continue after you leave the hospital.





UNDERSTANDING

Why?

It is important for you and your family to take an active part in your recovery from surgery.

IMPORTANT: We want your pain to be controlled to help you take deep breaths and cough, do breathing exercises and make sure you get out of bed, sit in a chair and walk.

GET OUT OF BED

How?

Get out of bed and walk the hallway to help your recovery after surgery and help prevent complications.

Why?

Walking helps clear secretions from your lungs and improve blood flow to help you regain your strength.



HEAD OF BED ELEVATION

How?

It is important to keep the head of the bed raised between 30-45 degrees.

Why?

Being in a more upright position after surgery will help your breathing.

When?

All of the time during recovery.

Activity Precautions

These guidelines are to protect your new joint from being dislocated. Your doctor will discuss with you how long these precautions need to be continued after surgery.

HIPS

(NOTE: These precautions do not pertain to all hip replacements. Please check with your doctor.)

- Do not bend at the waist more than 90 degrees



- Do not cross your legs



- Do not turn your operated leg inward



KNEES

- Do not place a pillow under the operated knee

SHOULDERS

- Do not lift your arm up and away from your body

Antibiotics with Dental Procedures

Southern Maine Health Care's Orthopedic surgeons recommend that after a joint replacement, patients take antibiotics prior to any dental procedure for the remainder of their lifetime. While this is not universally recommended, we believe it is in the best interests of our patients.

Please inform your dentist about your joint replacement before any dental procedure. They will prescribe the antibiotic before any work is done. One dose of antibiotics should be taken one hour prior to any dental work. If your dentist will not provide this for you please call the office.

If you have any questions or concerns, please do not hesitate to contact us directly in Biddeford at (207) 283-1126 or in Sanford at (207) 324-1488.

Tracking Your Recovery

Please use the charts and tools in this section of your Patient Guide to help you document your recovery from joint replacement surgery. We wish you a speedy recovery! Thank you for choosing SMHC.

- a. PRE-ADMISSION TESTING NOTES**
- b. ALLERGIES AND CURRENT MEDICATIONS LIST**
- c. ADAPTIVE AND DURABLE MEDICAL EQUIPMENT**
- d. HOME HEALTH CARE SERVICES**
- e. CERTIFIED NURSING FACILITIES**
- f. EXERCISES**
- g. BE SMOKE FREE BEFORE SURGERY**

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b. ALLERGIES AND CURRENT MEDICATIONS LIST

ALLERGIES

CURRENT MEDICATION

DOSE

FREQUENCY

b. CURRENT MEDICATIONS LIST

MEDICATION	DOSE	FREQUENCY

C. ADAPTIVE AND DURABLE MEDICAL EQUIPMENT

These are devices that may help assure your independence while recovering at home.



TOTAL HIP REPLACEMENT KIT:
sock aid, long handled sponge, dressing stick, shoe horn, reacher



SHOE HORN



REACHER



SOCK AID



LONG HANDLED SPONGE



HAND HELD SHOWER



WALL GRAB BAR:
suction and installable in various sizes



TUB SAFETY RAILS

C. ADAPTIVE AND DURABLE MEDICAL EQUIPMENT CONTINUED



**SHOWER BENCH WITH
BACK & ARMS**



BEDSIDE COMMODE



**SHOWER BENCH
WITHOUT BACK/ARMS**



**2-WHEELED ROLLING
WALKER**



**TOILET SEAT
ELEVATOR/LIFT**
(attached to
existing toilet)



QUAD CANE



**TOILET SAFETY
RAILS** (attached to
existing toilet)



**STANDARD AND
ADJUSTABLE CANE**

C. ADAPTIVE AND DURABLE MEDICAL EQUIPMENT CONTINUED

The following locations carry assistive devices for loan or purchase. Prices and availability can vary so we recommend calling ahead. Products may also be ordered through these locations or the internet.

LOAN CLOSETS					
Town	Phone	Location	Equipment	Eligibility	Contact Name
Brownfield	625-8126	Sacopee Valley Health Center			
Brunswick	725-7015	7th Day Adventist Church	Most all	Anyone	
Buxton	929-4788 929-3913	Lions Club Buxton Transfer Station	Most all		Reggie Parker
Cape Elizabeth	899-3654	Lion's Club			Mark Fleming
Casco	627-4515	Town Hall	Most all	Residents only	Lucille Griffin
Cumberland	653-6865 521-6637	Cumberland & North Yarmouth Lion's Club	Most all	Anyone	Kenneth Blanchard
Cumberland	829-2213	Cumberland Rescue			Chief Bolduc
Freeport	865-3985	Community Services	Most all	Freeport & Pownal Residents Only	
Gorham	See Contact Names	Health Council	Most all	Residents only	Alice Keddy 839-4579 Helen Manderson 839-3630 Jan Edwards 839-3936
Gray	659-3931 657-3931	Town contact Fire Dept	Most all	Residents only	Galen Morrison
Hiram	625-8126	Sacopee Valley Health Center			
Hollis	590-0815	10 Main Street Hollis Center	Most all	Anyone	Joe Palmer Hollis Lions Club
Kennebunk	251-3097	Kennebunk Medical Equipment Loan Closet	Most all	Residents only	Karen Winton
Kennebunkport	967-4401	Public Health Dept	Most all	Residents only	Susan
Limington	625-8126	Sacopee Valley Health Center			
Lovell	625-8126	Sacopee Valley Health Center			
Naples	627-4515	Town Hall (Casco)	Most all	Residents only	Lucille Griffin
New Gloucester	926-4402	Amvets Hall	Most all	Anyone	Wallace Bragdon

c. ADAPTIVE AND DURABLE MEDICAL EQUIPMENT CONTINUED

LOAN CLOSETS					
Town	Phone	Location	Equipment	Eligibility	Contact Name
North Yarmouth	829-5509	Cumberland & North Yarmouth Lion's Club	Most all	Anyone	Raymond Seekins
Parsonsfield	625-8126	Sacopee Valley Health Center			
Peaks Island	766-2929	Peaks Island Health Station	Walkers and Canes		
Porter	625-8126	Sacopee Valley Health Center			
Pownal/Freeport	*See Freeport				
Raymond	655-4742	Town Hall	Basics	surrounding towns	
Saco	283-0709	Community Pharmacy	Most all	Rental Program	
Saco	283-1597	Saco Elks Club	Walkers & Canes	Local towns	Carl or Roger
Sanford	636-3492	Lion's Club			Cliff Randall
Scarborough	774-5555	Partners for World Health	Most all		
Scarborough	883-9309	Check Lion's Club			Jerry
South Portland	799-6511	Check Lion's Club			
Standish	642-2088	Sacopee Valley Health Center			Jean
Steep Falls	625-8126	Sacopee Valley Health Center			
Topsham	725-1725	Hannaford	Most all	Residents only	
Waterboro	490-1646	Lion's Club		Local towns	Al Carlson
Wells	646-5700	Wells & Ogunquit Health Association		Wells & Ogunquit residents only	Sally Morse
Westbrook	854-0654 854-2961 854-5788 or 854-9044	Fire Department American Legion Post 62 and 197	Basics	Residents only	Robert Barton Beverly Preston
Windham	892-1907	Town Manager's Office	Most all	Residents only	
Yarmouth	846-2406	Community House	Most all	Residents only	Rayle Ainsworth

Retail Stores

- Amazon
- Black Bear Medical (Portland)
- Home Depot
- Saco Community Pharmacy
- Walgreens
- Walmart

d. HOME HEALTH CARE SERVICES

These are area companies that provide home health care services. There may be other companies providing these services in your area. Please discuss which services are best for you with your health care team.

MaineHealth Care At Home

15 Industrial Park Road
Saco, ME 04072
P (207) 284-4566
F (207) 775-5521

Able Home Health

209 Main Street, Suite 104
Saco, ME 04072
P (207) 282-1699
F (207) 773-1578

Amedisys

931 Congress Street
Portland, ME 04102
P (207) 772-7520
F (207) 772-7545

Kindred Healthcare

881 Forest Avenue
Portland, ME 04103
P (800) 280-8202
F (888) 999-4558

Interim Healthcare

72 Atlantic Place
South Portland, ME 04106
P (207) 775-3366
F (207) 775-6299

Kennebunkport Health*

PO Box 367
Kennebunkport, ME 04046
P (207) 967-4401
F (207) 967-3633

VNA Home Health & Hospice

50 Foden Road
South Portland, ME 04106
P (207) 7780-8624
F (207) 773-1578

SMHC and MaineHealth Care At Home are related organizations. If you would like information about this relationship, please speak with your physician or case manager. All decisions as to where and from whom you would like to obtain home care services are yours. SMHC will work with the home health care provider you select to effectively coordinate your care and maximize the quality of health services you receive.

*Kennebunkport Health is available to residents of Kennebunkport, Maine only. It is not a Medicare-certified home health agency.

e. CERTIFIED NURSING FACILITIES

BIDDEFORD

St. Andre's Health Care Facility

407 Pool Road
Biddeford, ME 04005
(207) 282-5171

Southridge Living & Rehabilitation Center

10 May Street
Biddeford, ME 04005
(207) 282-4138

KITTERY

Durgin Pines

9 Lewis Road
Kittery, ME 03904
(207) 439-9800

KENNEBUNK

Kennebunk Center for Health & Rehabilitation

158 Ross Road
Kennebunk, ME 04043
(207) 985-7141

River Ridge Center

3 Brazier Lane
Kennebunk, ME 04043
(207) 985-3030

SACO

Evergreen Manor

328 North Street
Saco, ME 04072
(207) 282-5161

Seal Rock Health Care

88 Harbor Drive
Saco, ME 04072
(207) 283-3646

SANFORD

Greenwood Center

1142 Main Street
Sanford, ME 04073
(207) 324-2273

Newton Center for Rehab & Nursing

35 June Street
Sanford, ME 04073
(207) 490-7600

SCARBOROUGH

Maine Veteran's Home

290 U.S. Route 1
Scarborough, ME 04074
(207) 883-7184

Pine Point

67 Pine Point Road
Scarborough, ME 04074
(207) 883-2468

PORTLAND

New England Rehabilitation Hospital (Acute)

335 Brighton Avenue
Portland, ME 04102
(207) 775-4000

PORTSMOUTH, NH

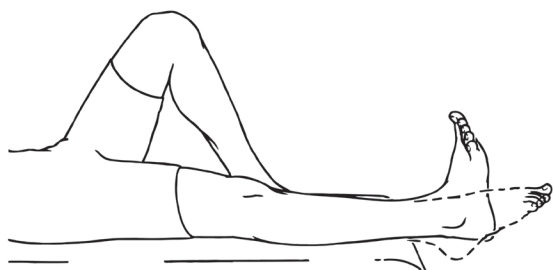
Northeast Rehab Hospital (Acute)

105 Corporate Drive
Pease International
Tradeport
Portsmouth, NH 03801
(603) 501-5500

f. EXERCISES

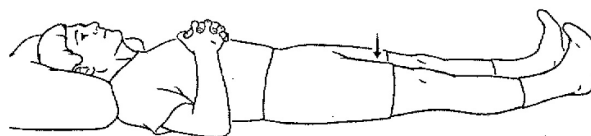
HIP REPLACEMENT EXERCISE PROGRAM

1.



Move both ankles up and down.

2.



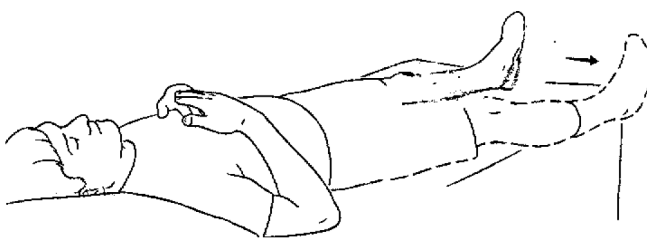
Tighten muscles while pushing back of knee into surface. Hold for 5 seconds.

3.



**Tighten buttock muscles.
Hold for 5 second.**

4.

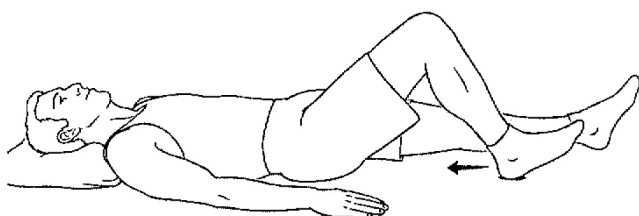


**Bring one leg out to side and return while
keeping knee straight.**

f. EXERCISES CONTINUED

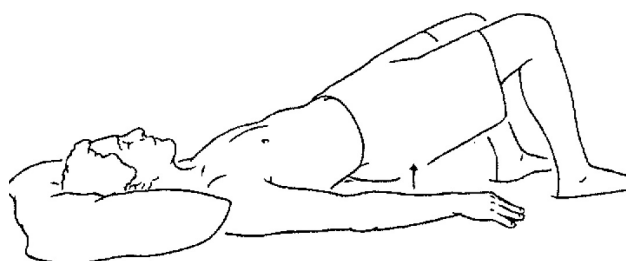
HIP REPLACEMENT EXERCISE PROGRAM

5.



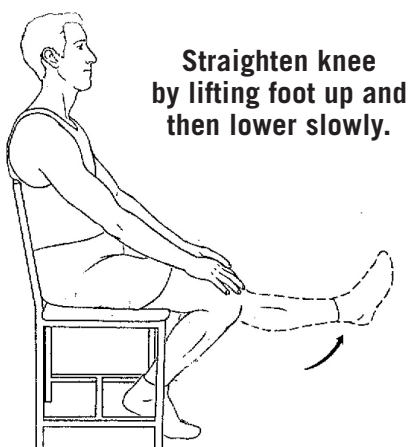
Slide one heel towards buttocks until stretch is felt then slide back down.

6.



Bring one leg out to side and return while keeping knee straight.

7.



Straighten knee by lifting foot up and then lower slowly.

f. EXERCISES CONTINUED

KNEE REPLACEMENT EXERCISE PROGRAM

1.



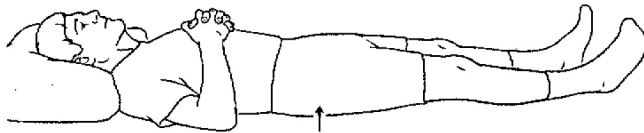
Move both ankles up and down.

2.



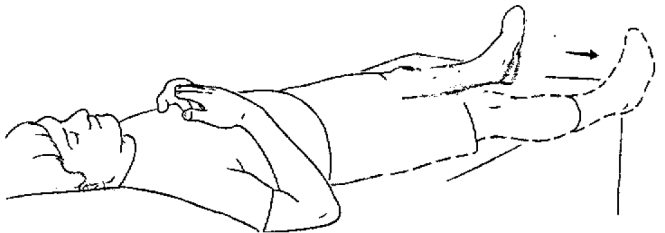
Tighten thigh muscles while pushing back of knee into surface. Hold for 5 seconds.

3.



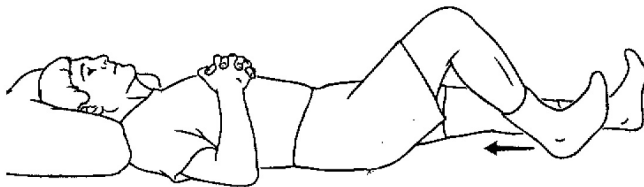
Tighten buttock muscles.
Hold for 5 second.

4.



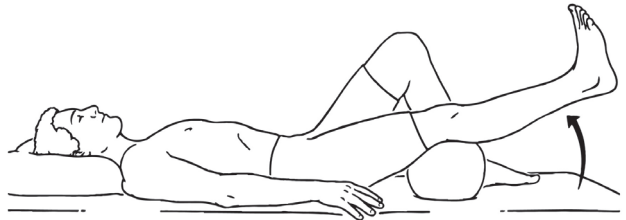
Bring one leg out to side and return while keeping knee straight.

5.



Slide one heel towards buttocks until stretch is felt then slide back down.

6.

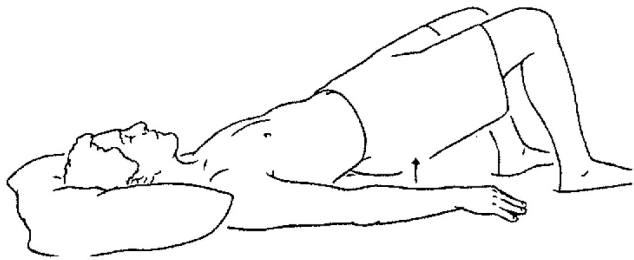


With knee over folded pillow, lift foot up by tightening thighs muscles then slowly lower back down.

f. EXERCISES CONTINUED

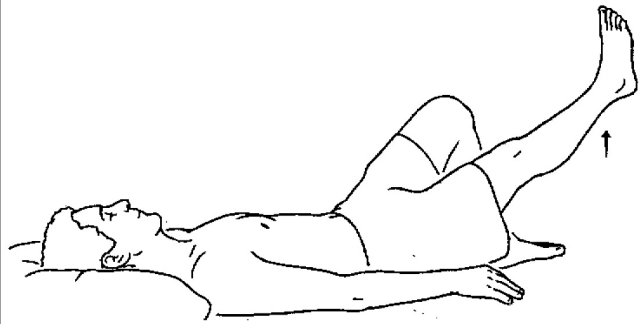
KNEE REPLACEMENT EXERCISE PROGRAM

7.



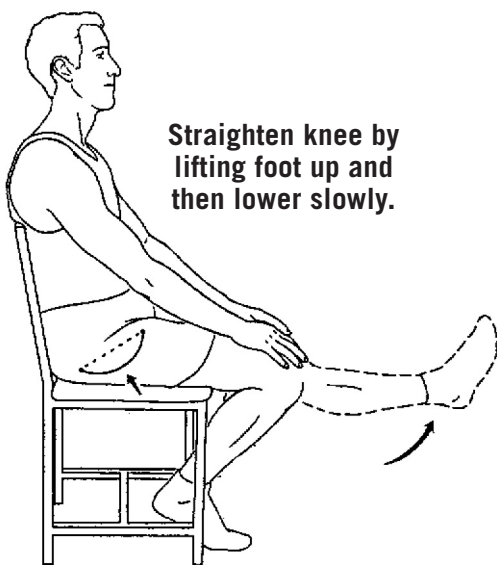
With both knees bent,
raise buttocks up and down.

8.



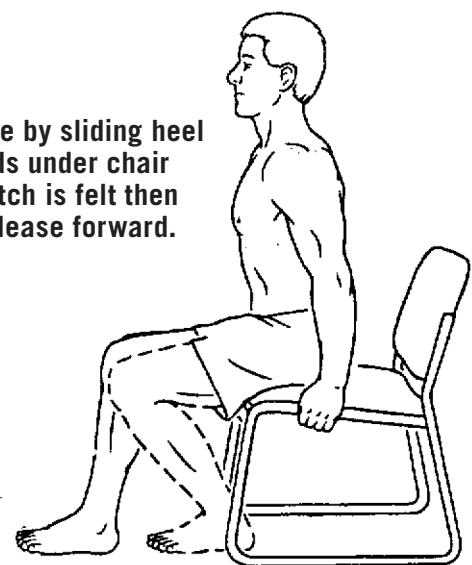
Tighten thigh muscles and lift leg up keeping
knee locked then slowly lower back down.

9.



Straighten knee by
lifting foot up and
then lower slowly.

10.

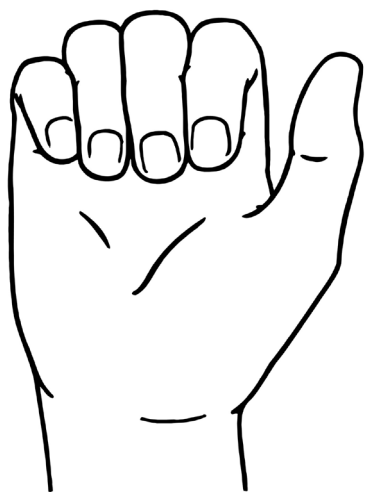


Bend knee by sliding heel
backwards under chair
until stretch is felt then
slowly release forward.

f. EXERCISES CONTINUED

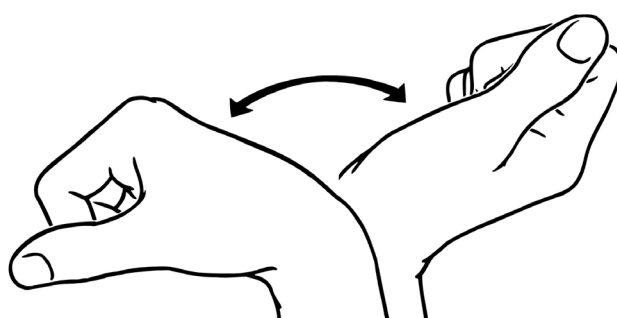
SHOULDER REPLACEMENT EXERCISES PROGRAM

1.



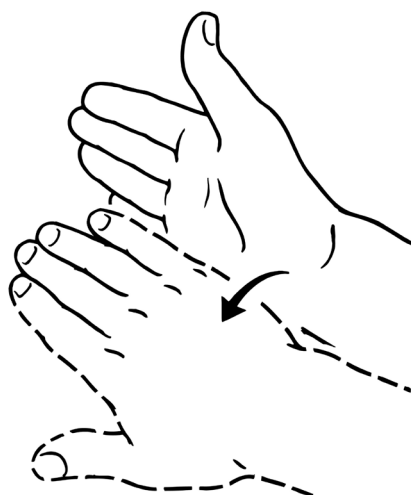
OPEN AND CLOSE FINGERS

2.



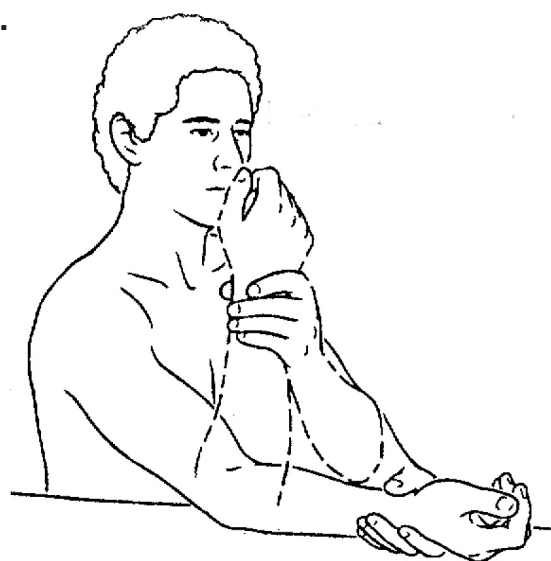
BEND WRIST UP AND DOWN

3.



TURN PALM UP AND DOWN

4.

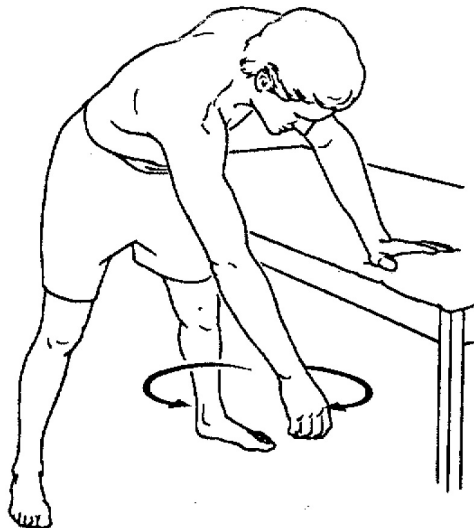


TURN PALM UP AND DOWN

f. EXERCISES CONTINUED

SHOULDER REPLACEMENT EXERCISES PROGRAM

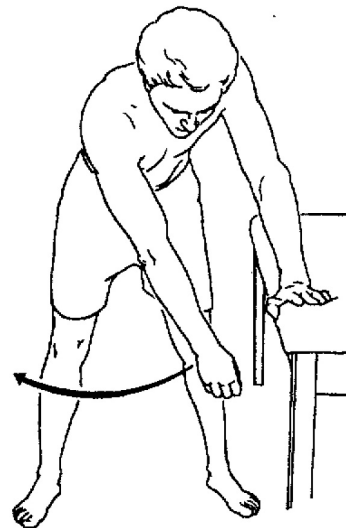
5.



PENDULUM: CIRCULAR

Bend forward 90° at waist, using stable object for support. Sway in a circular pattern to move arm clockwise letting arm swing freely.

6.



PENDULUM: SIDE TO SIDE

Bend forward 90° at waist, using stable object for support. Sway side to side letting arm swing freely.

7.



PENDULUM: FORWARD AND BACK

Bend forward 90° at waist, using stable object for support. Sway forward and backwards letting arm swing freely.

g. BE SMOKE FREE BEFORE SURGERY

It's Important to Stop Smoking before Surgery

After a surgery, your body puts all of its energy into healing. Smoking makes this harder. It cuts the amount of oxygen available to your body to heal and increases the risk of infections and complications like:

- Heart problems
- Breathing problems and pneumonia
- Wound infections and healing problems

The longer you are smoke free before and after surgery, the better your chances of having a healthy recovery. We recommend that you do not smoke at least 6 weeks before and 6 weeks after surgery.

Need Help Quitting?

It's hard to quit smoking. But you don't have to do it alone. Talk with your doctor about setting up a plan that best meets your needs. We also recommend calling the Maine Tobacco HelpLine at **1-800-207-1230**.

The Maine Tobacco HelpLine answers your questions and offers friendly support to people thinking about quitting or ready to quit smoking, or those who want to help a friend or family member quit.

Why Should You Call?

- It's free and totally confidential.
- It offers positive, supportive assistance. They won't pressure you or put you down.
- It offers personal support geared to your life.
- It's all by phone, on your schedule – you won't have to worry about missing work, missing appointments, or how to watch the kids while you're gone.
- You are 2-3 times more likely to quit with the HelpLine than when you try to quit on your own.

What Happens When You Call?

- They will ask questions to see what kind of help you need.
- If you are interested in quitting, you'll talk to one of their specialists.
- If you are ready to quit, they will help you set a quit date, and make a plan just for you.
- They will help you think about ideas and ways to cope with urges to smoke.
- They will discuss using a nicotine patch, lozenge, or gum and let you know if you qualify for the Medication Program.
- They will help you feel comfortable talking about smoking.
- Once you say it's OK, they will set up the next calls for ongoing support. They can help you reach your goals.