

## Reminders from your Total Joint Patient Navigator

The below information will be discussed and reviewed after your surgery in the hospital with the Total Joint Patient Navigator:

- Call **Alto** for confirmation of delivery of Discharge Medication **510-507-1192** **or** phone your **preferred pharmacy** to ensure availability of medication for pick up prior to discharge
- Learn and understand how to self-administer Lovenox injection **if** ordered for discharge
  - Sharps container drop off location: [www.smchealth.org/RxDisposal](http://www.smchealth.org/RxDisposal)
    - **Lovenox.com**---video available for administering injection
- Discharge equipment--- Front Wheel Walker or other recommendation from Physical Therapist
  - Physical Therapist will provide one piece of new equipment on day of Discharge
  - Knee patient—please remember to take Ice Man home including cord
  - Hip & knee patient ---please remember to **elevate legs & ice surgical area for 20 minutes 4-5 times a day**
- Home Health PT/OT will be arranged by Care Coordination department---someone will follow up with you after you are discharged from the hospital as to name of provider who will call you at home to make OT/PT arrangements
  - Call **Care Coordination** if no confirmation of therapy arrangements after **48hours of discharge**
  - **Care Coordination # 650-367-5683**
  - Therapy is scheduled 2-3 times a week for 2 weeks
- Call MD Surgeon office for follow up appointment once home if not already arranged (**First post op appointment typically 10-14 days after surgery**)
  - **Dr. Berger 650-364-3488**
  - **Dr. Hartford-Graw-Lannin 650-853-2951**
  - **Dr. Nguyen 650-365-5996**
- Call Outpatient Agency for Physical Therapy appointment once home if not already arranged
  - Knee-3-4 weeks from discharge
  - Hip-5-6 weeks from discharge
- Have a ride available for pick up close to **11:30 AM** on day of discharge
  - Nursing will print Final Discharge Instructions and review with you
  - **Please call MD surgeon office if any questions or concerns arise once home**
- Below is information if need after discharged home for any emergency

**[GoHealth Urgent Care | Walk-In or Check-In Online!](https://www.gohealthuc.com)** <https://www.gohealthuc.com>

Dignity Health Emergency Room: may log into online to make an appointment  
<https://www.dignityhealth.org/>

**[Gloria Kwok, RN Total Joint Patient Navigator 650-482-6031](https://www.dignityhealth.org/)** Please feel free to call me with any needs or questions you may have. We want this to be a smooth and easy transition to home. I am available Monday – Friday.

