

COMMONLY ASKED QUESTIONS

1. How many days am I in the hospital?

- a. Anticipate for 1 night stay in the hospital. It is a daily evaluation from the hospital team.

2. Do I need help at home?

- a. **YES**, everyone needs a helper or coach to be with them for the first 3-5 days to help with cleaning, laundry, meals, pain management, ice for surgical site, safety, driving needs. etc
- b. Your helper/coach is encouraged to join a PT/OT session while you are here in the hospital to understand your needs at home. This can be arranged once you have arrived.

3. Do I need to arrange Home Health therapy at home?

- a. No, the Home Physical & Occupational therapy is arranged by the Total Joint Patient Navigator and the Care Coordination department at Sequoia Hospital. The referrals and process is started once you have had surgery.
- b. You will speak to the Total Joint Nurse Navigator in the hospital prior to discharge to help with the home therapy arrangements and discuss the discharge process.
- c. You need to arrange your own appointments for Outpatient Therapy which is your choice of location often close to home. Outpatient therapy starts after home therapy.

4. What equipment do I need prior to surgery?

- a. If you have a front wheel walker please feel free to bring it in after surgery and the Physical Therapist here can make sure it is the correct height.
- b. Otherwise we can provide a walker for home provided at the hospital prior to discharge and we will bill your insurance (you might get a bill for the walker or crutches if your insurance does not cover it).
- c. Please purchase a bedside commode, elevated toilet seat, long handle grabber, sock aid, etc. if you feel it will be helpful for your recovery. This equipment is not usually covered by insurance and can be purchased on Amazon, local pharmacy or local Medical equipment company.

5. Should I bring anything to the hospital? (all optional below)

- a. Copy of insurance prescription card
- b. Copy of credit card or access to credit card #
- c. iPad, laptop, cell phone along with charging cord
- d. Books, adult coloring book, etc
- e. Robe, comfortable shoes to wear during therapy sessions
- f. **You are given** a toothbrush, toothpaste, notepad, pen, eye mask