

## **Post Education Knowledge Survey**

LOS in hospital and expectations upon discharge

***You can expect to go home the day of or after your surgery. (T/F)***

***What time of day can you be expected to be discharged from the hospital?***

- a) Early in the morning the day after surgery***
- b) Right after my surgery***
- c) Late morning the day after surgery***

***What are some alternatives that may be discussed for discharge rather than going directly home?***

- ☐ SNF criteria for qualification, insurance coverage considerations, average length of stay
- ☐ Home health criteria for qualification, insurance coverage consideration, average length of qualification
- ☐ We will discuss needs, wishes, social concerns, supports, medical history, and functional/mobility deficits to determine what the best plan will be.

Pain management

***What are some things you can do to help with pain that do not require taking medication(s)?***

- a) Take Tylenol***
- b) Use ice and elevate my leg***
- c) I won't have pain after surgery***

Medication refills

***In order to refill my pain medication, I should:***

- ☐ a) Call/e-mail my doctor's office at any time
- ☐ b) Notify the pharmacy that I am out of medication
- ☐ c) Call into the clinic as long as it is within the acute post operative period (6 weeks after surgery)

Clot prevention

***What are some of the signs/symptoms of a blood clot? (select all that apply)***

- ☐ Redness and/or warmth in calf
- ☐ pain in calf
- ☐ swelling in calf

- Shortness of breath
- chest pain
- anxiety
- irregular or rapid heart rate
- dizziness or lightheadedness
- cough

***Things you can do at home to prevent blood clots include (select all that apply):***

- Staying as mobile as possible
- When sitting for long periods do ankle pumps to improve circulation
- On long car rides stop at least every 1 ½ to 2 hours to walk around
- Do not fly immediately after surgery
- Use 15-20mmHg compression socks for 6 weeks for 23/24 hours of the day (remove for showers and laundering and assess skin underneath)
- Take Aspirin 81mg for clot prevention (may be different for those on blood thinners prior to surgery)
- Know signs of blood clot and PE

Methods for reducing swelling and discomfort after surgery

***Movement, compression and elevation are good methods to reduce swelling. (T/F)***

***Things you can do to reduce swelling after surgery include (select all that apply):***

- Wear compression socks
- Elevate your leg when sitting down
- Ensure getting up and walking for short periods throughout the day
- Icing
- If able, take NSAIDs (Advil, Motrin, Aleve, Celebrex)

Physical therapy

***I will plan on starting physical therapy:***

- a) The day after my surgery
- b) The week after my surgery
- c) I will not need to do physical therapy after surgery