



Orthopedic Center of Excellence

Dear Patient,

On behalf of your surgeon and the entire **Orthopedic Center of Excellence** team, thank you for choosing to have your joint replacement surgery at **Alta Bates Summit Medical Center**. Our surgeons have performed over 4,300 joint replacements in the past five years. Our patient outcomes and experiences have earned us the **Joint Commission Gold Seal of Approval**, assuring you of receiving the highest quality of care for joint replacement surgery.

Our highly skilled team will work with you every step of the way from your pre-op clinic visit, to the operating room environment, to the nursing unit with dedicated nurses and therapists, to your Discharge Planner and Case Managers. Our goal is to return you to your home as safely and quickly as possible.

Our **Enhanced Recovery Program** for elective joint replacement, using advanced research and technology, ensures that over 80 % of our patients will go home within two days, with many going home the day after surgery. After leaving the hospital, patients normally continue therapy either at home or at an out-patient therapy clinic.

Your new joint is designed to improve your quality of life so that you can return to doing the things you love. As you prepare your mind and body for your new joint, we strongly encourage you to **designate your own "coach"** for the upcoming surgery. This person will be your cheerleader. They will be an extra set of eyes and ears and support your recovery and rehabilitation. This person does not need to be a family member and does not need any medical training. The only prerequisite is a desire to assist and see you do well. They should be able to visit with you in the hospital and participate in a physical therapy session as well as be present at time of discharge to be sure they understand your instructions to care for yourself at home.

Please use the enclosed checklist and share this with your designated coach prior to your pre-op clinic visit. It is important that your coach attend the pre-op clinic visit with you, if at all possible.

We have also prepared important educational material for you to review. This comprehensive reading will walk you through what to expect and answer many questions you may have. We encourage you to share this with your coach also. Please log into to <https://www.sutterhealth.org/absmc-ortho-handbook> to review this material.

We are here to assist you. At any time during the course of your stay, all of our caregivers are happy to help with questions or concerns. Alternatively, please feel free to reach out to me and I would be delighted to help you.

Sincerely,

Lynda Marie Burrell RNC CRRN

Director Orthopedic Service Line

burrell@sutterhealth.org (510 869 8736)