

Going Home after Elective Joint Replacement Surgery

Our goal is to get you home; here are some discharge options and information

Option #1: Home with Outpatient Physical Therapy (PT)

*With this option you would be discharged to your home with a prescription for outpatient PT.

*You would be responsible for making an appointment with an Outpatient PT Program of your choice.

*Be sure to call to make sure that the facility partners with your insurance.

*You will need someone to drive you to your appointments until you hear from your surgeon that you are able to drive with your new hip or knee.

*There will be co-pays involved, call your insurance carrier for more details.

Option #2: Home with Home Physical Therapy (PT)

*With this option you would also be discharged to home.

* The discharge team at Saint Joseph's Hospital Health Center (SJHHC) will set you up with a provider of your choice.

*The physical therapist will come to your home.

*You will be provided with a phone number for the company of your choice, call them the day after you are discharged to see when they will see you for your first visit.

*If you choose Saint Joseph's Homecare, they will see you the day after your discharge.

Option #3: Discharge to Short Term Rehab at a Nursing Home/Skilled Nursing Facility (if the other 2 options are not possible)

*With this option you would be discharged to a nursing home for short-term rehabilitation.

*While you may have a benefit for this with your insurance carrier, there is an evaluation process for placement in a nursing home for rehab after joint replacement surgery.

*You will also be evaluated by your surgeon and physical therapist as you get closer to discharge.

*Thinking about this option, we encourage you to call your insurance company and find out:

*Do you have coverage for discharge to a rehab facility?

*What are the specific criteria for qualification?

*Do you have to pay anything upfront or are there any direct costs to you?

* Some nursing homes require that you pay your co-pay at the time of admission to their facility

*The discharge team at SJHHC will find a facility for you to go to and will arrange for transportation to the facility.

*Transportation to rehab is not covered by insurance and is something that you will have to pay. The cost will vary depending on the transport company.

Equipment to think about (your insurance may cover some durable medical equipment, check with your carrier with more specific questions regarding potential costs, or, reach out to family, friends, and community groups-you may find equipment that you can borrow)

Knee Replacement:

You will need: Walker

Hip Replacement:

You will need: Walker & Hip-Kit (this is not covered by insurance)

You may need: Raised toilet seat or commode &/or Shower chair

Discharge Checklist for your Elective Joint Replacement:

Begin thinking about discharge now!

We encourage you to plan on going home, start making arrangements with family, neighbors, and friends for support after your surgery.

Review the 3 options highlighted above and bring additional questions you may have to your PAT (pre-admission testing) appointment.

Please call your insurance for questions related to what may or may not be covered & what, if any, direct costs or co-pays you may expect.

Understand that ultimately where you are discharged to is going to depend on your recovery from your joint replacement. Your surgeon and physical therapist will evaluate you to make sure we have the best plan for you based on your recovery and progression.

