



WELCOME
TO THE
TALLAHASSEE MEMORIAL HOSPITAL
JOINT ADVENTURE CLASS



**TALLAHASSEE
MEMORIAL**
HEALTHCARE

My Surgeon: _____ Surgeon's Phone Number: _____

Thank you for choosing Tallahassee Memorial HealthCare (TMH)! Our aim is to provide you with the best possible patient experience. This guide aims to help you understand the surgical process and your surgical procedure — including pre-surgery, the surgery day and discharging from the hospital — as well as the services that are provided to help you reach your recovery goals. To help you better prepare, we've provided a timeline to guide you on which items need to be completed before your surgery as well as show you key prevention tips and things to look out for.

Your discharge planning should start now. During your total joint replacement journey, we encourage you to identify your goal of surgery and have someone to help you along the way, such as a health coach. A health coach is someone who can participate and support you as you prepare for surgery, bring you to the hospital, pick you up from the hospital and stay with you for at least 24 hours after surgery. This is often a spouse, relative or friend.

After your total joint replacement surgery, our goal is for you to leave the hospital and reclaim your quality of life in the comfort of your own home. At our state-of-the-art M.T. Mustian Center, you can have a total hip or knee replacement surgery and go home the same day of surgery or spend only one night in the hospital and go home the next morning. A shortened length-of-stay in the hospital means more aggressive physical therapy at home and better outcomes for patients. Please coordinate transportation and be prepared to go home the day of your surgery. If you spend the night, please arrange for transportation to arrive at the hospital by 9 am to receive discharge instructions, so you can be prepared to leave by 11 am.

What is your personal goal for surgery?

Example: Get back to swimming, play with my grandchildren, play pickleball, etc.

Health Coach: _____

Who will take you home when discharged and help you into your home?

Important Dates

Joint Adventures Class Date: _____

Pre-op Appointment at TMH: _____

Surgery Date: _____

Discharge Date: _____

Joint Replacement Surgery

Pre-Operative Education

Objectives

- Prepare for the day of surgery
- Describe plan of care
- Learn how to prevent complications after surgery
- Home preparation
- Infection prevention
- Constipation prevention
- Daily medications
- Exercise

What to bring to your pre-op appointment at TMH

- A full list of medications (includes over-the-counter and herbal medications)
- Driver's license
- Health insurance card and medication card
- Result of a recent EKG (if you have it)
- Advanced directive
- Information regarding medical history and allergy status (you will be asked)

Notify your surgeon before surgery if...

- You have a history of blood clots
- You are taking anticoagulants (blood thinners)
- You are taking herbal medications or vitamins
- You are or have been a smoker within the past five years
- You have sleep apnea
- You had a heart stent placed in the last year

Tell your surgeon this information at your pre-op appointment or no later than one week before surgery.

BEFORE SURGERY

HOME MEDICATIONS

You may be asked to stop blood-thinning medications to avoid bleeding too much during or after surgery.

Including: glucosamine, vitamin E and anti-inflammatory (i.e. Motrin, Ibuprofen, Aleve, Naproxsyn)

Possible: Plavix, Aspirin, Coumadin, Eliquis, Xarelto, and Fish Oil

STOP SMOKING TODAY!

Smoking increases your heart rate, raises your blood pressure and makes your blood vessels smaller.

All of this increases your risk for blood clots, slower healing and infection. If you must smoke, please do not smoke for at least 48 hours before surgery.

PREPARING YOUR HOME

THE GOAL AFTER SURGERY IS TO RECOVER AT HOME.

- Plan how you will get into your home after surgery. (Can you park close to the door? Should you use a different entrance?).
- You will need help after returning home until you feel safe doing daily activities.
- Keep objects within reach (TV remote, phone, personal items, etc.).
- Prepare meals ahead of time that can be easily heated.
- Stairs to climb? Try to keep activities on one level.
- Put night lights in bathroom and dark areas.
- Remove throw rugs.
- Remove electrical cords.
- Find short term pet care.
- Make a list of all medications, supplements and herbs you take (See page 19).
- Optional home equipment that is helpful but not purchased by insurance includes a raised toilet seat and shower chair and handheld shower head.
- Please refer to Home Fall Prevention check list on page 15.

WHAT IF I CAN'T GO HOME?

- Let us know if you feel you are not able to go home after surgery.
- Can you go to someone else's home?
- Short term nursing home or rehab (a few days to a week) is an option (if approved by your insurance).
- Be prepared with your top three Skilled Nursing Facility (SNF) choices. Admission may depend on bed availability.
- Hospital stay will not be extended if your first choice SNF does not have a bed available.
- Call your insurance company and verify your coverage.

PREPARING FOR SURGERY

When you have your surgery date:

- The day before your surgery call the Surgical Preadmission Clinic at Tallahassee Memorial HealthCare at 850-431-1155 ext. 38122 between 2 pm and 4 pm. Call Friday if your surgery is the following Monday.
- You will be told your arrival time and approximate surgery start time.

INFECTION PREVENTION

- Shower both the night before and the morning of surgery.
- Special soap will be provided at your pre-op appointment.
- Swab both nostrils the evening before surgery (the nose is a common route of infection).

DIET / FASTING REQUIREMENTS*

***UNLESS OTHERWISE INSTRUCTED
BY YOUR SURGEON.**

ADULTS	
Clear liquids	Stop 3 hours before surgery
ALL food and milk or milk-like products	Stop at midnight before surgery

Clear liquids include water, Gatorade®, black coffee. You must not have any milk products (i.e. creamer, half & half, soy milk, almond milk, etc). Once you start fasting, you may brush your teeth and rinse your mouth, but do not swallow. Do not have gum, candy, cough drops, chewing tobacco or ice chips.

SHOULD I EXERCISE BEFORE SURGERY?

Yes, please start exercising as soon as possible to build strength and stamina before surgery!

We want you to:

- Strengthen your legs and arms to help with your recovery.
- Learn the exercises to prepare you for post surgery.
- **Do not perform the exercise if it is causing pain.**

DAY OF SURGERY: WHAT TO BRING

- Loose-fitting clothing (avoid long sleeves).
- Well-fitting, flat shoes or slippers.
- Breathing machine for use while sleeping, if you have one.
- Activities to pass time (reading material, music player, tablet, etc.).

AFTER SURGERY (POST-OP)

WHAT HAPPENS AFTER SURGERY?

- Pain management
- Complication prevention
- Wound care
- Exercise and mobility
- Goals

PAIN MANAGEMENT

The surgeon will give injections during surgery to help with pain immediately after surgery. Keep moving!

GOAL:

To be out of bed standing/ambulating the day of surgery.

- Your leg or hip will get stiff and sore sitting in one place.
- Change your position every couple of hours throughout the day.

PREVENT PAIN AND SWELLING

Do not wait for pain - stay ahead of it!

- Pain pills take about 45-60 minutes to work.
- Apply cold packs or ice to your knee/hip 5-6 times each day for 20 minutes at a time.
- Rest and elevate lower leg and foot above heart level 5-6 times each day for 20 minutes at a time.

INFECTION PREVENTION

Surgical site:

- Hand washing is essential.
- Appropriate wound care is needed.
- You will take antibiotics while in the hospital.
- You will need to take antibiotics before future invasive procedures.*

SURGERY SITE INFECTION

Monitor for these signs:

- Increased pain
- Fever of 100.5 degrees or more lasting longer than 24 hours
- Smelly drainage
- **Increased** swelling and redness at incision

Call surgeon immediately if you experience any of these symptoms.

You are at a higher risk for infection if:

- You smoke
- You are diabetic
- You are overweight
- You have a weakened immune system (*such as from a previous cancer or organ transplant*)

INFECTION PREVENTION

Pneumonia:

- Use breathing exercises machine (incentive spirometer) every hour while awake for one week post-op (machine and instruction will be provided).
- We prefer that you get out of bed ASAP. You breathe better and deeper when sitting and standing.

**The American Academy of Orthopaedic Surgeons states that you should take antibiotics before seeing your dentist for the rest of your life.*

PREVENT CONSTIPATION

Be sure you are drinking enough fluids. Physical activity promotes bowel activity. Consider fruit juices, stool softeners, laxatives as needed to have regular bowel movements and limit caffeine.

PREVENT BLOOD CLOTS

- All patients will be given blood thinning medication post-op until the surgeon stops it.
- Continue exercise and walking each day (increase as tolerated).
- *Take your stockings home!*

SIGNS OF A BLOOD CLOT

- Swelling in your leg that does not go away with raising your leg above heart level.
- Pain or tenderness in the calf.

NERVE DAMAGE

Nerve damage can occur during surgery and is one of the many complications your nurses will assess you for.

WOUND CARE

- Keep your incision dry.
- Keep incision covered until drainage stops, then you may leave uncovered.
- Avoid touching incision.
- Keep pets away from incision area.
- You may shower, but do not immerse bandage in water (such as in bathtubs, hot tubs or pools).

RECLAIMING YOUR QUALITY OF LIFE

Your new joint is designed for activities of daily living and lower impact sports. Walking, swimming and cycling are recommended once you feel comfortable. Speak with your surgeon about post surgery recovery time and when you're allowed to resume activities.

Planning Your Rehabilitation

Our Case Management team will assist you with your discharge plans and assist in making arrangements for your rehabilitation and equipment. We encourage you to discuss your rehabilitation needs with your surgeon (keeping in mind your insurance provider). A Case Manager will contact you to further discuss rehabilitation choices and equipment a day or two before surgery.

POST-SURGERY PHYSICAL THERAPY

Most patients discharge home with home health care after a total joint replacement. Other discharge avenues include home with outpatient physical therapy or inpatient stay in a rehabilitation facility. Inpatient rehabilitation is indicated only if you meet the required criteria and gain insurance approval.

A home healthcare resource list is on page 17. Case Management will contact you prior to surgery and discuss top choices for home healthcare. We make every effort to go by patient choice; however, it may depend on which home healthcare your insurance is contracted with and availability. It is always a good idea to arrange to have help at home just in case your rehabilitation needs/plans change.

EQUIPMENT

Use of a standard rolling walker is necessary following surgery. Case management will help arrange this item and it will be provided after surgery.

COMMUNE CHAIR

A commode chair (also known as a 3-in-1 Bedside Commode and can be used as an elevated toilet seat) is typically only covered when you are physically incapable of utilizing regular toilet facilities. Most insurance companies follow the Medicare guidelines for a commode chair. These guidelines are:

1. You are confined to a single room without a toilet, or
2. You are confined to one level of the home environment and there is not a toilet on that level, or
3. You are confined to the home and there are no toilet facilities in the home.

Insurance companies vary in what equipment they will cover. Be sure to discuss your coverage and benefits with the company providing your equipment. If your insurance company does not cover the costs, you will be billed for this equipment. Some equipment is also available for purchase at Walmart, Target or other similar retail stores.

A PHYSICIAN'S ORDER DOES NOT GUARANTEE PAYMENT OF ANY KIND.

OTHER EQUIPMENT

Other assistive devices such as a shower chair, toilet raiser and grab bar are helpful. It is essential to evaluate your home and determine if this equipment will be necessary for you after surgery. These items can be acquired from local retail stores. Some items such as grab bars may require professional installation.

QUICK FACTS:

1. Most patients go home with home health care.
2. Inpatient stay at a rehab facility is only warranted if you meet criteria (pending insurance approval).
3. Because not all insurances pay for home health care or require a significant co-pay, outpatient physical therapy might be the main option.
4. You will need a standard rolling walker. A Case Manager will contact you a day or two before surgery and help arrange a rolling walker for you to take home after surgery.
5. A commode chair may not be covered by your insurance, and you may have to purchase one from a retail store.
6. Other equipment is helpful such as a shower chair, grab bars, or toilet raiser, but are not covered by insurance.

QUESTIONS CALL

Tallahassee Memorial
Case Management Department
850-431-2910

Music Therapy in Joint Care Post-Surgery

Relief from pain or discomfort associated with surgery can result in a quicker recovery process as well as a better overall medical experience. Music can be a powerful tool in decreasing discomfort and/or pain.

The perception of discomfort or pain may be influenced by a variety of factors including:

- Stress
- Loss of control
- Fear
- Tension
- Mood
- Coping strategies
- Anxiety
- Attitude

Music Therapy techniques can assist in:

- Decreasing tension, anxiety or fear
- Decreasing heart rate and blood pressure
- Increasing blood flow and oxygenation to muscles
- Increasing stomach digestion
- Increasing immune system functioning

While at TMH, music therapy is offered as part of your treatment plan. A music therapist can consult with you to assist in meeting your individual comfort needs as you begin the rehabilitation process.

Music Therapy decreases the perception of discomfort and pain using:

- **Preferred Music:** Music therapy always seeks to use your preferred type of music.
- **Music as Distraction:** Music used for focusing on an external stimulus in the environment to divert attention from discomfort.
- **Music for Relaxation:** Music paired with relaxation techniques assist by using rhythm to structure and relax physiological processes such as respiratory rate, heart rate and blood pressure.
 - **Progressive Muscle Relaxation (PMR):** Teaches relaxation by progressively tensing and releasing muscle groups throughout the body.
 - **Autogenic:** Mentally generated muscle relaxation often focusing on sensations of warmth and heaviness throughout muscle groups and the body.
 - **Diaphragmatic Breathing:** Increases your ability to take controlled breaths.
- **Music with Imagery:** Music used to alleviate discomfort by creating mental scenes unrelated to discomfort or pain.

MUSIC AND RELAXATION REFERENCE GUIDE

Pain and discomfort are side-effects of surgery. However, you can help to minimize this by being proactive prior to your surgery date. Music and relaxation techniques can greatly reduce the perception of pain and discomfort.

Below are resource websites to educate you about relaxation, its benefits, and different techniques to try. In addition, you will be provided with a CD for your personal use including five different relaxation scripts. By starting to use these techniques in advance of your surgery, they will be more effective after.

RELAXATION TECHNIQUES FOR STRESS RELIEF - HELPGUIDE.ORG

This is an excellent resource that gives a general overview of relaxation and its benefits. It outlines different relaxation techniques including breathing meditation, progressive muscle, body scan meditation, mindfulness, visualization meditation and yoga/tai chi.

http://helpguide.org/mental/stress_relief_meditation_yoga_relaxation.htm

FREE RELAXATION SCRIPTS - INNER HEALTH STUDIO

This resource offers tips for using relaxation scripts as well as provides a wide variety of free scripts. For personal use. An excellent resource!

<http://www.innerhealthstudio.com/relaxation-scripts.html>

HOW TO FIND “RELAXING” MUSIC: A BRIEF GUIDE FOR THE LISTENER

A music therapist gives suggestions for finding personal relaxation music.

http://www.victorymusic.org/index.php?option=com_content&view=article&id=539&Itemid=132

To request a **Music Therapy** consult while in the hospital call **850-431-7468** or 17468 from any TMH phone.

TALLAHASSEE MEMORIAL HEALTHCARE

Rehabilitation Services Department

GENERAL STRENGTHENING EXERCISES

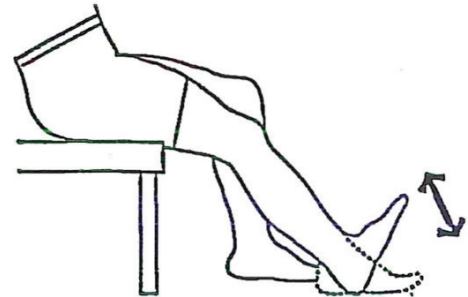
THESE ARE FOUR EXERCISES YOU CAN PRACTICE NOW THAT WILL BE USED DURING PHYSICAL THERAPY

1

- Lying on back or sitting up
- Move foot up and down as shown

Special Instructions:

- Rest 1 minute between sets
- Perform 3 sets of 20, hourly while awake

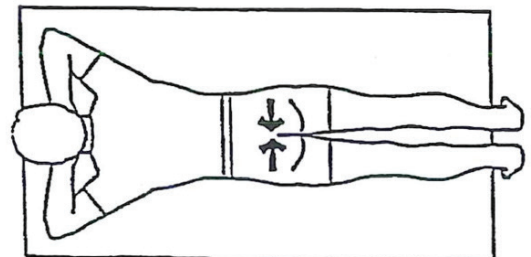


2

- Lay on back
- Squeeze buttocks together

Special Instructions:

- Rest 10 seconds between sets
- Hold exercise for 6 seconds
- Perform 1 set of 10 repetitions, hourly while awake



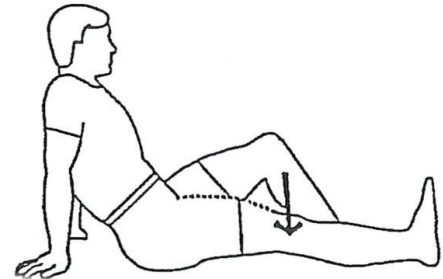


3

- Lying on back with knee straight
- Tighten quad muscles on front of leg, trying to push back of knee downward

Special Instructions:

- Do not hold breath
- Rest 10 seconds between sets
- Hold exercise for 6 seconds
- Perform 1 set of 10 repetitions, hourly while awake

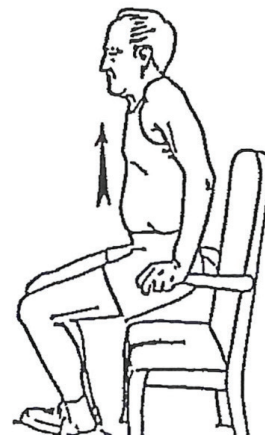


4

- Put hands on arms of chair and push body up out of chair.

Special Instructions:

- Repeat _____ Times _____ Times a Day



TALLAHASSEE MEMORIAL

Home HealthCare

INSTRUCTIONS FOR MAKING

HOME RE-USABLE COLD PACK

ITEMS NEEDED:

- Two large Zip-lock bags
- One bottle of rubbing alcohol
- One thin T-shirt, or similar thickness cloth

HOW DOES ONE MAKE A COLD PACK?

Fill one Zip-lock bag one third full with three parts water and one part rubbing alcohol. Eliminate all the air from this Zip-lock bag and seal tight. Then place the water-alcohol mix bag inside another Zip-lock bag, again squeezing out all of the air and seal. Place the double alcohol-water mixture in the freezer. Allow 4-5 hours of initial cooling period. The rubbing alcohol will keep the mixture from freezing solid. The second Zip-lock bag is extra leakage prevention.

USE OF THE COLD PACK:

After the cold pack has remained in the freezer long enough to become very cold and slushy, remove and place inside a thin T-shirt. Place cold pack wherever needed and leave on for approximately 15 minutes or until skin area under cold pack is red and feels numb to touch, whichever comes first. Remove cold pack from T-shirt and return to freezer.

TALLAHASSEE MEMORIAL Orthopedic Center

HOME SAFETY CHECKLIST

USE THIS CHECKLIST TO HELP MINIMIZE THE RISK OF FALLS IN YOUR HOME.

- More than one-third third of people age 65 and older fall each year, and those who fall once are two to three times more likely to fall again¹.
- Among older adults, falls are the leading cause of both fatal and nonfatal injuries and are responsible for significant disability, hospitalization, loss of independence, and reduced quality of life¹.
- Most falls occur in bedrooms, bathrooms and on stairs. Most fractures among older adults are caused by falls¹.

APPROACH TO HOUSE

- Park close to your door.
- Be sure there is a clear pathway from the car to the door.
- Make sure there is a good light to show you the way to the door.
- If you have stairs, are the handrails steady and secure?
- Is the door an appropriate width to get through with and/or without an assistive device?
- Make sure the door is easy to open and close.

BEDROOM

- Light switch should be within reach of bed. Night-lights are helpful in walking paths.
- Bed should be appropriate height.
- Use commode near bed or urinal (for men) if you have difficulty with walking (needs special shoes, braces, etc.).
- Remove all floor rugs.
- Have the television remote next to the bed to avoid having to get up to turn it on and off.
- Have a telephone close to the bed so you can reach it without getting out of bed.

BATHROOM

- Use the proper equipment in bathroom such as commode over toilet, shower chair, non-slip mat or decals. Make sure commode and shower chair are appropriate height. Shower chairs with a back are preferred.
- Use grab bars securely fastened for bathtub /shower and toilet. Grab bars should be located at the entrance to the shower (positioned straight up and down) and on the far wall (on an angle upwards toward the front). A good rule of thumb is wherever you put your hand on the wall naturally for support should be the middle of the grab bar.
- Consider a night light in the bathroom or from the bedroom to bathroom.
- Use only a rubber backed rug or mat beside the tub to step on when getting out of the tub. No other throw rugs or towels on the floor.

LIVING ROOM

- Be sure the pathways are clear of electrical wires, cords or excess furniture.
- Have good lighting in the room.
- Be sure light switches are easy to reach and are at the entrance to the room.
- Make sure you have the telephone near and access to turn the television off and on without getting up from your chair.
- If you have floor rugs, remove them and wear non-slip, low-heeled shoes or slippers with rubber soles.

¹Centers for Disease Control and Prevention, National Center for Injury Prevention and Control. Web-based Injury Statistics Query and Reporting System (WISQARS) [online].

KITCHEN

- You can push pots or pans (especially heavier ones) along the countertops to make walking safer.
- Store objects within easy reach of where you use them the most.
- No pet dishes in walking path.
- Stove should have clearly visible and understandable controls.
- A chair in the kitchen to sit on may be helpful with endurance.
- A rolling cart can be used to transport items.

WALKING SURFACES THROUGHOUT HOME

- No throw rugs. Make sure carpets are tacked down. Medium to short pile carpets are better than thick carpet.
- No highly polished floors.
- Thresholds and moldings should be clearly visible.
- All walking paths should be free of obstacles such as, telephone and electric cords or furniture.
- Make sure the path or sidewalk up to the entrance of your home is clear.

STAIRS AND STEPS

- Be sure the stairway is well lit. Stairway lights have a switch at the top and bottom of stairway.
- Baseboards, doorway outlines and stair handrails in contrasting color.
- Stair treads with edges marked in alternative colors. Top and bottom steps are marked with contrasting tape.
- Repair any broken or loose steps.

GENERAL SAFETY

- Use of furniture, preferably with armrests and knee level height. Try to sit by armrest to assist with sit-to stand. Firm furniture provides more support and helps with getting up from a sitting position.
- Stools, rocking chairs or chairs on wheels should not be your first choice for sitting due to safety concerns.
- Make sure walkers are adjusted to proper height. A walker bag or basket can be used on the walker to carry items.
- Wear shoes with good tread for best support and to help prevent slipping.
- Personal emergency response system: carry a cordless phone in your walker bag or basket.
- When entering and exiting doors that do not stand open freely, go backwards when using a walker. This way you can keep both hands on the walker at all times. Make sure you test unfamiliar doors first with your heel to make sure you apply only the appropriate pressure with your backside to make sure you apply only the appropriate pressure with your backside to push the door open. If it is a light door, do not apply too much pressure. Go slow!
- The appropriate rise for run on a ramp is 1 (one) foot long for every inch tall. This means, if your step is 5 (five) inches high, your ramp should be 5 feet long.

HOMEMAKER AND COMPANION SERVICES

Home Instead	850-297-1897
Hopewell	850-336-5552

HOME HEALTH CARE

TMH HOME HEALTH CARE ^{CHP} 3*	850-431-6800
Amedisys Home Health Care ^{CHP} 3*	850-553-9201
Capital Home Health 3*	850-553-4003, 850-553-4002
Covenant HHC	850-515-4998
Encompass Company ^{CHP} 3.5*	850-391-4754
Encompass Company-Blountstown ^{CHP} 3.5*	850-674-5455
Kindred @ Home ^{CHP} 4.5*	850-878-2191
Interim Health Care ^{CHP}	850-422-2044
NHC Home Care Chipley ^{CHP} 4.5*	850-638-8118
NHC Home Health Care Crawfordville ^{CHP} 4*	850-926-7044
NHC Home Health Care Carrabelle - Port St. Joe ^{CHP} 4.5*	850-697-2400
NHC Home Health Care Quincy/Tallahassee ^{CHP} 4.5*	850-627-6374
Signature Home Now (NW Counties)	850-638-8500
Suncrest Omni ^{CHP} 4*	850-222-5552

HOSPICE CARE

Big Bend Hospice ^{CHP}	850-878-5310
Covenant Hospice ^{CHP}	850-575-4998
Gentiva Hospice Marianna	850-526-3577

REHABILITATION HOSPITALS

Brooks Rehabilitation Hospital (Jacksonville, FL)	904-345-7600
Encompass Rehabilitation Hospital (Tallahassee, FL)	850-656-4800

SKILLED NURSING FACILITIES

Tallahassee Nursing Facilities

Tallahassee Memorial Rehab Center ^{CHP} 2*	850-431-5440
Centre Pointe ^{CHP} 5*	850-386-4054
Consulate Health Care of Tallahassee ^{CHP} 2*	850-942-9868
Heritage Health Care 1* (60 and older)	850-877-2177
Miracle Hill ^{CHP} 1*	850-224-8486
Pruitt Health Southwood	850-204-3485
Seven Hills ^{CHP} 4*	850-877-4115
Westminster Oaks ^{CHP} 5* (62 and older)	850-878-1136

Calhoun County

Blountstown Health & Rehab 2*	850-674-4311
Calhoun/Liberty Hospital Swingbed (Blountstown, FL)	850-674-5411
River Valley Rehab 4*	850-674-5464

Franklin County

St. James Health & Rehab ^{CHP} 2*	850-697-2020
Weems Memorial Hospital Swingbed (Apalachicola, FL)	850-653-8853

Gadsden County

River Chase Care Center ^{CHP} 5*	850-875-3711
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Gulf County

Cross Shores Care Center 4*	850-229-8244
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Jackson County

Signature Healthcare of North Florida (Graceville) 5*	850-263-4447
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SKILLED NURSING FACILITIES

Signature Healthcare at the Courtyard (Marianna) 5*	850-526-2000
Chipola Health & Rehab Center 5*	850-526-3191
Marianna Health & Rehab 5*	850-482-8091
Jackson County Swingbed (Marianna, FL) 3*	850-718-2515

Jefferson County

Brynwood Center ^{CHP} 2*	850-997-1800
Cross Landings Health & Rehab 2*	850-997-2313

Lafayette County

Lafayette Nursing and Rehab 3*	386-294-3300
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Madison County

Cross Winds Health & Rehab 4*	850-948-4601
Lake Park of Madison 2*	850-973-8277
Madison County Memorial Hospital Swingbed (Madison, FL)	850-973-2271
Madison Health & Rehab 2*	850-973-4880

Suwannee County

Good Samaritan Center 4*	386-658-5550
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Taylor County

Marshall Health & Rehab 2*	850-584-6334
Doctors Memorial Hospital Swingbed (Perry, FL) 2*	850-584-0884

Wakulla County

Eden Springs Health & Rehab ^{CHP} 3*	850-926-7181
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LONG-TERM ACUTE-CARE HOSPITALS

Kindred Hospital (Orange Park, FL)	904-284-9230
Select Specialty Hospital ^{CHP}	850-219-6900

EQUIPMENT

American Home Patient ^{CHP}	850-222-1723
Apria Healthcare	850-383-1188
Archbold Health Services	800-762-0354
Bailey's Medical Equipment and Supplies	850-765-5795
Barnes Health Care Services ^{CHP}	850-894-4480
Capital Medical & Surgical ^{CHP}	850-942-0198
Capital Medical Corporation	850-386-1978
Clinicare, East Point	850-670-5555
Desloge Home Oxygen & Medical Equipment ^{CHP}	850-656-8900

HOME INFUSION

BrioVaRX Infusion Services (Ambient)	850-656-4566
Barnes Healthcare Services ^{CHP}	850-894-4480
Crescent Healthcare/Option Care (Panama City)	800-284-7411
Coram	850-469-4100

BOLD ITALIC: Denotes affiliation with TMH^{CHP}: Denotes Capital Health Plan and

Capital Health Plan Advantage

PAIN MANAGEMENT

Medicine: _____		Dose: _____ every _____ hours, only as needed	
Day, Date	Time taken	Soonest next dose can be taken	Pain level (Ranked from 0-10, with 10 representing the most.)

Medicine: _____		Dose: _____ every _____ hours, only as needed	
Day, Date	Time taken	Soonest next dose can be taken	Pain level (Ranked from 0-10, with 10 representing the most.)

Medicine: _____		Dose: _____ every _____ hours, only as needed	
Day, Date	Time taken	Soonest next dose can be taken	Pain level (Ranked from 0-10, with 10 representing the most.)

Medicine: _____		Dose: _____ every _____ hours, only as needed	
Day, Date	Time taken	Soonest next dose can be taken	Pain level (Ranked from 0-10, with 10 representing the most.)

TALLAHASSEE MEMORIAL HEALTHCARE

Medication Chart

Please make a list of all medications prior to your pre-op appointment. List the name of the medication, dosage and frequency. Please include vitamins, herbs and any other supplements you are currently taking. Please bring this list to your pre-op appointment.

NAME	DOSAGE	FREQUENCY
<i>EXAMPLE: Propranolol</i>	<i>10 mg</i>	<i>Twice a day</i>

