

# PREPARING TO RETURN HOME

**OUTPATIENT THERAPY** – Your doctor will want you to continue your therapy for a while after you leave the hospital. Beaufort Memorial offers three convenient locations for outpatient therapy following joint replacement. Ask your care coordinator to assist you in making your first post-discharge appointment.

IN BEAUFORT:

## **OUTPATIENT REHABILITATION SERVICES**

**Beaufort Memorial Medical and Administrative Center**

990 Ribaut Road  
(843) 522-5593

## **ORTHOPEDIC SPECIALTY CLINIC**

**Port Royal Medical Pavilion**

1680 Ribaut Road  
(843) 522-5850

IN OKATIE:

## **OKATIE OUTPATIENT REHAB**

**Okatie Medical Pavilion**

122 Okatie Center Blvd. North, Suite 200  
(843) 706-8841

## Discharge Checklist

Before leaving the hospital, make sure you and your coach know:

- How to control your pain, including prescription and over-the-counter pain medication, ice packs, positioning, etc.
- How to control swelling
- What to do if you have nausea, vomiting or bleeding
- The signs of infection and blood clots
- How to care for your incision/wound
- What activities you can and cannot do until cleared by your surgeon (for example, walking, lifting, twisting, showering)
- When/if you will begin outpatient therapy
- Who will be helping you at home as you recover
- When to call your surgeon or 911