Your recovery plan, on your phone

Quiet Total Joint Recovery — the free iPhone app for Dr. Olsen's knee and hip replacement patients

Before and after your surgery you will follow the **Quiet Total Joint Protocol**: a set of medications and simple rules that keep pain, swelling and inflammation low so you recover faster, with as little narcotic medication as possible. Your personal plan reaches you two ways: an **App Code sheet** comes in the pre-operative packet from the surgery scheduler and is also **emailed** to you, and on the day of surgery you can take home **printed handouts** that explain every medication, when to take it, and what to expect. The printed handouts are complete on their own.

The app carries the same plan on your phone, from the day you scan your code. It can be more helpful than paper because it:

- **Reminds you** when each dose is due, including the medications that start or stop weeks after surgery.
- Shows **today's medications** morning, afternoon and night, with a box to tick for each dose.
- Explains, in Dr. Olsen's words, **why each medication is on your plan** and which ones must not be stopped without a call.
- Covers the rest of the protocol: the **protein plan** before surgery, **Diosmin** for knee patients, weekly **step limits**, and answers to the **questions patients ask most**.

Get the app

Point your iPhone camera at this code, then tap the link that appears.

`apps.apple.com/app/id6811194959`

iPhone only (iOS 17 or newer). Free.

How it works — three steps

1. **Install the app now** using the code above, or search the App Store for *Quiet Total Joint Recovery*.
2. **Find your App Code sheet** — a square code that holds your personal medication plan — in your pre-operative packet, or in the email from the office. In the app, tap *Scan My Code* and point the camera at the paper. If you only have the email, open it on a computer or another screen and scan from there. Keep the sheet — you may need to scan it again.
3. **Allow notifications** when the app asks, so the reminders can reach you.

Good to know

- There is nothing to sign up for and no password. The app works entirely offline.
- Your code holds only your medical record number, procedure, surgery date and medications — no name, no date of birth. Your plan stays on your phone and is never sent anywhere.
- The app cannot change a dose. It shows the plan Dr. Olsen prescribed; if anything on it looks wrong, call the office.
- You can remove your plan from the phone at any time from the *More* tab.

If you do not have an iPhone

At the moment the app runs only on iPhone; an Android version is not available yet. The printed handouts you can take home on the day of surgery cover everything the app does. If a family member or caregiver who helps with your medications has an iPhone, they are welcome to install the app and scan your code on their phone.

Questions? Call Dr. Olsen's office at **952-831-8742** during office hours. The app is for Dr. Olsen's own patients and is provided free of charge.