

PRE-OPERATIVE JOINT REPLACEMENT CLASS



Your doctor's office will notify you of this date as well as the time you are expected to arrive to the hospital the day of your surgery.

Date of Surgery: _____

Planning before Surgery



- Receive call from surgeon's office to confirm date and time of surgery
- Ask surgeon's office what time to stop taking medications and which ones**
- Make arrangements with your "coach" or someone you know to take you home when you discharge from the hospital.
- Begin your general lower extremity exercises; refer to handout or follow along in the online video "Total Joint Replacement General Strength Exercises".
- Give your insurance company a call to verify your coverage and benefits, and find out if you will have any copayments or deductibles you will have to meet
- Do your homework. Visit other rehab facilities in case you are unable to go home.

What to bring with you



- Comfortable, loose fitting clothing; shoes with support (no flip-flops or heels)
- ID card, insurance card, some cash (to purchase equipment and possibly copays for prescriptions)
- Joint Replacement Questionnaire Form "Getting on the Right Track"
- Leave valuables at home including jewelry, purse, wallet, etc.
- If you have a walker, label and bring with you to have therapy fit you correctly after surgery.

Day before Surgery



- Do not shave your legs or the surgical area (they will do that for you)
- Purchase "Hibiclens" antimicrobial soap; use as directed. Please refer to "Hibiclens handout" included in your packet.
- Double check your time to arrive and time of surgery.
- Stop eating or drinking at the time the surgeon's office instructed you to.
- Be sure you have packed all important items listed above and are ready to go for the next day.

Morning of Surgery



- Shower as instructed in your “Hibiclens” hand out
- We encourage you to wear comfortable clothes and shoes.
- Remember not to eat or drink anything unless otherwise instructed by your surgeon’s office.
- Park in main entrance of the hospital; complimentary valet parking available. Please refer to the map in your surgical packet.
- Have your coach assist you with personal items and devices if needed
- 1st stop: Reception Desk—they will give you a pass after you tell them you are here for surgery.
- 2nd stop: Admissions Desk—they will set you up with your ID bracelet and complete some paperwork. It is important not to remove this bracelet during your stay.
- 3rd stop: 3rd floor where the Operating Room is located

Surgical Procedure

After Surgery (What to Expect)

- After you have recovered in PACU, you will be transferred to a room on the orthopedic floor (4West)
- Your nurse will introduce themselves and take care of any needs you may have at this point
- Therapy will come to see you the day after your surgery
- Your coach should prepare to accompany you on day of discharge for a special session to assure safety prior to going home. You will be notified the day before as to the time your coach should arrive for class and time of discharge so they can take you home promptly after. (This is usually before 12pm).
- Case management will take care of your discharge planning including any home health needs and equipment ordering.
- By this time you should have already filled out the Questionnaire and given it to your nurse or case manager (C3 –clinical care coordinator).