

# Understanding Joint Replacement - What to Expect Before Surgery



Ascension

# Before Surgery

## Before Surgery

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# Prior to surgery

- A nurse from the presurgical testing department will contact you prior to your surgery and will review the following:
  - Health history
  - Anesthesiology
  - Appointment verification for pre-operative tests
  - Medication instructions
  - Do's and Don'ts
- Your pre-registration call will cover:
  - Full legal name and address
  - Driver's license number
  - Marital status
  - SS#
  - Insurance
  - Employer
  - Emergency contact
- Obtain medical clearance
- Take lab tests
- Start pre-operative exercises as directed

# Pre-operative exercises

- Start pre-operative exercises prior to surgery
  - 9 exercises for hip
  - 10 exercises for knee
  - See *Understanding Joint Replacement - Pre & Post-Operative Exercises* document
- Pre-operative exercises will help prepare you for surgery
- Continue other activities if approved by your doctor

# Stop smoking

- It's recommended that you stop smoking prior to surgery to ensure a good healing process
- Quitting smoking is one of the most critical things you can do in preparation for your surgery

# Stop taking certain medications

- Stop taking the following medications prior to surgery as directed by your pre-surgical nurse:
  - Aspirin
  - Ibuprofen (Motrin)
  - Naproxen (Aleve)
  - Vitamin E
  - Herbal supplements

# Prepare your home and set up transportation

- Prepare your home and set up transportation prior to surgery
  - Put frequently used items within reach
  - Remove items on floor (rugs, cords, etc.) to prevent falls
  - Add night lights to prevent falls
  - Prepare and freeze healthy meals, especially high protein food with lots of fruits and vegetables
  - Enlist help from your support person for the following:
    - Laundry
    - Collecting mail
    - Pet care
    - Yard work
  - Set up transportation to and from physical therapy and follow-up appointments

## Day before surgery

- You'll receive a call from the hospital the day before your surgery to verify surgical time
  - Usually the call is made later in the afternoon
- If your surgery is scheduled for a Monday, you should expect to receive a call on Friday



# Night before surgery

- The night before your surgery:
  - Don't eat or drink after midnight
  - Follow your doctor's instructions regarding:
    - Medications
    - Skin care
    - Showering

# What to pack

- Pack the following items the night before your surgery:
  - Tennis shoes
  - Medications
  - C-PAP if you use one
  - Cell phone or tablet
  - Copy of advanced directives (if applicable)
  - Insurance card
  - Driver's license/photo ID