



Dear Patient,

Thank you for choosing Ascension St. Thomas for your joint replacement surgery. I am excited to be your Joint Replacement Nurse Navigator to assist and support you through your surgical journey to ensure the best possible outcome for your surgery!

As your Nurse Navigator I am here to guide you with personalized support as you navigate the pre-operative and post-operative processes associated with your surgical procedure. I will provide you with educational information pertinent to your procedure to optimize your surgical outcome and provide you with one on one support.

I look forward to meeting with you at your appointment in our Preoperative Medical Clinic!

Sincerely,



***Michelle Ignatz RN, BSN***

615-284-3210(offices)



***Alyssa Heeke RN, BSN***

615-284-3209(offices)

**Please bring with you on the day of your pre-op appointment:**

- Insurance Card
- Photo ID
- Medications (in original bottle or a detailed list that includes dosage and frequency)
- Copy of Living Will/Power of Attorney
- EKG within 6 months (if available)
- Lab work within 1 month of surgery date (if available)
- Cardiac clearance letter (If applies)
- Cardiac testing within the last 5 years (stress test, Echo, heart cath, etc.)
- Pacemaker/stent cards

**Day of Appointment:**

- Take medications as usual
- You can eat and drink as usual
- Patient should be able to provide a medical history to a nurse

**The following may be required at appointment:**

- Urine sample
- EKG
- Blood Work

**Before Surgery**

- Follow the medication instructions given to you at your pre-op appointment
- Do not eat after 11pm(or as instructed by the Pre-op clinic) the night before surgery but you may have clear liquids up until 2 hours before your arrival time
- Use special soap as instructed
- Bring a detailed list of your medications(you do not need to bring your medications
- Use the incentive spirometer given to you at your pre-op appointment