

Reminders from your Total Joint Patient Navigator

- Call **Now Rx** for confirmation of delivery of Discharge Medication **844-466-6979** or phone your **preferred pharmacy** to ensure availability of medication for pick up
- Learn and understand how to self-administer Lovenox injection **if** ordered for discharge
 - Sharps container drop off location: www.smchealth.org/RxDisposal
- Discharge equipment--- Front Wheel Walker or other recommendation from Physical Therapist
 - Physical Therapist will provide one piece of new equipment on day of Discharge
 - Knee patient—please remember to take Ice Man home including cord to plug it in
- Home Health PT/OT will be arranged by Care Coordinator---they will follow up with you as to name of provider who will call you at home to make OT/PT arrangements. **Care Coordination # 650-367-5683.**
 - Call Care Coordination if no confirmation of therapy arrangements after 48 hours of discharge home.
- Call MD Surgeon office for follow up appointment once home if not already arranged
- Call Outpatient Agency for Physical Therapy appointment once home if not already arranged
 - Knee-3-4 weeks from discharge
 - Hip-5-6 weeks from discharge
- Have a ride available for pick up close to **11:30 AM** on day of discharge
 - **Please call MD surgeon office if any questions or concerns arise once home**
- Nursing will print Discharge Instruction and review on day of discharge
- Below is information if need after discharged home for any emergency

- **GoHealth Urgent Care | Walk-In or Check-In Online!** <https://www.gohealthuc.com>
 - Dignity Health Emergency Room: may log into online to make an appointment
<https://www.dignityhealth.org/>

Please feel free to call me with any needs or questions you may have. We want this to be a smooth and easy transition to home. I am available Monday – Friday.

Anita Leary, RN
Total Joint Patient Navigator 650-482-6031

