



## Hip and knee replacements: Preparing for surgery

Dignity Health Sequoia Hospital provides educational classes for people preparing for hip or knee replacement surgery. Patients, along with their family members or friends, are strongly encouraged to attend.

### Learn about:

- How to prepare for surgery
- What to expect on surgery day
- Your hospital stay
- Post-operative care and preparing to go home
- Activities of daily living after surgery

### Class details

- Second Tuesday of every month
- 4:30 – 6 p.m.
- No fee to attend
- Meet in the Sequoia Room (behind café's dining room)

### Registration required

- Please call (650) 367-5218 to reserve your seat in the class.