



Total Joint Replacement Patient Checklist

Checklist

- Anticipate a 1 night stay in the hospital. Arrange to have help at home for 5-10 days or consider hiring someone to help you until you can care for yourself.
Invite to attend Rehab training in the hospital prior to discharge (this can be arranged once you are at Sequoia Hospital)
- Shop for groceries, have meals prepared and ready to eat. You may need help with groceries, meal prep and housekeeping for several weeks after surgery.
- Evaluate home for fall and trip hazards (remove loose carpets, throw rugs, cords)
Pathways in home should be clear and wide enough for a walker at least 26 inches wide
- Purchase equipment such as bedside commode, shower bench, reacher, hip kit (available on Amazon), basket for walker, etc.
- Arrange for transportation to and from the hospital. You are not allowed to take public transportation such as taxi, Uber or Lyft home alone
- Stop taking blood thinners: non-steroidal anti-inflammatories, vitamins, herbal medications, supplements containing Vitamin E or Fish Oil, please consult with MD and/or Cardiologist
- Stop shaving legs
- Start taking a laxative, please consult with MD surgeon
- Wash body thoroughly with chlorhexidine soap (avoid scalp)
- Put on clean pajamas
- Put clean sheets on your bed
- No pets on bed (until cleared by MD)
- No food, gum or mints after midnight
- Drink liquids to increase hydration (ie Ensure clear, Propel, water with electrolytes)
May drink clear liquids up to 2 hours prior to arrival to hospital for surgery

What to Pack For The Hospital

- List of medications and which pharmacy you would like to use to refill prescriptions
- Have access to credit card # and insurance card (picture in phone is helpful for reference)**
- Toiletries including toothbrush, hearing aids & case, dental implants, eye glasses & case, CPAP equipment such as a CPAP
- Bring to hospital yellow arm band (given from Lab) and Spirometer (given from Pre-c)
- Comfortable clothing (that allows for mobility), slip-on shoes
- Entertainment such as books, magazines, iPad and charger, headphones, cell phone and adapter
- Copy of Advanced Healthcare Directive

What NOT to Pack For the Hospital

- It is best not to bring any of your medications from home to the hospital
- Any valuables such as jewelry, money, etc.

If any questions or concerns please feel free to contact:

Anita Leary, RN
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650-482-6031

Mobility is Me
Have



Days Before Surgery

14 days

7 Days Before

5 Days Before

Night Before Surgery



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e , durable medical

p RN)

d charging cable


