



Hip and knee replacements: Preparing for surgery

Dignity Health Sequoia Hospital provides education classes for people preparing for total 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 Friday of each month
- 1pm-2pm
- No fee to attend
- Meet in the Sequoia Room (walk through the café dining room to back conference room)
- Refreshments served

Registration required

- Please call 650-482-6066 to reserve your seat in the class (you will not get a confirmation unless the class gets canceled)
- Please leave a detailed voice message with your name and phone number