

Total Joint Replacement Patient Checklist

Checklist	Days Before Surgery
<input type="checkbox"/> 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)	14 days
<input type="checkbox"/> 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.	
<input type="checkbox"/> 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	
<input type="checkbox"/> Purchase equipment such as bedside commode, shower bench, reacher, hip kit (available on Amazon), basket for walker, etc.	
<input type="checkbox"/> Arrange for transportation to and from the hospital. You are not allowed to take public transportation such as taxi, Uber or Lyft home alone	
<input type="checkbox"/> 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	7 Days Before
<input type="checkbox"/> Stop shaving legs	5 Days Before
<input type="checkbox"/> Start taking a laxative, please consult with MD surgeon	
<input type="checkbox"/> Wash body thoroughly with chlorhexidine soap (avoid scalp)	Night Before Surgery
<input type="checkbox"/> Put on clean pajamas	
<input type="checkbox"/> Put clean sheets on your bed	
<input type="checkbox"/> No pets on bed (until cleared by MD)	
<input type="checkbox"/> No food, gum or mints after midnight	
<input type="checkbox"/> 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	
<input type="checkbox"/> List of medications and which pharmacy you would like to use to refill prescriptions	
<input type="checkbox"/> Have access to credit card # and insurance card (picture in phone is helpful for reference)	
<input type="checkbox"/> Toiletries including toothbrush, hearing aids & case, dental implants, eye glasses & case, durable medical equipment such as a CPAP	
<input type="checkbox"/> Bring to hospital blue arm band (given from Lab)	
<input type="checkbox"/> Comfortable clothing (that allows for mobility), slip-on shoes	
<input type="checkbox"/> Entertainment such as books, magazines, iPad and charger, headphones, cell phone and charging cable and adapter	
<input type="checkbox"/> Copy of Advanced Healthcare Directive	
What NOT to Pack For the Hospital	
<input type="checkbox"/> It is best not to bring any of your medications from home to the hospital	
<input type="checkbox"/> Any valuables such as jewelry, money, etc.	
<i>If any questions or concerns please feel free to contact:</i>	
Gloria Kwok, RN Total Joint Patient Navigator 650-482-6031	

