

# Orthopedic Pre-Surgery Checklist



## Things to Think About Before Surgery

- If you see any specialty doctors (Cardiologist, Pulmonologist, Nephrologist, etc.), please tell them you are having surgery.
  - You may need a medical clearance.
- Quit smoking at least 4-6 weeks before surgery. Smoking and nicotine delay healing and increase your risk for lung complication and blood clots.
- Schedule your Total Joint Replacement Class - Classes are only held two times per month

 Call: 209-564-5667

## Benefits of the Total Joint Replacement Class

This comprehensive, interactive, in person class is highly recommended by the surgeons. It will prepare you and your caregiver(s) for a successful surgery and recovery. Patients who attend the Joint Replacement class prior to their surgery are 25% less likely to be readmitted within 30 days and have a 50% reduction in their complications.

## Measuring Your Improvement

Help us track your recovery and measure your improvement by filling out a short assessment. Your feedback is very important to us!

You'll receive an assessment at three key points:

- Before your surgery
- 3 months after your surgery
- 1 year after your surgery

These assessment will be sent to you via email, text message, or phone call, and each one takes approximately 5-10 minutes to complete. Thank you for your participation!

## 2 to 4 Weeks Before Surgery



### Checklist

- See your surgeon for your pre-op appointment.
- Talk to your surgeon about your medications (especially blood thinners).
  - Your surgeon or specialty doctor will tell you how many days before surgery you should stop taking your blood thinners.
- Ask your surgeon about any medical equipment you may need for after surgery (for example, a front-wheeled walker, shower chair, toilet seat riser, etc.).
  - Your surgeon's office will order these if allowed by your insurance.
- If you hadn't already scheduled, please schedule your Total Joint Replacement Class

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## Choose Your Care Coach

Your care coach should:

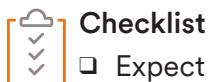
- Be able to help you when you are discharged home
- Go to all doctor visits with you
- Attend the Total Joint Pre-Op Class with you
  - Recommended, but not required for care coach to attend
- Be available during your hospital stay for caregiver training

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## Prepare for Going Home

- Anticipate going home the same day or staying 1 night in the hospital
- Make a plan for family members and pets while you recover.
- Make sure you have help at home (Care Coach) after surgery.
  - Anticipate 3 days up to 2 weeks your Care Coach staying with you.
- Decide if you'll be going to your home or someone else's home after discharge.
- Arrange your ride home — they must arrive at the hospital by the time your care team tells you (often by noon).
- Fill your regular prescriptions and have enough medication for several weeks after surgery.
- Be sure you know when to stop and restart your regular medications.
- Make sure you have a front-wheeled walker. (You surgeon's office can order this if permitted by your insurance).

## 1 to 2 Weeks Before Surgery



### Checklist

- Expect a phone call from the pre-admit nurse for your surgical interview.
  - Have your medication list ready (include name, dosage, and when you take it).

*Note: Even if you have received calls from the hospital, you must still come in person to complete the registration process.*

- Register for surgery** - Complete this after **your pre-op appointment with your surgeon**.

315 Mercy Ave – Registration Office (Pavilion),  
Merced, Ca 95340 (209.564.4377)

## 1 Week Before Surgery



### Checklist

Bring:

- Doctor's orders
- Your ID
- Insurance card

**Allow 2–3 hours for registration** (you may need diagnostic tests per your doctor's orders)

- At registration, you'll get your **Total Joint Replacement Booklet** (if you don't already have one).
- Stop shaving your legs 5 days before surgery.**

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## The Day Before Surgery

### Checklist

- Review all your **pre-surgery instructions**.
- You will receive a **phone call** from the nurse after 2 p.m. to confirm your arrival time for surgery.
- Prepare your home:**
  - Clean and remove clutter
  - Put clean sheets on your bed
  - Have meals ready for after surgery
  - Make sure your home is safe and easy to move around

## The Night Before Surgery

### Checklist

- Take a shower using the **special shower kit** (follow the instructions inside).
- Do not sleep with pets.
- Do NOT eat or drink anything after midnight.** (No water, gum, candy, or mints.)
- Do NOT smoke** for at least **12 hours before or after** surgery.
- Make sure someone is **driving you home** after your stay with us.
- Follow all **extra instructions** from your doctor.
- If you get a **cold, cough, fever, or open sore** near your surgery site, call your surgeon right away
  - surgery may need to be rescheduled.

## Day of Surgery

### Checklist

- Take your **pre-op shower** using the special shower kit provided.
- Bring your **walker** to the hospital (you'll need it when you go home).
- Wear **loose-fitting clothes** and **flat, non-slip shoes** (like tennis shoes).
- Do NOT wear:**
  - Makeup
  - Nail polish
  - Perfume or cologne
  - Lotions, powders, or hairspray
  - Jewelry (including rings, watches, or body piercings)
- Leave **valuables at home**.
- If you wear **glasses**, bring a **case** for them (no contact lenses).
- Please arrive at Registration (Pavilion) at the time provided by the nurse.

## Canceling surgery

*If you find that you need to cancel or reschedule your surgery, please contact your doctor's office immediately.*