

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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Orthopedic Pre-Surgery Checklist

Choose Your Care Coach

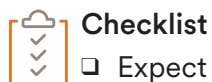
Your **care coach** should:

- 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 you insurance).
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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.**

Continued



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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
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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.
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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.
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Canceling surgery

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



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