

Realistic Expectations Following Joint Replacement

Dangerous Activity After Surgery	Jogging or running, contact sports, high impact aerobics
Expected Activity After Surgery	Vigorous walking or hiking, skiing, singles tennis, repetitive lifting exceeding 50 pounds, repetitive aerobics, swimming, golf, biking, ballroom dancing

- 90% of patients experience a dramatic reduction of joint pain and significant improvement in common daily activities.
- With appropriate activity modification, your new joint can last for many years!

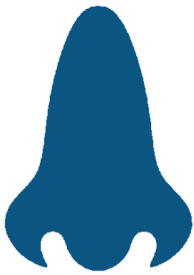
Preparing for Your Surgery

- ✓ **Select a “Recovery Coach”**
- ✓ **Complete H&P from primary care provider (21-29 days prior to scheduled surgery)**
- ✓ **Plan a visit to any specialist you see for surgical clearance at least 21 days prior to your surgery date (Pulmonologist, Cardiologist, Endocrinologist, etc.)**
- ✓ **Refill any of your regular medications**
- ✓ **Obtain any medical equipment needed (walker, crutches, ice machine, shower chair, etc.)**
- ✓ **Physical therapy screening prior to surgery**
- ✓ **Begin Tylenol regimen 3 days prior to surgery as discussed**

COVID-19 TEST

- All patients: You will be tested 2-3 days before your procedure as part of our policy regardless of vaccination status
- Once you are tested for Covid it is **MANDATORY** you self-quarantine until your arrival for surgery
- We will only notify you if your test results are positive and how to reschedule your procedure. Should you receive a positive result and you have not heard from us, please contact us immediately to reschedule your procedure.
- Currently our COVID policy allows for ONE visitor → Masks are required while in the facility.

Preventing Infection BEFORE Surgery



Nasal ointment

Use in each nostril
twice a day for 5 days



Hibiclens/Chlorhexidine Gluconate (CHG)

Shower using this
soap daily for 5 days



Use clean linen

Be sure to use clean
towels, washcloths,
and bed linens

Preventing Infection continued...



Good nutrition promotes healing. Implement a healthy diet 2+ weeks prior to surgery.



Remove all nail polish.



days

Do not shave your surgical area starting 7 days before surgery.



sores, or

Notify your surgeon if you notice a rash, any open areas within 7 days before surgery



Stop smoking as soon as possible.

Preparing Your Home & Preventing Falls



Safety

- Remove furniture from walkways
- Watch for pets or small children
- Sit on furniture that is easy to get out of (avoid low chairs)



Avoid Falls

- Use your walker or crutches
- Have someone with you for at least the first 3 days
- Keep areas well-lit; use night lights



Meal Prep

- Have easy meals ready to go
- Frozen meals are an idea
- Move most-used items to lower shelves that are easy to reach



Bathroom

- Keep bathroom floor dry
- Place handrails where needed; next to toilet or in shower



Shower

- Place soap, shampoo, etc. within reach
- Have someone with you first few days
- Add assistive equipment if recommended

Medications 7 days Before Surgery

STOP

All blood thinning medications

STOP

Anti-inflammatory medications

-You may still take Tylenol[®] (acetaminophen) for pain relief

STOP

All herbal supplements and vitamins

Tylenol (acetaminophen) Pre-op

- You may continue to take Tylenol up until the evening of surgery
- We recommend “pre-loading” with Tylenol, starting 3 days before surgery
 - Take 2 Extra Strength Tylenol=1000mg every 6 hours
 - Total Dose should not exceed 4000mg in 24 hours
 - If you have been advised not to take Tylenol products, please let your Coordinator know
 - Last dose of Tylenol must be taken before midnight on the night before surgery

The Day Before Surgery

✓ Eat a light meal the night before your procedure (soup, light sandwich, salad, etc.)

✓ Avoid alcohol

✓ Consider drinking Gatorade, Powerade, etc. To ensure good hydration before bed

✓ NO food after midnight
✓ Ok for up to 18 oz of clear liquids until 2 hours prior to report time

✓ Continue to take your prescription medications as discussed

✓ Continue to brush your teeth twice daily