

Preparing for Your Joint Replacement Checklist

You and your surgeon have determined surgery is best for you...

You need to:

- Discuss pre-op testing/appointments that may be required by your surgeon.
- **Establish your support person** (spouse, family, friend) that you can count on to help with your surgical journey and transportation needs.

Your Surgery Date:

- Make sure to follow any specific instructions from your surgeon related to your joint replacement.
- Have a change in surgery date? **Call Registration 248-964-4810**

Two to three weeks before surgery

- You will receive a **phone call** from registration.
 - If applicable, an appointment with our **STTAR Clinic** for pre-surgical optimization will be made.
 - You will be provided pre-surgical supplies and education materials.

STTAR Appointment Date/Time:

- If you cannot make your appointment, **Please Call: 248-964-5012**
- Registration will schedule a phone call with our **Pre-anesthesia Screening Nurse** to review your **medical history** and **medications**.

Pre-Anesthesia Phone Call Appointment:

- Review your medical history and medications
 - Have medication list ready before your phone call
- Introduction to **Enhanced Recovery After Surgery (ERAS)**
 - Discuss your role and goals before and after surgery.
 - Keep moving, deep breathe, eat clean, mental health, pre-surgical shower, diet, carb drink 2 hrs. before arrival day of surgery.

Pre-Surgical Optimization


- **STOP** certain medications as instructed by your physician and anesthesia team.
- Ensure that you have all the appropriate surgical clearances (Ex. cardiac/Primary care) requested by your doctor.
- Continue good glycemic control/Blood Sugar/Diabetes Management.
- **Prepare your home:** Remove clutter and tripping hazards and get items within reach.
- Practice deep breathing exercises or use your **Incentive Spirometer** from the STTAR clinic, practice using it each day as directed! You can practice deep breathing by inhaling slowly through your nose then exhaling slowly through your mouth.
- Receive daily text reminders to assist with your personal surgical timeline. Enroll into **FREE** STREAMD **texting** service.
 - Before surgery, text "Join" to **248-265-3595**, then follow prompts.

- **48 Hours (two days) before surgery: Infection prevention**
 - **If you do not attend the STTAR clinic, please purchase Chlorhexidine Gluconate (CHG), brand name Hibiclens®, pre-surgical cleaner/soap. Begin to use as directed.**
 - Change your bed linens to clean sheets.
 - Practice good oral hygiene (brush teeth, mouth wash).
 - **Stay hydrated:** Up to 8 glasses (8 oz) of water a day.
 - If you did not receive a “Pre-Surgical Carb Drink” please purchase **100% White Grape Juice or regular yellow, white, or blue Gatorade®** to prepare for the day of surgery.

- **24 Hours (1 day) before surgery: Continued Infection Precautions**
 - **Continue to shower with chlorhexidine gluconate CHG as directed.**
 - You will receive a **phone call one business day before** your surgery (Friday if surgery is on a Monday) to notify you of your **surgery arrival time**. Ensure you have transportation and a support person available. **You cannot drive yourself home from surgery.**
 - **STOP** eating solid foods and dairy products at **10:00 p.m.** the evening before your surgery. **You may have *clear liquids* up to two hours prior to your arrival time.**

Arrival Time: _____

 **Day of Surgery: Preparation** 

- **Shower one last time with CHG the morning of surgery**
 - Pre-Surgical Carbohydrate Drink  Two Hours Before Arrival Time!**
 - If you attended the STTAR clinic, please drink your Ensure® (1/2 bottle if diabetic)
 - If you did **NOT** attend STTAR clinic, please drink acceptable Carb drink alternative (100% white grape juice or regular yellow, white, or blue Gatorade®)
- **Remember:**
 - **10-12 oz** of carb rich drink if **non-diabetic**
 - **5 oz** of carb rich drink if **diabetic**
- **Only take medications that have been okayed by your surgeon. You can take them with your carb drink.**
- You **DO NOT** need to bring a walker or cane with you to surgery, one will be provided.
- **If you use a CPAP/Bi-PAP at home for sleep apnea, please bring it with you.**
- Arrive to **Area C** at your scheduled arrival time.

There is a lot that goes into the success of your joint replacement! Thank you for taking an active part in preparing for your surgery. We wish you the very best in your recovery.

-Your Orthopedic Joint Team
