

PREADMISSION CHECKLIST TOTAL JOINT REPLACEMENT

Choose a "coach". Your coach can be a family member or friend. The coach will attend joint class with you, provide support during hospital stay, physical therapy visits, and promote a positive, healing environment.	
Attend preadmission testing appointment	
If you have an Advanced Directive, bring to preadmission appointment or on surgery day to be scanned in chart.	
Read Guidebook	
Attend Joint class	
Prepare your home for safety post op	
Hips and Knees only: Attend prehab and make sure your first post-operative PT appointment is scheduled. (Will review surgeon's preferences in class)	
Make plans for transportation (physical therapy visits, doctor's appointments, surgery day, and discharge)	
Arrival time will be given by surgeon (Turnbull or surgery scheduling will call the day before with your arrival time (Grinspun, Stachler, Roberts, Juels, Pahl)	
Stop taking anti-inflammatories 7 days prior to surgery (ex. Ibuprofen, Motrin, Aleve, Vitamin E, all herbal supplements, Aspirin)	
If you take a blood thinner, including aspirin prior to surgery, please notify the prescriber of this medication to determine pre-operative stop date.	
Diabetic medications: Pill medications are NOT to be taken morning of surgery. If on insulin, ½ of your normal dose can be taken the night before surgery and NO insulin the morning of surgery.	
Keep a current and complete medication list with you for every appointment (office visit, PAT visit, and surgery day). Include medication, dosage and frequency.	
If you receive prescriptions from your surgeon before surgery, have them filled prior to day of surgery.	
Hips, Knees and Ankles only: Preparation for any durable medical equipment (DME) that you may need (walker, cane, raised toilet seat, etc). Shoulders will receive any mandatory equipment the day of surgery.	
Use antibacterial soap 2 days before surgery and day of surgery all over, rinse. Then follow with use of Chlorhexidine cleanser on all areas except private area, face, and hair, rinse.	
DO NOT apply make-up, lotion, deodorant, moisturizers day of surgery. NO artificial nails.	
Bring loose fitting clothes (sweat pants, shorts, t-shirts) and tennis shoes for your hospital stay. If you are a shoulder patient, please bring clothing and shoes that are easy to apply one handed.	
Bring CPAP machine and supplies if used at home for sleep apnea.	
Bring your glasses, dentures, and hearing aids if needed for daily function. A family member or coach should care for these items while in surgery.	
You will receive 2 bottles of a Pre surgery drink during Joint Venture Class. You will drink one of these just before bedtime, the night before surgery. You will drink the other as soon as you wake. Make sure you finish 2 hours prior to hospital arrival. If diabetic only drink one pre surgical drink the night before surgery. Do not drink the second bottle.	
Plan to have your coach attend physical therapy sessions(s) and discharge teaching.	
Be proactive in discharge planning. Are there any needs that have not been met? The Case Manager can assist with needs but preparation is key.	
Day of surgery= Day 0 Day after surgery= Day 1 Second day after surgery= Day 2 Third day after surgery= Day 3 Fast Track: Will be discharged prior to end of day 1 (within a 23 hour window). Normal: Will be discharged on or before day 3.	