

Total Joint Replacement Patient Checklist



Medical Clearance/Pre-Operative Preparation	Days Before Surgery	Done
Begin Gait training or pre-rehabilitation training	6 Weeks	<input type="checkbox"/>
Attend joint replacement pre-op seminar and/or watch pre-op videos (http://site-978304.bcvportal.com/category/videos/total-joint-class)	6 Weeks	<input type="checkbox"/>
Electrocardiogram (EKG) completed	Within 6 Months	<input type="checkbox"/>
Blood work completed	Within 30 Days	<input type="checkbox"/>
Visit Primary Care Provider and get medical clearance	Within 30 Days	<input type="checkbox"/>
Visit specialist(s)	Within 60 Days	<input type="checkbox"/>
Address any dental issues with your dentist	30 Days (at least)	<input type="checkbox"/>
Confirm family or friend to drive you to your surgery and assist you when you go home	30 Days	<input type="checkbox"/>
No pets on bed	7 Days	<input type="checkbox"/>
Stop shaving legs	5 Days	<input type="checkbox"/>
Wash body thoroughly with chlorhexidine soap	Night Before Surgery	<input type="checkbox"/>
Put on clean pajamas	Night Before Surgery	<input type="checkbox"/>
Put clean sheets on your bed	Night Before Surgery	<input type="checkbox"/>
No food or drink after midnight (ask hospital if clear liquids are OK the morning of the surgery)	Night Before Surgery	<input type="checkbox"/>
Pre-Operative Medications		
	Days Before Surgery	
Stop taking blood thinners	7 Days Before	<input type="checkbox"/>
Start taking laxative	5 Days Before	<input type="checkbox"/>
Post-Operative Medications		
	Duration After Surgery	
Anti-inflammatory medication	4-6 Weeks	<input type="checkbox"/>
Blood thinners (1-2x/day)*	Up to 6 Weeks	<input type="checkbox"/>
Pain medication	Up to 6 Weeks	<input type="checkbox"/>
Anti-nausea medications or remedies	As needed	<input type="checkbox"/>

*Discuss with your surgeon

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What to Pack For The Hospital

Done

List of medications and which pharmacy you would like to use to refill prescriptions

Toiletries including toothbrush, hearing aids, dental implants, eye glasses, durable medical equipment such as a CPAP

Comfortable clothing (that allows for mobility)

Snacks

Entertainment such as books or magazines

Advanced Healthcare Directive

What Not to Pack For the Hospital

Medications

Any valuables

Post-Operative Follow Up Visits

10-14 days

6 weeks

3 months

6 months

12 months