

To-Do Checklist for Total Joint Replacement Surgery

➤ 30 Days Before Surgery

- Make an appointment with your primary care doctor for a physical exam and laboratory tests.
- Laboratory tests that are usually needed:
 - Complete blood count
 - Urinalysis
 - EKG for women 60 or older and men 55 or older
- Read your Sutter Health CPMC joint replacement surgery booklet.
- Start pre-operative exercises.
- Sign up and complete the joint replacement registry survey. Call 415-600-2530 to enroll.
- Confirm your spot at one of our total joint classes.
- If you are unable to attend our total joint class, watch a videotape of the class at cpmc.org/jointcare.
- If you smoke, consider stopping.

➤ Two – Three Weeks Before Surgery

- Complete the medication form in your registration packet. The medication form needs to be completed prior to pre-registration.
- If you are on blood thinners; such as warfarin, eliquis, pradaxa, etc., contact your primary care doctor about when to stop these medications or if you will need another medicine.
- Begin the pre-registration process. Call 415-600-2500, press option #1.
- Purchase a raised toilet seat, usually required only for a posterior-approach hip replacement but is often convenient for either surgical approach. Getting up from a low position is hard regardless of where the incision is located.
- Organize your house to make it easy and safe to move around.
- Ask for help from friends and family for the first weeks you are home from the hospital.
- Arrange transportation for your hospital discharge and appointments.

To-Do Checklist for Total Joint Replacement Surgery con't

➔ One Week Before Surgery

- Purchase a bottle of chlorhexidine gluconate (Hibiclens) from your drugstore.
- Stop over-the-counter medications that thin your blood, such as Motrin/ibuprofen, Aleve/naproxen, Excedrin, and aspirin.
- Stop herbal supplements and vitamins.
- Buy groceries and prepare food for the first week at home.
- Make sure you have closed-toe shoes and clothes that are easy to put on for your hospital stay and discharge.

➔ Two Days Before Surgery

- Call your surgeon's office to confirm your surgery time and hospital arrival time.
- Start washing with chlorhexidine gluconate (Hibiclens) as instructed.

➔ Night Before Surgery

- Wash with chlorhexidine gluconate (Hibiclens).
- Pack a small overnight bag with comfortable clothing and closed-toe shoes.
- Drink plenty of fluids and eat a normal diet.

➔ Day of Surgery

- Arrive on time. Usual arrival time is 90 minutes before your surgery.
- Do not eat solid foods for at least six hours before your surgery. You may have sips of clear liquids until four hours before your surgery.