

Total Hip & Knee Replacement Preparation Checklist

My Surgery Date is: _____

Two weeks prior to your surgery:

- Stop** taking prescription diet medications and herbal medications. Unless your doctor has given you specific instructions
- Start preparing your home for surgery (Examples: remove clutter, pick-up tripping hazards, such as, throw rugs, make nutritious meals and freeze them, make your home “surgery friendly”)
- Confirm schedule with your coach/partner to ensure post-op help at home for at least 3-5 days after your surgery
- Start identifying and obtaining durable medical equipment necessary or that you would find useful (Examples: front-wheel walker, cane, raised toilet seat, shower bars/chair, reacher, etc.)
 - You do not need to bring any of this to the hospital with you, just make sure you have your walker in the trunk of the car you’re going home from the hospital in.
- Select your facility of choice and call to set up your Outpatient Physical Therapy appointments for after your surgery. (If the physical therapy office is requesting a referral in order to make your appointment, contact Olympia Orthopaedics and speak with your surgeon’s team (360-786-8990))

10 days prior to your surgery:

- Stop** taking blood thinners, vitamins and supplements, and NSAIDs such as aspirin, ibuprofen, motrin, advil, aleve, naproxen, etc.
 - If you are taking prescribed blood thinners, such as, warfarin, eliquis, xarelto, plavix, etc., consult your PCP, surgeon, or cardiologist for special instructions. They typically want you to stop these meds 2-10 days before surgery.
- Stop** shaving or using hair removal products on your operative leg
- Do not** get a pedicure or paint your toenails
- Notify your surgeon’s team if you become ill or develop any skin issues (360-786-8990)
- Purchase Tylenol (acetaminophen) to have available for pain management

1-3 days prior to your surgery:

- Your prescriptions will either be given to you at your last pre-op appointment prior to your surgery or sent electronically to your pharmacy 2-5 days prior to your surgery. Pick up your prescriptions before you have your surgery so they are ready for you at home.
 - You do not need to bring any medications with you to the hospital (DO bring any nose sprays, eye drops, inhalers, or skin creams if you will need them during your hospital stay)
- Change the linens on your bed and have clean towels and clothes ready for you to use
- Finish your house preparations to make your recovery period as seamless as possible (grocery shopping, meal preparation, cleaning, clear walkways, nightlights, etc.)

- Pack your bag for the hospital:
 - Clean, comfortable, loose-fitting clothes for the day you discharge (pants/skirt/shorts etc.)
 - Non-skid, flat, slip-on shoes with good support
 - Glasses/Hearing aids as needed
 - CPAP machine (if you have one at home)
 - Incentive Spirometer (if you received one in your pre-op class)
 - Leave all jewelry and valuable items at home

24 hours prior to your surgery:

- Between 4-7pm (Monday-Friday) the hospital will call you to confirm the time you should arrive for your surgery. (Miss the call? Call 360-956-2577 after 5pm the day before your surgery)
- Shower **AND** use the pre-surgical cleansing wipes per instructional sheet. Do not apply lotion, ointments, deodorants, etc. afterwards.
- Do not eat or drink anything after midnight before your surgery (includes no smoking, mints, gum, candy, etc.)
- Do not** take any diabetic medications the morning of surgery. That includes oral medication and insulin unless otherwise instructed by your surgeon or PCP. If you are taking metformin for diabetes, do not take it 24 hours prior to surgery.
- Read one page newsletter and “tips for a successful outcome” discussed in pre-op class
- Get a good night rest

Day of Surgery:

- Please take the morning of your surgery:** Your blood pressure medications, heart medications, thyroid medications, heartburn or anti-reflux medications, seizure medications, and/or Parkinson’s medications with a small sip of water unless otherwise instructed by your doctor. (if your normal schedule is to take them in the morning)
- Don’t forget to bring the bag you packed
- Make sure your coach/partner has your four-digit passcode (card on the bottom, left-hand side of your white folder from pre-op joint class)
- Bring copies of advanced directive and/or power of attorney paperwork if you have it
- Enter the hospital through the Emergency Room Entrance and follow signs for AMBULATORY SURGERY
- Look forward to your new and improved quality of life and mobility!

Questions? Reach out to the Joint and Spine Coordinators at Capital Medical Center:

Monday-Friday, 7am-3pm
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