

Total Joint Replacement Pre-Admission Checklist

Read Guidebook.	
Choose a “coach” (family member or friend). Your coach should plan to come with you to attend Joint School, provide support during your hospital stay and therapy sessions, and keep you focused on healing.	
Attend Joint School.	
Attend Pre-admission Testing appointment.	
Prepare your home for your safe return after surgery.	
Arrive 2 hours before your scheduled surgery time unless otherwise instructed.	
Stop taking anti-inflammatory medication such as aspirin, Motrin®, Aleve, Vitamin E, all herbs, etc. 2 weeks before day of surgery.	
If you are taking a blood thinner medication including Aspirin prior to surgery, you will need to contact the physician who prescribed the medication to receive instructions on when to stop the medication.	
DO NOT take your diabetes medication day of surgery.	
Bring a current and complete medication list to pre-admission testing appointment and on day of surgery. Medication Information Needed: <ul style="list-style-type: none"> • Medication Name / Dosage • Instructions • Reason for Therapy 	
If you received prescriptions from your surgeon before surgery, obtain all prescriptions (pain & blood thinner medication) from the pharmacy before day of surgery.	
Notify your surgeon before day of surgery if there are any changes in your health status, or injury or skin issues to the leg that will be operated on such as scratches, abrasions, skin tear, open areas on the skin, skin irritation, etc.	
If applicable , use the Hibiclens (Chlorhexidine Gluconate) skin cleanser before surgery as instructed.	
If applicable , use the Chlorhexidine Gluconate (CHG) wipes to prepare your skin the evening before surgery as instructed during your pre-admission testing appointment at the hospital.	

No makeup, body lotion, moisturizers, or deodorant the evening before AND day of surgery. No nail polish or artificial nails day of surgery.	
Bring loose-fitting clothes (shorts / loose pants, T-shirt) for each day in the hospital and flat shoes or tennis shoes with non-slip soles.	
(Recommended for Posterior Hip Replacements) If you desire to have a Dressing Kit to use during your recovery, purchase before day of surgery.	
If you have an Advanced Directive, bring a copy to pre-admission testing appointment.	
Bring your CPAP machine and supplies if needed for sleep disorder.	
Bring your glasses if needed for reading.	
<p>Plan to have your Coach (family member or friend) attend your physical therapy sessions with you 2 times a day, and be available for discharge instructions on day of discharge.</p> <p>If you have surgery at a Piedmont facility that has group therapy classes, your coach is encouraged to participate in your classes. You will attend 2 group therapy classes per day during your hospital stay. Your therapist will inform you and your coach of your class times.</p> <p>Note: Group Therapy class times: 9:00 AM and 1:00 PM OR 10:30 AM and 2:30 PM</p>	
<p>Plan your discharge to home after surgery. The Case Manager or Social Worker at the hospital will assist with arrangements after surgery.</p> <p>If you plan to go to a rehab facility, be prepared to provide the Case Manager or Social Worker with your top 3 choices for rehab placement.</p>	
<p>Have your transportation arrangements made before day of surgery.</p> <p>Note: Whether you plan to discharge home or to rehab, plan to travel by car.</p>	
<p>Question: How long will I be in the hospital? Answer: Discharge to home=1-2 days in the hospital Discharge to rehab=1-3 days in the hospital</p> <p>Note: Day of surgery = Day 0 Day after surgery = Day 1 Second day after surgery = Day 2 Third day after surgery = Day 3</p>	