

Pre-Operative Check List

4 Weeks Prior to Surgery

- Schedule an appointment with your primary care provider for **surgical clearance**
- Schedule & attend your **Joint Replacement Education Class**
- Your Physician will schedule your **Pre-Op Appointment** at EvergreenHealth Monroe
- Find a **Coach**: Your coach is a family member or friend who will be able to help you after surgery. Your coach should be able to:
 - Go to the Joint Replacement Education Class with you
 - Visit you in the hospital to learn how to help you when you go home
 - Stay with you 24 hours a day for one week when you return home
 - Provide transportation to appointments
 - Help you around your home
- Make copies of your **Advanced Directive** and **Power of Attorney for Healthcare**. Bring them to the hospital on the day of surgery
- Make a list of your **Current Medication**. Use the form provided, if needed, and bring this list to your pre-op appointment
- **Stop Smoking**. If you smoke, quitting can speed your recovery. Talk with your primary provider about options
- **Obtain a Walker** and other medical equipment for after your surgery. See resource list in your folder
- **Modify your home** as described at your joint replacement education class
- Begin **Physical Therapy Exercises** as described at your joint replacement education class

1-2 Weeks Prior to Surgery

- Complete **Pre-Op Appointment phone conversation**
- **Prepare a bag** for your hospital stay. Your packet contains a list of what to bring
- Take **Medications as prescribed by your surgeon**, this may include adding or stopping some medications
- **Stop Shaving** the surgical leg to prevent infection risks
- **Do Not** drink alcohol 48 hours prior to surgery

2 Days Prior to Surgery

- Take your **Chlorhexadine** shower, follow pre-operative bathing instructions

1 Day Prior to Surgery

- Take your **Chlorhexadine** shower, follow pre-operative bathing instructions
- **Do Not** eat or drink anything after midnight, including water

Day of Surgery

- Take your **Chlorhexadine** shower, follow pre-operative bathing instructions
- Bring your **Hospital Bag and Walker**
- Arrive **On Time** for your appointment