



Total Joint Pre-Op Education Program

The following list was mentioned in the education program and will help you get ready for your surgery. You may also have other things you want to add to this list.

- I have prepared my home (including removing safety hazards on the floor, making things easier to locate in my house, preparing extra meals for the freezer, etc.).
- I have the recommended items packed for the hospital (such as loose fitting clothes for physical therapy).
- My pre-op testing has been completed.
- I started practicing my exercises.
- I made a list of my medicines to review with the nurse when she contacts me before my surgery (and I included any pain medicines or herbal medicines).
- I will take the medicine list to the hospital.
- If I have special equipment (such as a walker, cane, CPAP or BiPAP breathing machine), I put my name on it and will bring it with me.
- I have an antibacterial soap for my shower or bath before surgery.
- This person will drive me home and help me on the day I leave the hospital:

- This family member or friend will help me or stay with me the first week:

- I still have the following questions and will contact my doctor's office.

- These are other things I want to prepare before my surgery:

If you have any remaining questions, please call your doctor's office.

Your Care. Our Commitment.