

**PREADMISSION CHECKLIST TOTAL JOINT REPLACEMENT**

Choose a “coach”. Your coach can be a family member or friend. The coach will attend joint class with you, provide support during hospital stay, physical therapy visits, and promote a positive, healing environment.	
Attend preadmission testing appointment (RN and Orthopedic Navigator)	
If you have an Advanced Directive, bring to preadmission appointment to be scanned in chart.	
Read Guidebook	
Attend Joint class	
Prepare your home for safety post op	
Attend prehab and make sure your first post-operative PT appointment is scheduled.	
Make plans for transportation (physical therapy visits, surgery day, and discharge)	
Arrive 2 hours prior to scheduled surgery time unless told otherwise	
Stop taking anti-inflammatories 10 days prior to surgery (ex. Ibuprofen, Motrin, Aleve, Vitamin E, all herbal supplements, Aspirin)	
If you take a blood thinner, including aspirin prior to surgery, please notify the prescriber of this medication to determine pre-operative stop date.	
<b>Diabetic medications:</b> Pill medications are <b>NOT</b> to be taken morning of surgery. If on insulin, ½ of your normal dose can be taken the night before surgery and <b>NO</b> insulin the morning of surgery.	
Keep a current and complete medication list with you for every appointment (office visit, PAT visit, and surgery day). Include medication, dosage and frequency.	
If you receive prescriptions from your surgeon before surgery, have them filled prior to day of surgery.	
Preparation for any durable medical equipment (DME) that you may need (walker, cane, raised toilet seat, etc).	
Use antibacterial soap 2 days before surgery and day of surgery all over, rinse. Then follow with use of Chlorhexidine cleanser on all areas except perineal area, face, and hair, rinse.	
<b>DO NOT</b> apply make-up, lotion, deodorant, moisturizers day of surgery. <b>NO</b> artificial nails.	
Bring loose fitting clothes (sweat pants, shorts, t-shirts) and tennis shoes for your hospital stay.	
Bring CPAP machine and supplies if used at home for sleep apnea.	
Bring your glasses, dentures, and hearing aids if needed for daily function. A family member or coach should care for these items while in surgery.	
<b>Drink 800 cc of clear Gatorade night before surgery and 400 cc 2 to 3 hours before surgery.</b>	
Plan to have your coach attend your physical therapy sessions 2x on surgery day and 1x on discharge day. Coach should also attend discharge teaching.	
Be proactive in discharge planning. Are there any needs that have not been met. The Case Manager can assist with needs but preparation is key.	
Day of surgery= Day 0 Day after surgery= Day 1 Second day after surgery= Day 2 Third day after surgery= Day 3	
<b>Fast Track:</b> Will be discharged prior to end of day 1 (within a 23 hour window). <b>Normal:</b> Will be discharged on or before day 3.	