

YOUR "TO-DO LIST" BEFORE SURGERY

Read the entirety of this booklet and online resources. We encourage everyone to do their own research as well. An excellent resource is the American Academy of Hip and Knee surgeons (AAHKS.org). There is A LOT of information on the internet - if you have any additional questions about surgery or the process this entails, please reach out to us! This is a big surgery and your health and recovery are important to us.

___ Pre-Surgical Testing & Clearance for Surgery

This will include labs, EKG, clearance by your primary care doctor, and another other necessary tests or clearances to ensure you are medical safe for surgery

___ **Designate a caregiver/ coach:** This is someone who will help you through the entire process of preparing for, having and recovering from surgery. Additionally, you will need a caregiver to stay with you **24/7 for a minimum of 3-5 days** after you return home from surgery, and someone who can check in on you or help for 10-14 days post op. We recommend a family member or close friend. Your caregiver/ coach often:

- Accompanies you to pre and post operative visits (medical, surgical, physical therapy)
- Transports you to the hospital on the day of surgery
- Stays with you after surgery as you recover

___ **Complete Pre-Operative Physical Therapy.** The purpose of this is to prepare you for post op recovery and rehabilitation and train you on how to use a walker, navigate stairs and other activities of daily living. This can be done at any Everett Clinic PT location, and **MUST** be completed prior to your pre operative appointment. This assessment is also used to determine if you are safe to discharge home the same day.

___ **Schedule Post Op Outpatient Physical Therapy** (only for knee replacement), as follows:

If is done at our outpatient ASC in Edmonds:

Please arrange for **outpatient PT to start 5-7 days after surgery**

If surgery is done at Providence Hospital, In-Home PT will be arranged for you after surgery for the first 2 weeks.

Please arrange for **outpatient PT to start 2 weeks after surgery**

****You MUST** have a physical therapy appointment scheduled before your surgery occurs

___ **Dental work:** Cancel any dental appointments 1 month PRIOR to surgery and 3 months AFTER surgery. **If you have any loose teeth or dental work that needs to get done, let us know IMMEDIATELY.** ALL dental work must be completed 4-6 weeks before surgery, as in rare cases it can lead to infection after surgery!

___ **Ensure Your Home is "Surgery Safe":**

- Remove all small rugs or obstacles that may be in your path around your home
- Create clear walking paths throughout your house
- If possible, have a bed and bath on your main floor
- If you have pets, it's a good idea to have someone assist in their care for the first 1 week after surgery
- Prepare meals ahead of time if needed for your first few days after coming home. It'll make your life easier!

___ **Preoperative Exercises:** see instructions at the end of this pamphlet. It is recommended that all patients start these short, simple exercises at least 4 weeks before surgery to help activate your muscles and aide your recovery after surgery!

___ **View online Joint Camp presentation :**

If there are any changes to your health prior to surgery, please contact us immediately. Our desire is for you to have a safe and successful joint replacement!
