

## TOTAL JOINT REPLACEMENT

# Surgical Journey Checklist

Please bring this checklist with you to the hospital on the day of surgery

### 2–4 Weeks Prior to Surgery

- Identify surgery coach—spouse, family member, friend, colleague, neighbor.
- Go to [overlakehospital.org/orthopedics](http://overlakehospital.org/orthopedics), click on “**Patient Resources**” and review the following documents. Please initial each section below after reviewing the information:
  - \_\_\_ Preparing for surgery.
  - \_\_\_ Total Joint Class Presentation.
  - \_\_\_ “Speak Up” Anesthesia.
  - \_\_\_ Continuous nerve block education (for total knee replacement only).
  - \_\_\_ Hibiclens/showering instructions.
  - \_\_\_ Carbohydrate loading.
  - \_\_\_ Fall Prevention in your home.
  - \_\_\_ Equipment for safety resource guide.
  - \_\_\_ NAON total joint booklet
- Attend pre-operative visit at your surgeon’s clinic. You may receive bottles of Ensure Pre-Surgery to consume prior to your surgery.
  - *My pre-op appointment with my surgeon/PA is on \_\_\_\_\_.*
  - *I received (number) \_\_\_\_\_ of bottles of Ensure Pre-Surgery.*
- Attend “prehab” physical therapy visit.
  - *I attended my Prehab PT visit on \_\_\_\_\_.*
- Schedule postoperative physical therapy with outpatient PT facility.
  - *My first outpatient PT appointment after surgery is scheduled on \_\_\_\_\_.*
- Obtain front-wheeled walker and other equipment as needed (see recommended equipment and resource list).

### 1-3 Days Prior to Surgery

- Receive call from Overlake Admitting and/or Overlake Pre-Admission team.
  - *My date and time of surgery is: \_\_\_\_\_.*
  - *I need to arrive to the hospital by: \_\_\_\_\_.*
- Complete COVID-19 testing as instructed by the Overlake Pre-Admission team.

## Night Before Surgery

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- Shower with Hibiclens/CHG solution (see handout).
- Drink two (2) Ensure pre-surgery beverages (received at preop visit at your surgeon's clinic) *unless you are a diabetic*. If diabetic, please refer to the instructions on the carbohydrate loading handout.
  - *I drank (number) \_\_\_\_\_ of Ensure beverages on (date) \_\_\_\_\_ before midnight.*
- Do not eat anything after midnight.

## Morning of Surgery

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- Drink clear liquids until two (2) hours prior to your arrival time to the hospital. Includes water, apple juice, plain tea and black coffee (NO milk, sugar/sweetener, or other additives).
- Shower with Hibiclens/CHG solution (see handout).
- Dress in warm clothes.
- Drink one Ensure pre-surgery beverage (received at preop visit at your surgeon's clinic) on the way to the hospital *unless you are a diabetic*. If diabetic, please refer to instructions on the carbohydrate loading handout.
  - *I drank (number) \_\_\_\_\_ Ensure beverages on (date) \_\_\_\_\_ at (time) \_\_\_\_\_.*
- Leave your front-wheeled walker and overnight bag in your vehicle upon arrival to the hospital. If you are medically stable and functionally cleared by physical therapy after surgery, you will discharge the same day.
- Bring identification, insurance card, co-payment (if necessary), and advanced directive or starting points document with you to Admitting.