

## TOTAL JOINT REPLACEMENT Surgical Journey Checklist

### 2–4 Weeks Prior to Surgery

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- Identify surgery coach—spouse, family member, friend, colleague, neighbor.
- Attend total joint replacement class with your coach—call 425.688.5700, option 8 to register.
- Attend pre-operative visit at your surgeon’s clinic.
- Attend “prehab” physical therapy visit.
- Schedule postoperative physical therapy with outpatient PT facility.
- Obtain front-wheeled walker and other equipment as needed (see recommended equipment and resource list).
- Read the “fall prevention” handout and make necessary adjustments to your home.

### 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.
- 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).
- 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.
- 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.