



Preparing for Total Joint Replacement Surgery

Thank you for choosing Sharp HealthCare for your joint replacement surgery. Our caregivers are here to support you throughout the process to ensure you have the best possible outcome.

Use these checklists to track your important tasks and milestones.

Before Surgery

- Obtain clearance from your primary care doctor or specialist as advised by your surgeon
- Schedule and complete any necessary dental work
- Register for the 30-minute Joint Replacement Preoperative Education Webinar at sharp.com/jointsurgeryclass or by calling **1-800-82-SHARP** (1-800-827-4277)
- Attend the Joint Replacement Preoperative Education Webinar
- Complete labs ordered by your surgeon
- Fill and pick up prescriptions needed during your recovery
- Arrange for someone to drive you to and from the hospital for your surgery
- Arrange for someone to help you with chores at home after surgery
- Prepare and freeze nutritious meals
- Remove any hazards or obstacles in your home that could impact your safety as you recover

(over)

- Begin pre-surgery strengthening exercises
- Pre-Anesthesia Evaluation Services (PAES) will contact you for a phone appointment to:
 - Review your medical history and medications
 - Review your preoperative instructions and blood work, if ordered
 - Schedule an in-person appointment to:
 - Complete your COVID-19 and staphylococcus tests
 - Pick up your Joint Endeavor® Program education booklet
 - Pick up your chlorhexidine scrub (CHG) for your skin preparation

Night Before Surgery

- Shower with the CHG scrub

Morning of Surgery

- Shower with the CHG scrub
- Take oral medications as directed by your PAES nurse
- Arrive at the hospital at least two hours before your scheduled surgery time
- Bring your insurance card, photo ID and advance directive (if you've chosen to complete one)
- Leave your valuables at home

Notes _____

