

Total Joint Protocols: Preparing for Surgery

Everything you need to know before
your joint replacement surgery.



Tri-County Orthopedic & Sports Medicine

a department of Hugh Chatham Memorial Hospital

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PREPARING FOR SURGERY

- Please avoid scheduling any dental cleanings, a colonoscopy, or an endoscopy 6 weeks prior to surgery as this may delay your procedure (unless emergent, then please contact our office.)
- **Diet and Nutrition** - Drink plenty of fluids and eat a healthy, well balanced diet.
- **Smoking and Alcohol usage** - both smoking and alcohol usage can increase complications postoperatively; therefore, it is very important to be honest with your care providers about how much you consume daily.
- **Diabetes** - it is extremely important to manage your blood glucose levels prior to surgery. This can help reduce the risk of problems after surgery, such as infections.
- **Medications** - Some medications can thin your blood, increase the risk of bleeding after surgery, and interfere with healing.
- **Exercise** - Exercising up to the day before surgery will help improve your strength, range of motion, and endurance. This leads to a successful outcome and recovery.
- **Eating Right** - A healthy weight can lessen the stress on your new hip or knee replacement.

HOME SAFETY PREPARATION

- Remove all floor mats and throw rugs, and extension cords out of your walkway. Create a clear, wide path in your home, especially to your bedroom, bathroom, and kitchen.
- Place items that you may need during the day within reach. Make sure items are at arm level to avoid high reaching or stooping.
- Evaluate your home for areas that may need assistive equipment: bathrooms, bedrooms, living room, kitchen, etc.
- Small children and pets may pose a fall risk. Pets may need to be kept in another area of the home when you get home.
- Get help with cleaning and laundry.
- Arrange for someone to collect your mail.
- Arrange for help with meals. Prepare food and freeze individual meals before surgery.

DURABLE MEDICAL EQUIPMENT

(Case Management at Hugh Chatham will be glad to help you obtain these items, if needed.)

- A walker or cane is standard for all patients recovering from joint replacement surgery.

- For patients with hip replacement, an elevated toilet seat or bedside commode may be needed.
- Equip your bathroom with items you may need, such as elevated toilet seat or commode and a shower chair.
- **PERSONAL AIDS** - walker or cane, reacher, sock aid, elastic shoe laces, long-handled sponge
- **BATHROOM** - elevated commode seat, toilet seat riser, shower chair, grab bar for shower, hand-held shower head, long-handled bath sponge.

THINGS TO BRING TO THE HOSPITAL

- Current list of medications
- Loose pajamas
- Loose shorts, jogging pants, t-shirts, non-slip shoes/slippers for rehab
- Under garments, socks
- Personal toiletries
- CPAP machine, tubing, and machine, if applicable
- Driver's license or Photo ID and insurance cards
- DO NOT bring valuables

THE DAY BEFORE SURGERY

- You will receive a call from the surgical services department between 3:00 p.m. - 6:00 p.m. the evening prior to surgery.
- Remove all nail polish and/or artificial nails.
- Shower and wash your hair the morning before. Use the chlorhexidine gluconate 2% cloths the evening before, as directed.
- Sleep in clean pajamas or clothes.
- Sleep on freshly laundered linens.
- Do not eat or drink anything after midnight, this includes water, coffee, ice chips, gum, mints, or tobacco.
- Do not use any lotions or powders.
- Do not shave 2 days prior to surgery on all surgical areas. You can continue to shave your face and neck.
- Do not shower the morning of surgery.

THE DAY OF SURGERY

- Take only the medications that you have been told to; take them with a small sip of water.
- Do not wear makeup or jewelry.
- Do not take insulin unless otherwise instructed.
- Comply with the strict instructions about food/ beverage consumption.