



Coach's Guide for Total Joint Replacement Surgery

Before Surgery

- Attend the pre-operative appointment with the surgeon (if permitted by the patient).
- Review the pre-operative patient education materials.
- Assist (if needed) and encourage the patient to complete pre-operative exercises.
- Ensure the patient has prepared the home for discharge.
- Ensure the patient has prepared frozen meals to have available after their surgery.

Day of Surgery

- Drive patient to Surgery Center
- Stay with the patient before surgery, until the patient is called into pre-op.
- Receive updates from the medical team by providing your contact information.
- Be present to listen to discharge instructions with the patient.

After Surgery

- Drive the patient home from the surgery center.
- Stay with the patient for the first 24 hours (due to anesthesia) and up to three days to ensure a safe transition home.
- Please be aware of the potential for syncopal event/falls within the first 24 hours. Encourage the patient to ask for assistance.
- Assist the patient to the bathroom, especially during the night.
- Encourage the patient to complete their home exercise program.
- Encourage the patient to drink liquids and gradually return to a normal diet (if needed, prepare healthy meals).
- Drive the patient (or arrange transportation) to and from all their post-operative appointments until the surgeon permits them to drive.
- Attend physical therapy sessions with patient.
- Encourage and help motivate the patient on their progress!