



Patient Checklist for Hip / Knee Replacement Surgery

We hope this checklist helps you prepare for your upcoming joint replacement surgery.

30 Days Prior to Surgery

- Medical clearance is required within 30 days of date of surgery. This may be in the form of a history and physical examination by your primary care physician.
- It's important to not schedule your appointment too close to your date of surgery in case additional tests are required.

2-4 WEEKS BEFORE SURGERY

- Select a coach (person to help you during your joint replacement surgery).
- Update your medication list.
- Complete pre-operative lab testing.
- Complete pre-operative medical clearance (must be within 30 days of surgery).
- Begin pre-hab if you have not started already.
 - Pre-operative exercises
 - Healthy Diet
 - No Smoking
- Meet with Total Joint Nurse Navigator and review [Total Joint education](#).
- Obtain equipment.
 - Walker
 - Reacher
 - Shower seat
 - Sock aid (if needed)
 - Raised toilet seat (if needed)
- Prepare the home for discharge.
- Prepare frozen meals for after surgery.
- Complete Patient Reported Outcome Questionnaire.

1 WEEK BEFORE SURGERY

- Attend the pre-operative surgeon appointment (if required by your surgeon).
- Complete outstanding pre-operative lab testing.
- Continue prehab.
- Beginning TWO DAYS before your surgery, shower using Hibiclens antiseptic cleanser (purchased from your local pharmacy). Do not use this cleanser on your face or genitals. You may use regular soap before Hibiclens.

1 DAY BEFORE SURGERY

- You will receive a phone call with your arrival time after noon (if your surgery is on Monday, you'll receive a call on Friday.)
- Drink 12 oz. of Gatorade the evening before surgery.
- No solid food after midnight.

MORNING OF SURGERY

- Wash using Hibiclens antiseptic cleanser (do not use regular soap this morning).
- Bring your crutches or walker to the surgery center.
- Arrive at the surgery center on time for your pre-operative preparation and surgery.