

Quick Reference Guide: Preoperative Instructions

Adequately preparing for your surgery will help promote the best outcome for your new joint. Here is a checklist of things to complete before your surgery.

4-6 Weeks Before Surgery

- Complete an Advanced Health Care Directive and bring with you to the hospital
- Have your primary care physician perform a preoperative physical
- Ensure you eat a balanced diet that includes:
 - Protein (at least 20 grams, twice a day)
 - Fiber
 - Other nutrients (i.e. magnesium, calcium, iron, vitamin C and vitamin D3)
- Try to stay as active as you can in the weeks before surgery
- Prepare your home by removing throw rugs, clearing a path so you can safely walk through your home
- Purchase equipment to have in your home to help with recovery:
 - Shower chair, raised toilet seat, removable shower head, rolling walker
- Arrange for someone to be with you for **several days** after you return home (help with driving, cooking, cleaning, appointments, etc.)
- Develop a bowel program to correct issues with constipation **PRIOR** to surgery and continue that program through hospitalization and postoperatively until you resume regular activity.
- Stop blood thinners as directed by your doctor
- Quit smoking **6 weeks** before surgery

The Day Before Surgery

- Avoid excessive caffeine and make sure you are hydrated
- Complete preoperative shower the night before and the morning of surgery
- Nothing to eat or drink after midnight
- Ensure ride is available and ready for transport home from surgery

The Morning of Surgery

- Shower as directed
- You may brush your teeth, gargle, and rinse your mouth with water, avoid swallowing. Do not chew gum, lozenges or drink any liquids.
- No smoking.
- Take only those medications directed with a sip of water.**
- Dress in loose fitting, comfortable clothing