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