

Joint Replacement Surgery

This is not a complete list. Read your education book for more information.

Before Surgery

- Go to the pre-surgery education class.
- Schedule your health history and physical exam.
- Select a member of your care circle to be your personal support coach.
- Create a plan for leaving the hospital (discharge).



Preparing for Surgery

- Do your exercises.
- Buy or borrow equipment.
- Prepare your home for your needs after surgery.
- Pack for your hospital stay.
- Cleanse your skin the night before surgery.



Day of Surgery

- Follow your instructions for the time you need to arrive at the hospital. Generally, this is 2 hours before your surgery time.
 - After surgery, you'll recover for 1 to 2 hours before moving to your room.
 - Your health care team will help you start moving soon after surgery.



Hospital Stay

- You will see a physical therapist to start your mobility plan and exercises.
- You may see an occupational therapist.
- You will help to create a pain plan.
- You will leave the hospital when you have met your goals.



Care After Surgery

- Do your exercises and walk.
- Call your surgeon if you have severe swelling or pain.
- Apply a cold pack to your leg for 20 minutes, 3 to 4 times a day.
- Take medicine (as instructed).
- Go to your follow-up appointments.

