

Joint Replacement Surgery – Surgery Center

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

Before Surgery

- Attend 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 surgery center (discharge).



Preparing for Surgery

- Do your exercises.
- Buy or borrow equipment.
- Prepare your home for your needs after surgery.
- Pack for your surgery center stay.
- Fill any prescriptions as directed by your surgeon.
- Cleanse your skin the night before surgery.



Day of Surgery

- Follow your instructions for the time you need to arrive at the surgery center. Generally, this is 1 ½ hours before your surgery time.
- Your personal support coach can join you after your surgery.



Your Stay

- Your health care team will help you start moving soon after surgery.
- You will help create a pain plan.
- You will leave the surgery center when you have met your goals.
- Your nurse will review your discharge instructions with you.



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.

