

Your Total Joint Replacement Prior to Surgery



Preparing for Surgery

- You will require a caretaker at home for most of the day and night during the first week after surgery. Please prepare accordingly.
- You may want to stock up on packaged foods or make extra meals that you can freeze for later.
- Get your home ready so it will be easy to get around when you're less mobile. You may need to set up a temporary bedroom on the first floor if you have a multi-level home. This, however, is not necessary for most. You may want to clear your hallways, so you can navigate them with a walker or crutches.
- Obtain any disability or FMLA paperwork from your employer. These forms should be sent to ShareCare. Their contact information is included in your surgery packet.

Medical Clearance

- Primary care clearance is required prior to all joint replacement surgeries.
- This must be completed within 30 days of your scheduled surgery date.
- If you see a specialist (cardiology, nephrology, pulmonology, etc.), you may be required to obtain additional clearance.
- Failure to obtain these clearances will result in rescheduling of your surgery.

Home Medications in the Perioperative Period

- Please discontinue fish oil, garlic pills, herbal supplements and vitamin E as soon as your surgery is scheduled.
- Please discontinue the following medications 7 days prior to your surgery (contact your prescribing doctor for specific instructions).
 - Aspirin or aspirin-containing products
 - Anti-inflammatory medications (Advil, Aleve, Motrin, Diclofenac, Mobic, etc.)
 - GLP-1 agonists (Ozempic, Wegovy, Mounjaro, etc.)
- If you take Plavix, Aggrenox, Eliquis, Pradaxa, Xarelto or Coumadin you must obtain directions from the prescribing physician.
- Medications for hypertension should be taken with a sip of water on the morning of surgery, unless instructed otherwise.
- After surgery, refrain from taking any over-the-counter vitamins, minerals or supplements for 30 days following your surgery.

Morning of Surgery

- Do not have anything to eat or drink after midnight the night before your surgery, unless instructed differently. Some patients will be given an Ensure drink to consume the morning of surgery.

If you have any problems or questions, please call your doctor's office (8am-5pm).

Answering service for after hours.

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ORTHOVIRGINIA.COM

For surgeries at Parham Doctor's Hospital

PRE-ADMISSION TESTING & JOINT CLASS

- The hospital will call you to schedule pre-admission testing and joint class.
- You may contact scheduling directly at 804-281-5575 [Pre-Admission Testing] and 804-747-5617 [Joint Class] if you need to reschedule or change these dates.
- Fill in these dates on your “important dates” sheet.
- Pre-Admission Testing
 - You will report to the registration desk at the hospital for your appointment and check-in.
 - Please bring a list of your current medications to this appointment.
 - All labs should be done at the hospital. There are certain labs, such as an MRSA screen and Type & Cross which can only be done at the hospital.
- Joint Class
 - This class is mandatory prior to your surgery, unless you have had a previous joint replacement at PDH within a year.
 - The class is very informative and can provide answers to many basic questions regarding total joint replacement before, during, and after hospitalization. They will discuss what to bring and where to go on the day of your surgery.
 - You do not need to bring your walker or crutches with you to the joint class, but you will need to bring these with you to the hospital on the day of your surgery.
 - Please have your caretaker who will be with you following surgery attend the class as well.

SURGERY ARRIVAL TIME

- The hospital will contact you by 2 PM the day prior to surgery with your assigned arrival time. We understand that it can be challenging to wait until the day before surgery and we appreciate your understanding. The hospital must consider emergency surgeries for patients in the hospital, in addition to elective surgeries, when creating the OR schedule.

For surgeries at OrthoVirginia Outpatient Surgery Centers

- Our surgery center will call you discuss your medical history and review your current medications. During this phone call, they will inform you of the next steps. Often, this consists of an in-person visit, labs, and a prehab visit with an in-house physical therapist. Our surgery centers have slightly different protocols with the same goal of providing the best surgical care.
- Please keep in mind that any pre-operative evaluation performed by the surgery center will be in addition to, not instead of, primary care clearance.



**Stronger
starts
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