

Pre-op Checklist

The countdown to an improved quality of life and great mobility is now beginning. Below is a step-by-step checklist to follow before your surgery.

Four to Six Weeks before your Surgery

- ☐ Attend your pre-operative visit with the provider designated by your surgeon
- ☐ Complete all pre-operative paperwork, including the list of all medications and dosages you're taking
- ☐ Schedule a dental exam and teeth cleaning if you haven't had one in the last six months
- ☐ Get medical clearance from your primary care provider ensuring you are healthy enough to have joint replacement surgery
- ☐ Stop smoking six months prior to surgery. Smoking can increase your risk of developing complications during and after surgery and can limit your body's ability to heal
- ☐ Start your pre-op exercises and practice your post-op exercises
- ☐ Schedule/make plans to attend your Total Joint Class with your Coach
- ☐ Make a plan with your Coach. Make sure they'll be able to take you to and pick you up from your surgery. You must arrange to have someone stay with you after your surgery to help you with your daily activities

Two Weeks before Your Surgery

- ☐ Check with your surgeon about any other medications you're taking. In particular, be sure to check about taking aspirin, Coumadin, Plavix or any other blood thinners
- ☐ Stop taking diet medications, herbal supplements or vitamins
- ☐ Stop taking Methotrexate or any other arthritis medications
- ☐ Complete your EKG, blood draw, or any other test ordered by your surgeon
- ☐ Prepare your home, following the home checklist provided

One Week before Your Surgery

- ☐ Stop taking all anti-inflammatory drugs such as Advil, Ibuprofen or Aleve. Depending on your surgeon's authorization, you may continue taking Tylenol or Celebrex
- ☐ Stop shaving or using any hair-removal products on the leg that will be operated on or anywhere near the surgical area
- ☐ Obtain your assistive devices
- ☐ If you develop a fever, cold symptoms or any other sign of illness prior to your surgery, notify your surgeon immediately

The Day before Your Surgery

- ☐ A nurse from Missoula Bone & Joint Surgery Center will call you to review your medication list as well as the pre-operative instructions and to confirm your surgery check-in time
- ☐ Put clean linens on your bed
- ☐ Pack an overnight bag with loose comfortable clothing to wear (such as sweats) and toiletries, in case you need to spend the night
- ☐ Confirm that your coach can transport you to and from your surgery and stay with you after you return home
- ☐ Shower using the Hibiclens soap and following special cleansing instructions provided by your surgeon
- ☐ **After midnight** – **STOP** all food, candy, and chewing tobacco. Fried food, fatty foods, meat and larger quantity meals cannot be eaten after this point.

The Day of Your Surgery

- ☐ **Up until 4 hours before surgery** – You may consume clear liquids. Clear liquids are **ONLY** the following options: water, clear Gatorade or clear Powerade. **DO NOT DRINK COFFEE, TEA, OR APPLE JUICE**
- ☐ Take a shower using your second packet of Hibiclens soap and following special cleansing instructions provided by your surgeon
- ☐ Be sure to fully dry your hair following your shower
- ☐ Avoid the use of any lotions, perfumes or powders
- ☐ Take off any jewelry, watches or other valuables and leave them at home
- ☐ Dress in loose, comfortable clothing
- ☐ Wear shoes that have a flat rubber sole (avoid slides or backless slippers)
- ☐ Bring your completed pre-operative paperwork, insurance card, photo identification and any co-payment
- ☐ Bring your front wheeled walker in with you when you check in.
- ☐ Bring your overnight bag
- ☐ Bring cases for your glasses, contacts or dentures
- ☐ Bring reading material, crossword puzzles, knitting or other items to help pass the time during waiting and recovery periods