



OUTPATIENT TOTAL JOINT REPLACEMENT CHECKLIST

Preoperative Assignments

Visit www.atlantaboneandjoint.com/jointreplacement

Preoperative visit with one of our doctors to discuss risks and benefits of surgery, pain control postoperatively and expectations.

Go to Atlanta Rehab for Pre-Surgery visit to discuss early rehab process and schedule therapy the day after surgery.

Go to hospital for Pre-Operative Visit with Anesthesia

Meet Joint Solutions Manager on day of Pre-Operative visit.

Ensure CPM (knee bending machine), cold thermal wrap, bedside commode (if needed), walker, sequential compression devices (compress leg to avoid blood clots) are **ALL** delivered prior to surgery.

Purchase Aspirin 325mg (60 pills needed), to be taken after surgery twice a day to prevent blood clots. You will take these everyday for 1 month.

Ensure a family member available for entire day of surgery to drive you home, learn home PT with you and act as designated "coach"

Get prescription for Zofran (anti-nausea medication) at preoperative visit

Get prescription for Celebrex 100mg to take twice daily after surgery



Day Prior to Surgery

Nothing to eat or drink after midnight

Check arrival time at hospital- you will need to arrive 3 hours prior to your surgery

Call with any last-minute questions

Day of Surgery

Take beta-blocker medication if you are already on it

Arrive at hospital and get checked in

Hip patients must remove underwear.

Knee patients **DO NOT** need to remove their underwear!

Hibiclens Bath- must do to reduce risk of infection

Get initial IV started -may ask for medication if feeling nervous or anxious

Make sure physician and/or PA signs the leg being operated on

Family will be contacted prior to surgery and physician will speak to family after surgery is finished

Therapy during day on hospital Orthopedic floor after surgery finished

Go home in mid to late afternoon



Post-Operative Pain Management

Pain medication is an extremely important aspect of total joint replacement

Take pain medication whenever pain is starting. Do not wait until pain score is a 10/10 or the medication will not work effectively

Take the Celebrex as a standing dose twice per day

You may take 500mg of Naprosyn twice per day OR 800mg of ibuprofen three times per day. Do not take both at the same time.

Day After Surgery

Go to first physical therapy. While at PT will see one of our physicians

Address any concerns with physician post operative day 1 with physician

Dressings and Showering

Remove main dressing post-op Day 2, apply new Mepilex dressing. May shower with Mepilex dressing post-op Day 2.

Mepilex dressing comes off after 1st visit with physician at 1 week post-operatively

Do not get incision wet for 2 weeks after surgery

Retention nylon stitches to be removed at 1 week postoperatively

Staples (if used) will be removed at 2 weeks postoperatively