

# Preparation for Surgery Checklist

## The Joint Replacement Center

### Kernan Orthopaedics and Rehabilitation

#### Joint Class Topics

(√) if topic reviewed	Preparation for Surgery
	Review The Joint Class Booklet before your surgery
	Review medications and complete updated list
	Review insurance coverage for Acute Rehabilitation services
	Anesthesia planned – epidural, general, motor block
	Stop certain medications prior to surgery : ex. – Aspirin, Motrin, Aleve, Celebrex, Ibruprofen, etc.
	<b>ONLY TAKE TYLENOL (ACETAMINOPHEN) IF DIRECTED BY YOUR SURGEON OR USE ICE/HEAT TO SURGICAL AREA IF NEEDED FOR PAIN RELIEF **NO HEAT TO SURGICAL AREA AFTER SURGERY !!</b>
	Nothing to eat or drink after midnight the night before your surgery
	Sample – prosthesis that may be used for your surgery
	Viewed or website or model

(√) if topic reviewed	Nursing Considerations
	Review post-operative phase : Recovery room
	Pain score
	Pain (analgesic) pump – epidural, intravenous
	Motor Block
	Side effects of pain medications
	Medications by mouth or intravenous
	Intravenous fluids
	Cough and deep breathing exercises, Incentive Spirometry
	Surgical Drain
	Foley catheter
	Surgical dressing
	Blood thinner medications and blood draws

(√) if topic reviewed	Prevention of Blood Clots
	Ankle pumps exercises
	Anti-embolism/TEDS stockings
	Sequential compression devices (SCD)
	Shortness of breathe, chest pain
	Pain and/or swelling of legs
	Review information sheet included in booklet

(√) if topic reviewed	Things to Remember
	Prosthesis may set off alarms at airport, security areas, etc.
	Implant card (given in class)
	Notify MRI you have an implant
	Notify dentist you have an implant- you need an antibiotic for any dental work

(√) if topic reviewed	<b>Video Presentation</b>
	Total Joint Replacement : Hip or Knee (viewed in class)

(√) if topic reviewed	<b>Physical Therapy</b>
	Physical Therapy twice a day
	Instructions and demonstration of how to walk with an assistive device
	Instructions in home exercise program
	Review Hip precautions (hip replacement only)
	Review CPM machine (knee replacement only)
	Review exercises : stairs, curb, car transfer

(√) if topic reviewed	<b>Occupational Therapy</b>
	Occupational therapy once a day
	Review Assistive / Adaptive devices
	Review clothing ,shoes, toiletries to bring
	Review hygiene care, Activities of daily living

**Web sites for additional information:**

- [www.kernan.org](http://www.kernan.org)
- [www.depu.com](http://www.depu.com)
- [www.naon.org](http://www.naon.org)
- [www.aaos.org](http://www.aaos.org)
- [www.oref.org](http://www.oref.org)



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