

PREPARING FOR JOINT REPLACEMENT SURGERY

Today we discussed joint replacement surgery as the next step in treatment of your painful hip or knee.

Planned Procedure: _____

Date of Surgery: _____

Location of Surgery: Center for Specialty Surgery St. Vincent Legacy MP/Good Sam

*The date and location of your surgery may change pending your pre-operative medical evaluation and Dr. DeHaan's surgical schedule. We will notify you as soon as possible with any changes and will do our best to reschedule you as soon as possible if this should occur.

In order to optimize the safety and success of your surgery, please remember the following goals:

- Weight: BMI <40
- Blood Sugar: A1c < 7.0
- Dentition: Complete any pending dental work 6 weeks before surgery
- Smoking: No smoking/vaping/or tobacco products for 6 weeks before surgery
- Narcotic/opioid medications: Reduce/wean off of these medications as able
- Other medical conditions: Follow up with primary care doctor as soon as possible

Here are some tips to prepare for your surgery:

- Schedule a visit with your primary care provider if you have not been seen in the last 6 months to ensure you are medically optimized for surgery.
- Identify your home support team and discharge plan. It is best to have someone who can stay with you for the first 5-7 days after surgery.
- Try to maintain your activity level and eat a healthy diet to prepare for surgery
- The following websites have useful information for patients:
 - Orthoinfo.aaos.org
 - hipknee.aahks.org
- Please contact us if you have any questions!