

Total Joint Replacement Pre-Admission Checklist

Read Guidebook at https://www.piedmont.org/media/file/Hip-Knee-Guidebook.pdf place	
Choose a “coach” (family member or friend). Your coach should plan to come with you to attend Joint School, provide support during your hospital stay and therapy sessions, and keep you focused on healing.	
Attend Joint School virtually or in-person.	
Register at https://www.piedmont.org/patient-tools/classes-events	
Complete Pre-admission Testing appointment either in-person or by phone. Be prepared to provide a current and complete medication list (including over-the-counter).	
Prepare your home for your safe return after surgery. Watch the video on the Piedmont website: https://www.piedmont.org/orthopedic/total-joint/joint-school	
The hospital will notify you what time to arrive the day of your scheduled surgery.	
Stop taking anti-inflammatory medication such as Aspirin, Motrin®, Aleve, Vitamin E, all herbs, etc. 2 weeks before day of surgery.	
If you are taking a blood thinner medication including prescribed Aspirin prior to surgery, you will need to contact the physician who prescribed the medication to receive instructions on when to stop the medication.	
DO NOT take your diabetes medication day of surgery.	
If you received prescriptions from your surgeon before surgery, obtain all prescriptions (pain & blood thinner medication) from the pharmacy before day of surgery. DO NOT START NEW MEDICATIONS.	
Notify your surgeon before day of surgery if there are any changes in your health status, or injury or skin issues to the leg that will be operated on such as scratches, abrasions, skin tear, open areas on the skin, skin irritation, etc.	
Use the Hibiclens (Chlorhexidine Gluconate) skin cleanser before surgery as instructed.	
No makeup, body lotion, moisturizers, or deodorant the evening before AND day of surgery. No nail polish or artificial nails day of surgery.	
Wear loose-fitting clothes (shorts / loose pants, T-shirt) to the hospital and flat shoes or tennis shoes with non-slip soles.	
(Recommended for Posterior Hip Replacements) If you desire to have a Dressing Kit to use during your recovery, purchase before day of surgery.	
If you have an Advanced Directive, present a copy to hospital registration. The form can be found online at https://www.piedmont.org/patient-tools/advanced-directives	

Bring your CPAP machine and supplies if needed for sleep disorder.	
Bring your glasses if needed for reading.	
Plan your discharge to home after surgery with a friend or family member. You can expect the hospital length of stay to be 0 to 1 night.	