

Preparing for surgery: Be involved; Set a goal for surgery; Have reasonable expectations

Your surgery may be cancelled if these steps are not completed

- Schedule your total joint surgery**-prepare questions ahead of time for all appointments.
- Educate yourself**-Read all materials given to you regarding your surgery.
- Choose a coach**-A coach is a person who can help support you in your recovery both in the hospital and at home. They will help you stay motivated and succeed.
- View pre-operative total joint class** at stjoeschelsea.org/joint-replacement-education. Please view this video as soon as possible after your surgery has been scheduled, and re-watch often prior to surgery if needed.
 - *Note: If it has been a year or more since a previous surgery please make it a point to re-watch the video for a refresher. It is also helpful if your coach watches with you.
- Perform the pre-op exercises available on the website mentioned above**-These exercises should be performed twice a day. Do what you are able to tolerate. Increasing activity prior can help improve recovery.
- Create a post-operative plan for your recovery:**
 - Prepare your home following guidelines from the clinic, i.e. remove throw rugs
 - Meal plan following discharge e.g. freezing meals in preparation
 - Arrange to have help at home (24 hr care is not required). Care for pets, children or dependent adults.
 - Arrange for a driver for your appointments and discharge from the hospital.
- Attend your history and physical appointment in the PAT clinic**-This appointment is mandatory. If you are unable to attend, you must cancel 48 hours prior to the appointment time, by calling 734-593-6700 to reschedule.
- Discuss insurance authorizations**-Talk with case management/social work to understand what benefits are available for you, and what resources are available to have you physically, mentally, and financially ready.
- Complete MARCQI pre-operative PRO Questionnaire (patient reported outcomes)**-This may be completed on paper in your surgeon's office or through the email link you will receive from marcqi.ortechsystems.com. Please check your email junk box if you cannot find it. You will also be asked to complete these surveys postoperatively at 5-13 weeks, 1 year, 2 years, 5 years and 10 years.
- Please follow the infection prevention guidelines** given to you regarding the body wipes, washing your linen, changing your pajamas and the restrictions on pets covered in the PAT clinic.

***If you have questions please call your orthopedic surgery scheduler at your surgeon's office.**