

## TOTAL JOINT REPLACEMENT Surgical Journey Checklist

Please bring this checklist with you to the hospital on the day of surgery.

### 2–4 Weeks Prior to Surgery

- Read the online resource guide entitled “*What You Need to Know Before Surgery*” (provided by the surgeon’s office).
- Identify surgery coach—spouse, family member, friend, colleague, neighbor.
- Go to [overlakehospital.org/orthopedics](http://overlakehospital.org/orthopedics), click on “**Patient Resources**” and review the pre-op education documents, **including the total joint class presentation**. If you do not have internet access, please call 425.688.5579 and leave your contact information. We will schedule you for a 1-on-1 education session over the phone and provide you with hard-copy material.
- Attend pre-operative visit at your surgeon’s clinic.  
*My pre-op appointment with my surgeon/PA is on \_\_\_\_\_.*
- Attend “prehab” physical therapy visit.  
*I attended my Prehab PT visit on \_\_\_\_\_.*
- Schedule postoperative physical therapy with outpatient PT facility.  
*My first outpatient PT appointment after surgery is scheduled on \_\_\_\_\_.*
- Obtain front-wheeled walker and other equipment as needed (see recommended equipment and resource list).

### 1-3 Days Prior to Surgery

- Receive call from Overlake Admitting and/or Overlake Pre-Admission team.  
*My date and time of surgery is: \_\_\_\_\_.*  
*I need to arrive to the hospital by: \_\_\_\_\_.*
- Complete COVID-19 testing as instructed by the Overlake Pre-Admission team.

### Night Before Surgery

- Shower with Hibiclens/CHG solution (see handout).
- Do not eat anything after midnight.

## Morning of Surgery

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- Drink clear liquids until two (2) hours prior to your arrival time to the hospital. Includes water, apple juice, plain tea and black coffee (NO milk, sugar/sweetener, or other additives).
- Shower with Hibiclens/CHG solution (see handout).
- Dress in warm clothes.
- Leave your front-wheeled walker and overnight bag in your vehicle upon arrival to the hospital. If you are medically stable and functionally cleared by physical therapy after surgery, you will discharge the same day.
- Bring identification, insurance card, co-payment (if necessary), and advanced directive or starting points document with you to Admitting.
- Do not forget to bring your Coach 😊.

*Questions or concerns? Please call the total joint helpline at 425.688.5579. This voicemail box is checked Monday through Friday from 7 a.m.–3 p.m. Please allow up to one business day for a return call.*