

Preparing for Surgery

As Soon as a Decision for Surgery is Made

- Register for Joint School
- Quit smoking
- Diabetic patients - work with your primary care provider to lower/control your Hemoglobin A1c
- Make a discharge plan
- Designate a coach and include them in your calendar of events
- Start prehabilitation (Prehab)
 - Walk at least 30 minutes daily to build up stamina
 - Start daily strengthening exercises
- Start accumulating the necessary durable medical equipment (DME)

Four to Six Weeks Before Surgery

- Attend Joint School
- Within 30 days of your surgery, complete your medical clearance with your primary care physician

One to Two Weeks Before Surgery

- Go to pre-operative visit with surgeon if necessary
- Complete pre-admission testing with hospital nurse
- Stop medications/supplements that cause internal bleeding
- Increase protein in your daily diet
- Start a stool softener if prone to constipation or sensitive to narcotics
- Begin deep breathing exercises to improve your lung function, if you received an incentive spirometer (IS), begin using that as well
- Start preparing your home for recovery
- Complete pre-registration process with hospital business office

Benefits of Joint School

This comprehensive, interactive, web-based class will prepare you and your caregiver(s) for a successful surgery and recovery. Patients who attend Joint School at Piedmont prior to their surgery are 25% less likely to be readmitted within 30 days and have a 50% reduction in their complication rate.

To register for a class please visit <https://classes.inquicker.com/?ClientID=12422>.



Pre-Op Checklist

Items to Purchase Before Surgery

- 6-8 oz. bottle of Chlorhexidine Gluconate or CHG (Hibiclens) soap (if not provided at PAT visit)
- 35 bottles of protein supplement (Ensure/Boost/Premier/ Etc.)
- One 20 oz. and one 36 oz. bottle of Gatorade/Powerade/sports drink (zero sugar version if diabetic), any color is okay
- Rolling walker with two wheels on front (if you don't have one)
- Bedside commode to place over your toilet to add extra height (NOT required, but very helpful)

Two Days Before Surgery

- Drink at least 8 glasses of water per day
- Bathe/shower with special CHG (Hibiclens) soap
- Pack hospital bag
- Stop shaving your legs

Night Before Surgery

- Follow pre-admission testing instructions
- Bathe/shower with special CHG (Hibiclens) soap
- Drink 36 oz. high-carbohydrate sports drink before bed (zero sugar version if diabetic)
- Gather items to bring on the day of surgery

What to Pack in Your Hospital Bag

- Personal hygiene items (toothbrush, deodorant, battery-operated razor, etc.)
- A list of all the medicine you take including the name of the medication, dosage, instructions, and reason for taking the medication
- A list of any allergies you have (to food, clothing, medicine, etc.) and how you react to each one
- Loose-fitting clothes (shorts, T-shirts)
- Flat shoes or tennis shoes with enclosed heels and non-slip soles
- CPAP machine (if needed for sleep disorder)
- Contacts, glasses, hearing aids, etc. with cases
- Personal electronic devices (i.e. cellphone) and chargers
- Rolling walker (we can adjust it for you)



Day of Surgery

- Bathe/shower with special CHG (Hibiclens) soap before going to the hospital
- Continue drinking clear liquids until 3 hours before surgery
- Consume 20 oz. sports drink (zero sugar version if diabetic), if you are unable to drink all 20 oz. stop when you feel full **Make sure you are finished drinking it 3 hours before your surgery*
- STOP drinking water and clear liquids 3 hours before your surgery
- Follow hospital provided fasting instructions
- Take only the medications instructed by pre-admission testing



What is a clear liquid?

A clear liquid is anything you can see through, such as:

- water
- ginger ale
- tea
- chicken broth
- Sprite
- Gatorade
- apple juice
- popsicles
- Jello
- black coffee (sweetener is ok, but NO creamer)

Important Information

- Arrival times are usually 2 hours before surgery to allow enough time to prepare you for surgery
- Wear loose-fitting clothes and flat shoes or tennis shoes with enclosed heels and non-slip soles
- Do NOT wear makeup, lotion, finger and toenail polish or jewelry
- Leave personal belongings in the car until after surgery
- Check in with the registration clerk at sign-in and provide:
 - Advance Directive if completed and witnessed
 - Patient Financial Responsibility if required (co-payment or deductible)
 - Insurance card, photo ID or driver's license

At the Hospital

- Apply nasal swab provided by pre-op staff to kill any MRSA bacteria in your nose
- Comply with pre-op warming protocols to maintain your body temperature and help reduce the risk of getting an infection