



Preparing for Your Joint Replacement Surgery



Overview

Before joint replacement surgery, you need to prepare. You'll be given instructions to follow. While there may be many things you need to do, let's review the basics.

Getting in shape

Your planning may begin months before your surgery. Extra weight puts stress on a new joint. So if you're overweight, lose weight before you have your procedure. If you smoke, cut down or quit. And ask about exercises you can do to get your body ready for surgery.

Plan for Recovery

In the days before your surgery, plan for your recovery. Fill any prescriptions you may need. Borrow a walker, crutches or a cane and see how well you can get around your home. Look for tripping hazards. Install grab bars or nonslip pads in the bathroom so you don't slip. Move things you need to lower shelves. And apply for your disabled parking permit.

Just before surgery

As you near your surgery time, review your instructions carefully. You may be asked to stop eating and drinking for several hours before surgery. You may be told how to shower, shave or clean the surgical site. Don't wear any makeup on the day of surgery. Don't wear nail polish or contact lenses.

Don't forget

Leave your jewelry and valuables at home. Bring your ID and health insurance card. And bring comfortable, loose-fitting clothes to wear after your surgery.

Conclusion

Follow all of your instructions closely. They help keep you safe. If you don't follow them, your surgery can be canceled. For more info, talk to your care provider.