

PREOPERATIVE PATIENT TO DO CHECKLIST FOR TOTAL HIP, TOTAL KNEE, PARTIAL KNEE JOINT REPLACEMENTS

- **Review handout on dental protocols before and after your total joint replacement**
- **Fill prescription medications before your surgery**
 - ✓ All of these medications are to only be taken after your total joint replacement surgery
- **Notify your surgical team if you develop any medical concerns**
 - ✓ Please also notify your surgical team if you develop any open sores, burns or lesions on your skin before surgery
- **Schedule your preop physical therapy evaluation (prehab) AND postoperative physical therapy appointments**
 - ✓ **Prehab must be completed prior to surgery and will be completed by a physical therapist in order to help prepare you for surgery and for a safe home discharge**
 - ✓ You will receive a call from our physical therapy office
 - ✓ Prehab must be completed at one of our Olympia Orthopaedic Associates physical therapy locations (West Olympia, East Olympia, or Hawks Prairie)
 - ✓ Post-op physical therapy may be done at a location of your choosing. We recommend you make your appointments at an office close to your home for your convenience
 - ✓ Your surgical team will provide a referral to you for prehab and postop physical therapy
 - ✓ Schedule these appointments as soon as possible, appointments fill up quickly and it is crucial to your recovery that you start physical therapy soon after your surgery
 - ✓ For total knee replacements you will need to schedule your first 6 weeks of postop physical therapy appointments, you will need to schedule 2 appointments each week
 - ✓ For total hip replacements you will need to schedule your first 2 weeks of postop physical therapy appointments, you will need to schedule 2 appointments each week
- **Pick up medical assistive devices before surgery**
 - ✓ A front wheeled walker is **required**
 - Please see the example to the right of a front wheeled walker, four wheeled walkers will not be allowed and are unsafe following a total joint replacement surgery.
 - ✓ Other: _____



- **Attend your required total joint class**
 - ✓ Designate a family member or close friend to attend with you that will be your “coach” after surgery
- **Medical Screening**
 - ✓ Preoperative appointment with your surgical team within 30 days of scheduled surgery
 - ✓ Medical screenings may be required and if so, are **NOT** optional and are up to the discretion of your surgical team and the surgical facilities anesthesia group
 - ✓ Medical screenings must be completed prior to your surgery
- **Plan to discharge from the surgical facility once you are stable**
 - ✓ Our primary goal for all total joint replacements are for you to discharge home
 - ✓ Upon discharge from your surgical facility you will need someone with you at home
 - ✓ Following a total joint replacement discharging to a nursing facility or a rehabilitation center is rarely needed
- **Rapid Orthopaedic Care (ROC) at Olympia Orthopaedic Associates**
 - ✓ ROC Hawks Prairie 8140 Freedom Lane NE, Lacey, WA 98516
 - ✓ ROC West Olympia 3901 Capital Mall Dr SW, Olympia, WA 98502
 - ✓ Both ROC locations are open 7 days a week from 10AM-7PM and are open for any orthopedic urgent care needs