

YOUR TOTAL JOINT REPLACEMENT

PRE-OPERATIVE INSTRUCTIONS

- Please discontinue the following medications **7 days prior** to your surgery (Please contact your prescribing doctor for specific instructions)
 - Aspirin or Aspirin containing products, unless instructed differently
 - Anti-inflammatory medications (Advil, Aleve, Motrin, Diclofenac, Mobic, Sulindac, Celebrex, etc.)
 - If you take **Plavix, Aggrenox, Eliquis, Pradaxa, Xarelto or Coumadin** you must obtain directions from the prescribing physician.
 - These medications are generally stopped 7 days prior to surgery and you may be started on an alternative medication as a 'bridge' prior to surgery.
 - Lovenox is commonly used - check with your prescribing physician for instructions or call us.
- Please also discontinue fish oil, garlic pills, herbal supplements and vitamin E as soon as your surgery is scheduled
- Medications for hypertension should be taken the morning of surgery unless instructed otherwise.
- **Do not** have anything to **eat or drink** after midnight the night before your surgery unless instructed differently
- The hospital will contact you between **3pm and 8pm** the day prior to your surgery with your assigned arrival time
 - On the day of surgery, please check in at the **registration desk at the main OR**

IN THE HOSPITAL

- You will be admitted to the hospital on the morning of your surgery. "Fast-Track" patients will be discharged home several hours following surgery once cleared by physical therapy.
- The normal length of stay is 1 day following surgery unless you have been deemed appropriate for same day discharge.
- You will start physical therapy the day of your surgery.
- The hospital's case management department, discharge coordinator, and nursing staff will work with you and your surgeon regarding discharge home.

If you have questions or concerns, please call Dr. Robertson's staff

Phone (804) 288-1802 ext. 11073 Fax (804) 968-1816