

## YOUR TOTAL JOINT REPLACEMENT

### PRIOR TO SURGERY

- **Preparing For Surgery**
  - **You will require a home caretaker for the majority of the day and night during the first week after surgery. Please make sure you prepare accordingly.**
  - **You may want to stock up on packaged foods or make extra meals that you can freeze for later.**
  - **Getting your home ready so it will be easy to get around when you're less mobile is important.**
  - **You may need to set up a temporary bedroom on the first floor if you have a multi-level home. This, however, is not necessary for most.**
  - **You may also want to clear your hallways so you can navigate them with a walker.**
- **Pre-Admission Testing & Physical Exam**
  - **Please bring a list of your current medications to this appointment.**
  - **My staff will schedule your pre-admission testing and total joint class at Bon Secours. Parham will call you to schedule this date and time.**
  - **You can contact Bon Secours central scheduling directly at (804) 627-5620 [St. Francis] or (804) 747-5617 [Parham] if you need to reschedule or change these dates.**
  - **They will make every effort to schedule this on the same day, however, dates are controlled by the hospital.**
  - **These dates should be listed on your "important dates" sheet provided in this packet to fill in.**
  - **You will report to the registration desk at the hospital for your appointment and check-in.**
  - **You must also have a physical exam prior to your surgery; typically, this is done during your pre-admission testing appointment.**
    - **Alternatively, this may be done by your primary care provider.**
    - **All labs should be done at the hospital. There are certain labs, such as a MRSA screen and Type & Cross which can only be done at the hospital.**
- **Total Joint Class**
  - **The class is very informative and can provide answers to many basic questions regarding total joint replacement before, during, and after hospitalization.**
  - **The date for your total joint class will also be listed on your "important dates" sheet in this packet.**

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

- ***Please have your caretaker who will be with you following surgery attend the class as well.***
- ***This class is mandatory prior to your surgery.***
- ***They will discuss what to bring and where to go on the day of your surgery.***
  
- ***Medical Clearance***
  - ***Primary care clearance is required prior to surgery.***
  - ***If you see a specialist (Cardiology, Nephrology, etc), you may be required to obtain additional clearance.***

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

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