

We are committed to providing excellent care. Your safety and comfort are our main concern.

You and your surgical team have discussed same-day joint replacement surgery during your pre-operative (pre-op) appointment. You can go home the same day as your surgery. This guide gives you an overview of what to do.

## Before surgery

You will need to do these tasks:

- Register for your Pre-operative Joint Replacement Class.**
  - Call the joint replacement care coordinator at 224.271.6738 to schedule it. Or, register online at [nm.org/lfhjointclass](http://nm.org/lfhjointclass).
  - Complete the class at least 2 to 6 weeks before surgery, if possible.
- Select a support person (coach).** They should attend the class with you. They will drive you home and help you after your surgery.
- Schedule these appointments:**
  - Pre-op and post-op orthopaedic surgeon appointments.
  - Once you have confirmed your surgery date, you will schedule a pre-op evaluation. Your surgeon will give you instructions about this appointment. It must occur within 30 days of your surgery.
  - Pre-op lab tests and/or other tests, as directed by your physician and pre-op nurse.
- Stop smoking the required 30-90 days prior to surgery based on your surgeon's instructions. Call 847.535.7647 (TTY: 711) for a smoking cessation appointment.
- Schedule your dental examination, if directed by your surgeon.
- Post-op physical therapy appointments:
  - If you are discharged with home health care and your surgeon orders more outpatient physical therapy, schedule your 1st session to start 2 weeks after surgery at a location of your choice.
  - If you do not need home health care but need outpatient physical therapy, schedule your 1st appointment when your surgeon recommends. It's also possible you may not need any formal therapy after you are discharged home and will continue with independent home exercises.
- Buy chlorhexidine gluconate 4% (Hibiclens®) soap.** You can get this pre-op cleansing soap at any pharmacy. You do not need a prescription. You will learn how to use it during your Pre-operative Joint Replacement Class.
- Get medical equipment.** After surgery, you will need to use a front-wheeled walker and single-point cane. You may also need a raised toilet seat, shower chair and/or other equipment. Your therapist will help you know what you need.
  - You can buy or borrow this equipment.
  - Buying options: Pharmacies, medical supply stores, thrift stores or online stores
  - Borrowing options: Community lending closets, community senior centers or religious organizations
- Prepare your home for recovery after surgery** as discussed in the class. You can also refer to your Northwestern Medicine Lake Forest Hospital Joint Replacement Guide Book.

## Day of surgery

### Items to bring with you:

- Lake Forest Hospital Joint Replacement Guide Book.
- Photo ID, insurance and Medicare cards.
- List of medications, including those recently prescribed by your physician's office.
- Phone and a charger are optional.
- Glasses with case, hearing aids and/or dentures. We can store these for you during your surgery.
- Walker, if you need therapy to check the size and fit (if not, leave in the car for when you go home).
- Sleep apnea mask, tubing and settings.

### Items you should not bring:

- Valuables such as jewelry or cash
- Medications from home, unless the Northwestern Medicine Pre-anesthesia Center asks you to
- Contact lenses

## After surgery

You will recover in a room in the Same-Day Surgery Recovery Unit. Your care team will create a plan of care to meet your specific needs. They will monitor you for your readiness to move. They will also teach you the skills you need for safe activity. Tell your coach to join you to watch your physical therapy session and listen to your discharge instructions.

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To go home after surgery, you will need to meet these discharge requirements:

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Your physical therapist has cleared you to be safe for discharge home.

Your diet has advanced from ice chips to solid foods.

Your oral medications can manage your pain at home.

You have urinated.

Your case manager has confirmed your home health care or outpatient therapy.

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After you are cleared for discharge, your nurse will give you and your coach instructions for:

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Dressing care

Medications, including side effects

Pain management

Activity and exercises

Signs and symptoms of potential complications and whom to call

Follow-up visits

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At home, review your discharge instructions and Lake Forest Hospital Joint Replacement Guide.

**Questions? Contact your joint replacement care coordinator at 224.271.6738 (TTY: 711) or your surgeon's office.**

