

ASK US HOW

We can help you prepare for joint replacement surgery at **Jennersville Hospital**.

When it comes to hip or knee replacement, the more prepared you are, the better your experience – and the more confident you'll feel. Here are a few must-dos to get ready for a successful surgery.

One Month Before Surgery

Both total hip and knee replacements are major operations. Your orthopedic surgeon will likely ask you to see your primary care doctor for a complete physical exam once surgery is scheduled to identify and address any health concerns that could affect the procedure. This is especially important if you have heart disease, diabetes, high blood pressure or other chronic conditions. In addition to getting a physical and any recommended laboratory tests, focus on living a healthy lifestyle — eat a nutritious, iron-rich diet, quit smoking, exercise and try to lose a few pounds, if needed.

Keep in mind that you'll need assistance with daily chores for at least one week after surgery. Check with your insurance provider to see whether home health services and physical therapy are covered. Enlist the help of close friends and family members or ask your doctor's office to arrange for home health care and obtain the assistive equipment you'll need to make tasks easier. The American Academy of Orthopaedic Surgeons recommends purchasing or renting a walker, cane, raised toilet seat and shower chair, and if you're having a hip replacement, a sock aid (which will help you put on socks or stockings), long-handled shoehorn and reacher to grasp items on low-lying shelves.

One to Two Weeks Before Surgery

You should stop shaving around your incision site two weeks prior to surgery and quit taking ibuprofen, aspirin and other nonsteroidal anti-inflammatory drugs seven days before your procedure. Ask your physician which medications to avoid until after surgery.

Consider cooking and freezing meals, so you or a loved one won't be responsible for meal prep during your recovery. Walk through your home and remove throw rugs, unsecured lamp and electrical cords and other items that clutter floors and could make using a walker difficult and/or dangerous. The night before surgery, closely follow your doctor's preoperative instructions. As a general rule, you should shower before bed using antibacterial soap, remove nail polish and avoid eating or drinking after midnight. Prior to hitting the sheets, pack your hospital bag. Make sure to include:

- Athletic shoes
- Books or magazines
- Comfortable pajamas
- Insurance cards and copies of any other medical documents, such as a living will
- Loose-fitting clothes
- Medications
- Toiletry items, including a toothbrush and toothpaste, face wash, a comb or hairbrush, and makeup, if desired

Leave valuables, including jewelry, checks and credit cards, at home. Smartphones, computers and tablets should also remain at home or in the possession of the loved one staying with you at the hospital.

On the Day of Surgery

Don't wear contacts, makeup or lotion to the hospital, and continue to fast. As you prepare for surgery, take a deep breath and try to relax. Remember, you are now one step closer to finding relief and reclaiming an active life.

Orthopedic Care Close to Home

At Jennersville Hospital, relieving your pain is our priority. That's why we've brought together some of the region's most experienced orthopedic specialists right here in Chester County. Our medical staff specialize in treating injuries and disorders of the bones and joints. That includes advanced joint replacement solutions, like anterior approach hip replacement and robotic-assisted total knee replacement, which often offer better precision, with less incision.

Don't wait to find relief. Freedom from pain starts with one of our joint pain seminars – RSVP now at THOrtho.org.

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