

# YOUR ITINERARY: COUNTDOWN TO SURGERY

## 4 WEEKS BEFORE SURGERY

- Surgical clearance appointment with your primary care provider or cardiologist; physician's office to fax to Joint Replacement Center (JRC) at 843-522-5166.
- Perform any ordered tests such as chest x-ray or EKG; MRI within 30 days of surgery, if ordered.
- Attend pre-operative education class.
- Begin your exercise program.

## 2 WEEKS BEFORE SURGERY

- Start making home preparations.
- Stop taking prescription diet medications, herbal supplements as stated previously, Methotrexate and other rheumatoid arthritis medications. THESE ARE EXAMPLES ONLY. Please discuss all your current medications and supplements with your surgeon and/or nurse liaison and follow their directions.

## 7-10 DAYS BEFORE SURGERY

- Stop taking arthritis medications, aspirin, and blood thinners as directed by your physician.
- Reduce alcohol consumption and stop smoking.

## 4 DAYS BEFORE SURGERY

- Change bed linens
- Stop sleeping with pets
- Start the Hibiclens shower process

## DAY BEFORE SURGERY

- Pack your bag for the JRC.
- Do not eat or drink after midnight or as instructed.

## DAY OF SURGERY

- Take a shower and clean your body, focusing on the knee with the special cleanser as you were instructed.
- It's ok to brush your teeth, but do not swallow any water.
- Wear clean, comfortable clothes. Avoid wearing any fragrance, deodorant, cream, lotion or nail polish.
- Take any medications with a small sip of water as instructed during your pre-operative testing. Report to the check-in area on time.