

## Preparing for Surgery: Helpful Planning Checklist

*You are about to undergo surgery for a joint replacement; discharge from this type of surgery is typically the same day. Here is a list of things to consider to help you prepare.*

| <b>Transportation</b>                                                                                             | <b>Yes</b> | <b>No</b> |
|-------------------------------------------------------------------------------------------------------------------|------------|-----------|
| <i>Arrange transportation to and from the hospital</i>                                                            |            |           |
| <i>If needed, explore local transportation services options before your surgery date</i>                          |            |           |
| <i>Plan for medical transportation home after surgery if family and friends are not available</i>                 |            |           |
| <i>If you have questions about transportation options, please contact your surgical care team</i>                 |            |           |
| <b>Care Support</b>                                                                                               |            |           |
| <i>Arrange for a family member, friend, or caregiver to stay with you for the first 24-48 hours after surgery</i> |            |           |
| <i>Schedule family or friends to check in on you after the initial recovery period</i>                            |            |           |
| <i>Ask your health care team whether Home Health services may be available for your situation</i>                 |            |           |
| <b>Recovery Planning</b>                                                                                          |            |           |
| <i>Plan where you will recover after leaving the hospital</i>                                                     |            |           |
| <i>Discuss your recovery plan with your surgeon and care team to ensure you have the support you need at home</i> |            |           |
| <i>Learn about available recovery resources, including Home Health services if you are eligible</i>               |            |           |
| <i>Ask questions about discharge planning so you feel prepared and confident before surgery</i>                   |            |           |
| <b>Physical Therapy</b>                                                                                           |            |           |
| <i>Confirm with your surgeon if physical therapy is part of your recovery</i>                                     |            |           |
| <i>Schedule your physical therapy appointments before surgery whenever possible</i>                               |            |           |

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|-----------------------------------------------------------------------------------------------------------------------------|--|--|
| <i>Explore mobile or in-home physical therapy options if transportation may be challenging</i>                              |  |  |
| <b>Total Joint Replacement Class</b>                                                                                        |  |  |
| <i>Attend the Total Joint Replacement Class to help you prepare for a successful recovery</i>                               |  |  |
| <i>Learn what to expect before, during, and after surgery, including information about medications and physical therapy</i> |  |  |
| <i>Choose the format that works best for you: In-person (recommended) or Virtual online class</i>                           |  |  |
| <i>Call <b>208-500-9813</b> with questions about available class dates and times</i>                                        |  |  |