

Preparing For Surgery: (hips, knees, ankles, feet)

This is a general guide that helps you see what is involved. Please refer to the specific guide provided by your surgeon's office.

Prior to your surgery:

- * **Check your calendar** and see if you have any other appointments that may need to be moved or cancelled. You may need to do a hiba cleanse bath prior to the day of surgery.
- * **Ask about what limitations** will be placed on you during recovery time so that you can plan for how much assistance you may need from others (family, friends, etc.)
- * **Plan for** meals, laundry, housekeeping, emergencies (spilled items, etc.) and medication distribution.
- * **Ask what information** you need to provide from your primary care physician prior to the surgery date.
- * **Call the office for insurance** authorization and what your insurance covers. Be ready to provide your insurance card at the hospital.
- * Doctor's office should **schedule follow up appointments** with you.
- * **You may want to pick up medications** prior to the surgery.
- * **Transportation** arrangements need to be looked at.
- * **Loose comfortable clothing** is usually desired to return home from surgery.
- * **Ask your doctor's office about equipment needs** (CPM, Ice Machine, long-handled reacher, crutches, etc.)
- * **Schedule** the recommended time off work.
- * **Emergency numbers** should be easily available.
- * You may be asked to **stop all food and drinks** 8+ hours prior to surgery.
- * You may be asked to **stop certain medications** such as aspirin 1 week prior to the surgery.

Enjoy knowing you are ahead of the game. Best Wishes on a successful surgery!