

# Hip and Knee Arthroplasty - Checklist for Surgery

Your surgery is at **Juravinski Hospital**.

Come to Entrance A. Go to Patient Registration on the first floor  
on \_\_\_\_\_ (date) at \_\_\_\_\_ (time).

Your surgery time is \_\_\_\_\_

**Special instructions:** \_\_\_\_\_

## Important reminders

- ✓ On the day of your surgery please have no more than 1 or 2 adults with you.
- ✓ Your surgeon will discuss with you how long you will be in the hospital after your hip or knee surgery. You must have an adult drive you home from the hospital when you are ready to go home.
- ✓ Do not bring electronic devices such as laptops, iPads or cell phones. We cannot be responsible to keep them safe for you.

## What can I eat or drink before surgery?

- You can eat solid foods until 12 midnight the night before your surgery.
- Do not eat anything including candies or chewing gum after midnight.
- Drink up to 3 glasses (800 ml) of a high carbohydrate drink at bedtime the night before surgery. **Must be clear fluids only.**
- Drink 1½ glasses (400 ml) of a high carbohydrate drink (**must be clear fluids only**) up to 3 hours before your surgery. Finish by \_\_\_\_\_ (time).
  - Examples of a high carbohydrate drink include: apple juice, cranberry cocktail, iced tea and sports drinks.

## Medications

- Take your morning medications, as instructed by the nurse or anesthesiologist, with small sips of water.
  - Bring your inhalers, insulins, nitro spray and eye drops to the hospital.
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## How do I prepare for surgery?

- Take a bath or shower with soap and shampoo your hair. Do not shave the area of surgery unless instructed. Use the scrub sponge you bought, on the side of your body you are being operated on. Refer to the **“Instructions for Showering with Chlorhexidine sponge – new hip and knee surgery”** sheet for details on how to use. Bring clean clothes to wear to the hospital.
- Remove all jewellery (including wedding bands) and body piercings. **Jewellery and piercings that cannot be removed will need to be cut off by a jeweller before surgery.**
- Wear your medical alert bracelet or necklace to the hospital.
- Remove contact lenses.
- Remove all make-up.
- Remove all nail polish and artificial nails on the foot, leg, arm or hand that you are having surgery on. For all other types of surgery, just remove nail polish or artificial nails from the fingers closest to your thumbs on both hands.
- Leave your money, credit cards, jewellery and valuables at home.
- Use a pad, not a tampon, if you are on your period.
- Do not wear perfumes or colognes, or use scented lotions or deodorants.

## What do I bring and wear to the hospital?

- Bring your health card.
  - Bring your inhalers, insulin, nitro spray, eye drops.
  - Bring your housecoat and non-slip footwear.
  - Wear loose, comfortable clothing.
  - Wear your glasses or hearing aid. Bring a case for your glasses, hearing aid and denture cup.
  - If you have sleep apnea, **you must bring your CPAP machine (clean and in working order)**. Otherwise your surgery may be cancelled.
  - Bring your patient education booklet “Your New Hip” or “Your New Knee”.
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## **When do I see my surgeon after I go home?**

You may not see your surgeon until your follow-up appointment. Instructions will be given to you about this appointment before you leave the hospital.

## **What if my health changes?**

If your health changes between your clinic visit and the day of your surgery, please call your surgeon.

## **Can my surgery be cancelled?**

Your surgery may be cancelled due to emergencies or other reasons. Staff will keep you informed of any reason which may delay or cancel your surgery.

## **What happens in the Operating Room (OR)?**

If you are able, you can walk to the OR patient receiving area.

A nurse and doctor from the OR will review your surgery and answer your questions.

Once in the OR you will take part in a safety checklist that reviews all information related to your surgery.

If you are having an epidural or a spinal anesthetic, this will be done before starting surgery. You may be given medication through your IV to help you relax during the procedure.

You will be asked to breathe oxygen from a mask that is held over your nose and mouth. The anesthesiologist will give you medications through your IV to make you sleep.

## **What happens in the Post Anesthetic Care Unit (PACU) after surgery?**

When you arrive in the PACU, you will have:

- an oxygen mask put on your face
- an oxygen monitor on your finger to check the oxygen level in your blood
- your blood pressure, pulse and respirations checked every 5 to 15 minutes
- your incision checked often

## Will I have pain when I wake up?

You may have pain when you wake up. Most pain can be controlled or reduced by medication. Tell your nurse when you are having pain. You will be asked to rate the pain on a scale of 0 to 10.



## How else might I feel?

It is normal to feel drowsy, thirsty, and/or nauseated. This is caused by the medications you had during your surgery. The nurse will let you know when you can drink.

## Will I be able to go to the washroom?

You may have the feeling that you need to empty your bladder. You may have to use a bedpan or urinal in the PACU, but when on the ward you will be instructed and encouraged to get up to the washroom with assistance.

## Can I have visitors?

There are no visitors allowed in the PACU. There is a waiting area near the operating room. To get information there is a phone available to talk with a nurse. The average stay in PACU is 1 to 2 hours.

When you are ready to leave the PACU you will go to a bed on the ward. Your family will be able to visit you on the ward.

## Feedback

At Hamilton Health Sciences we welcome your feedback. Hearing from patients and families is the best way to improve our care and services. If you have compliments or concerns about your care, please speak with a member of your health care team or the unit/area manager.

If you wish to share your feedback or compliments further, or feel your concerns have not been addressed, please contact the **Office of Patient Experience at 905-521-2100, ext. 75240.**

## Parking

### Your surgery is at the Juravinski Hospital

- ✓ Parking is across the street from the hospital on Concession Street.
- ✓ Enter through Entrance A in front of the hospital.
- ✓ Go to Patient Registration – Section A, Level 1