

*Please bring this Patient
Education Booklet with you to
all appointments and hospital stay.*

Total Knee Replacement

Orthopedic Center
of Excellence



Introduction

Thank you for choosing Alta Bates Summit Medical Center for your knee surgery care!

Your individualized team of physicians, nurses, physical therapists (PTs), occupational therapists (OTs), and case manager will all be working together to assist you in all aspects of care for your total knee replacement. The information in this packet will help to explain what you, your family and friends may expect during your hospital stay and recovery, and to help you regain optimal function as quickly as possible.



Every patient's condition is individual and your care will be coordinated carefully to meet your specific needs. We strongly encourage you and a family member or caregiver to attend the pre-operative session. Your family and friends will be better able to assist you in recovery if this information is shared with them. They will be one of the most important sources of support and encouragement for you.

We have combined all your pre-operative appointments into one, three-hour session. This will include an intake assessment, medical testing and an educational class that will help prepare you for what to expect from the process. The pre-operative class will be held in a group setting with an instructor, which will give you the opportunity to ask questions and gather more information about any part of your surgical process or recovery. Having all your pre-operative needs taken care of at one visit will minimize your travel time, worry and stress.

Your pre-operative session will be held at 3100 Summit Street in Oakland and will be arranged for you by your surgeon's office staff. The entrance is across the street from the South Pavilion Garage.

THANK YOU for the opportunity to serve you! From your Orthopedic Center of Excellence team here at Alta Bates Summit Medical Center we welcome you!

Your Alta Bates Summit Orthopedic Center of Excellence provides a full continuum of services:

- Pre-operative education and lab work
- Surgery
- Post-operative floor
- Physical and occupational therapy
- Nutritional services
- Imaging services
- Rehabilitation
- Outpatient services
- Postoperative rehabilitation classes

Preparing for Your Knee Surgery: Surgery Checklist

Name: _____

Appointments

- ☐ Pre-Operative Session
3100 Summit Street, 2nd Floor:

Date _____ Time _____ Location _____

Pre-Operative Orthopedic Appointment _____ Location _____

Surgery Date and Time _____

Surgery Arrival Time _____

- Surgery Location:
- ☐ **Alta Bates Campus**, 2450 Ashby Avenue, Berkeley
(1st Floor Surgical Services)
 - ☐ **Summit Campus**, 350 Hawthorne Avenue, Oakland
(3rd Floor East, Merritt Pavilion, Surgery Intake)

- ☐ Post-Operative Appointment: _____ Location _____
- ☐ Make sure that your orthopedic surgeon's office has up-to-date insurance information.
- ☐ If directed by your orthopedic surgeon, schedule an appointment with your primary care physician for a pre-operative history and physical.

Please bring completed forms to the pre-operative session:

- ☐ **Medication List** (located in the inside pocket of the binder).
- ☐ **Anesthesia Questionnaire** (located in the inside pocket of the binder).
- ☐ **Advanced Directive**
- ☐ **Discharge Planning Questionnaire**

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