

Hip Replacement Surgery Preoperative Checklist

- ☐ Schedule your surgery date.
- ☐ Identify your joint coach, help for home, and a driver after surgery.
- ☐ Discuss the cost of surgery with your insurance company and/or your surgeon's surgery scheduler.
- ☐ Develop a plan for mental preparation (meditation, cognitive therapies, see a mental health provider if needed). Mental health plays a critical role in the success of joint replacement.
- ☐ Develop a plan for physical preparation (knee exercises and/or aerobic exercises).
- ☐ Develop a healthy diet plan before surgery.
- ☐ Develop a food plan for after surgery (frozen meals or have someone to cook for you).
- ☐ Search for and remove hazards for tripping, slipping, or falling in the home (rugs, cords, toys, and even small animals).
- ☐ Purchase or borrow a 2-wheeled walker and a cane. The hospital can provide a walker if you need it. Optional: reacher/grabber devices, long shoehorn, sock aid, shower chair (look on Amazon)
- ☐ Have a plan for icing at home: ice machine, gel packs, frozen vegetables, or plastic bags with ice in them. Consider purchasing or renting an ice machine. Your surgeon's office can provide options for you.
- ☐ Schedule your preoperative history and physical (must be within thirty days of surgery). Check with your surgeon to see if you should use a special clinic or your primary care provider.
- ☐ Complete labs and other ordered studies well before the surgery date.
- ☐ If you smoke, stop at least six weeks prior to surgery. Use this as your reason to quit forever.
- ☐ If you are diabetic, keep blood sugars under good control leading up to surgery.
- ☐ Limit alcohol use to two drinks or less per day in the weeks leading up to surgery. Do not drink any alcohol for two days before your procedure.
- ☐ If you use opiate pain medications, stop them at least four weeks prior to surgery. Have the prescribing medical provider help you taper off them well before surgery if needed.
- ☐ Your surgeon, your primary care provider, or the clinic you go to for your preoperative medical appointment should give you a list of medications to stop before surgery. Pay attention to this list. It's important.
- ☐ Stop all herbal supplements and anti-inflammatory medications at least a week before surgery.
- ☐ If your body mass index is more than 30 and you have time before surgery, work on weight loss. Do not go on a "crash diet" just prior to surgery.
- ☐ If you have not seen a dentist in the six months leading up to surgery, it's a good idea to get a checkup and cleaning. Don't have any dental work done in the two weeks prior to or after surgery.
- ☐ Make sure your vaccines are up to date well before surgery (flu, pneumonia, Covid). Don't get any vaccinations within two weeks on either side of your surgery date.
- ☐ Make sure you know your postoperative appointment dates with your surgeon's office.
- ☐ Write your current medications (including dosages), supplements, and medication allergies on a piece of paper to bring with you to surgery.
- ☐ Put clean sheets on your bed and clean towels in your bathroom in preparation for your arrival home.

Please Note: most patients having hip replacement do not need physical therapy in an office setting immediately following surgery. Check with your surgeon at your follow up appointments to see if physical therapy is needed.

