

## **Having Joint Replacement Surgery in the Next 24 Hours? Here are Your Preoperative Instructions**

- Stop eating all solid foods at 11 pm. You may have water or plain apple juice up to 2 hours prior to your arrival time.
- Shower with a soap from the store that is labeled “antibacterial.” If you were given soap at your preoperative appointment, use this instead. Take a shower with this soap the night before and the morning of your surgery. Use a clean towel after you shower.
- DO NOT shave below the neck for at least 72 hours before your surgery. Shaving can cause nicks or cuts in the skin increasing your risk of infection.
- Bring a list of your medications and allergies with you on the day of surgery. There is a separate form for this in your OrthoSkool course.
- Leave your own medications at home. If you take an uncommon medication, discuss it with your medical team.
- Bring your picture ID, insurance card and prescription drug card with you to the hospital.
- If you have an advance directive, please bring a copy with you to the hospital.
- Wear your eyeglasses (no contact lenses) on the day of surgery. Please bring a case for them. You will be asked to remove your glasses before surgery.
- Bring loose-fitting pants or shorts and walking shoes without a heel.
- You may bring personal hygiene items (hairbrush, toothbrush, toothpaste, etc.).
- If you use a CPAP or BiPap, please bring it to the hospital with you.
- If you have a walker, please bring it with you so we can ensure that they are sized appropriately. If you won’t have a walker, we can provide one.
- Do not bring jewelry, money, or other valuables to the hospital.
- Do not wear eye makeup, lipstick, lotions, perfumes or cologne the day of surgery.
- Do not bring tobacco, alcohol, or cannabis products with you to the hospital.
- Have someone to drive you home after surgery. You will also need someone to drive you to physical therapy and other appointments after surgery.

