

Joint Replacement Time Line



Your guide to joint replacement surgery

Start

Getting My House in Order

Getting Myself Ready

I've decided to have joint replacement surgery. First step is to attend a Joint School orientation session.



Who will stay with me? Who will be my "Care Partner"?

What are my rehabilitation options?



What about adaptive equipment for my home?

Safety Proof my home

Arrange a physical exam



Complete necessary dental work

What to Expect in the Hospital

Group Therapy sessions start

Review Dietary needs



- Pain Management
- Offer tools to prevent complications

Surgery



Anesthesia: General or Regional

Perform Pre-Surgical Exercises

Prepare for AMCMC's No Smoking/ No Alcohol Policy

Follow doctor's instructions for pre-surgical showers



What to Expect at Home

Finish

Occupational Therapy

Work on walking, stairs, transfers, home equipment & instruction

Discharge to home or extended care if needed



Continue physical therapy, follow home exercises & precautions

Follow-up appointment with surgeon

Continue to see improvements for up to a year.



I am enjoying being active & independent.

