



CHA ORTHOPAEDICS

TOTAL JOINT EDUCATION CLASS

Our Total Joint Class will help you prepare for your upcoming surgery.

- Learn what to expect before, during, and after surgery
- Get a chance to ask questions
- Help you feel prepared for your upcoming surgery

About the Total Joint Education Class

Due to ongoing COVID-19 concerns, our total joint replacement class is now held virtually. Your orthopedic provider can sign you up for this class if you have an active email address and internet access. If you do not have email, we will offer you an in-person, individual total joint class in the orthopedic office with one of our physician assistants.

What will you learn?

- Details about having joint replacement surgery
- How to prevent complications and infections
- What you should do before surgery
- What to expect the day of surgery and while you are in the hospital
- How to manage pain
- Physical and occupational therapy
- After you leave the hospital (home vs short-term rehab)

You are welcome to bring a family member or friend with you to the class. This person should be someone who will be able to provide support to you after your surgery.

For more information:

Please call 617-665-1566 or visit www.challiance.org