

# TOTAL JOINT SURGERY PRE-OP REQUIREMENTS



## BEFORE SURGERY CHECKLIST

### Appointments

#### 1. Dental Clearance

- \_ Visit your dentist to ensure you are not at risk for infection.
- \_ Have your dentist sign the clearance letter provided.
- \_ Bring this to your next orthopedic appointment or have your dentist fax it to our office.

#### 2. Primary Care Physician (PCP) Clearance

- \_ Make an appointment for a pre-surgery visit.
- \_ Have your PCP sign the clearance letter provided and return it to our office.
- \_ If you have other medical issues (i.e. heart conditions), you may have to see other providers for additional tests/clearance.

#### 3. Pre-Admission Testing (PAT) Appointment

- \_ You will have a **televisit** with an anesthesia team member.
- \_ You will be sent to one of our labs for blood tests 1-2 weeks prior to surgery.
- \_ You must attend this appointment as scheduled or your surgery will be cancelled.

#### 4. Case Management Telephone Screen

- \_ A nurse or social worker from the Case Management team will call you to discuss your insurance benefits and your projected post operative plan of care.
- \_ Please make sure you have an updated telephone number in your records.

#### 5. Physical Therapy Evaluation

- \_ **Hips/Knees:** Attend one **televisit** with a physical therapist to evaluate your current ability to walk and the setup of your home (bathroom, bedroom, stairs). They will also teach you how to use a walker after your surgery.
- \_ **Shoulders:** Attend one **televisit** to prepare for using one arm after surgery.

### Classes

#### 6. Total Joint Class

- \_ Attend one **online** or **in person** class to learn about total joint surgery.
- \_ Complete a survey after the class.
- \_ You will need an active email account and internet access to join the online class.
- \_ If you do not have email/internet, you can schedule an individual in person class at the orthopedic clinic.

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# PRE-OP REQUIREMENTS

## CONTINUED

### Tests

#### 7. COVID-19 Test (Nasopharyngeal Swab)

- \_ The test must be performed **48-72 hours** prior to your scheduled surgery.
- \_ If the test is negative, you can proceed with your surgery as planned.
- \_ If positive, you will need to quarantine for **14 days** before being able to undergo surgery.

#### 8. MRSA Test (Nasal Swab)

- \_ This nasal swab is to check for bacteria in the nose that have been linked to infections.
- \_ If positive, we will contact you and prescribe a nasal ointment to use prior to surgery.

#### 9. Urine Nicotine Test

- \_ You must stop using all nicotine products (cigarettes, vape, patches, gum, etc.) at least 1 month prior to surgery.
- \_ If you have a history of smoking, you will need to have a urine test done before surgery to confirm there is no nicotine in your system.
- \_ Cessation aids are available to help you quit.

#### 10. Hemoglobin A1C

- \_ If you have a history of diabetes, you must have well-controlled blood sugar levels.
- \_ Your HbA1C (a blood test to check your glucose levels) must be less than 8.

#### 11. Body Mass Index (BMI)

- \_ Your BMI is a ratio of your height and weight, and must be under 40.
- \_ CHA Nutritionists are available to help with weight management.

### Equipment and Supplies

#### 12. Medical Equipment

- \_ **Hip replacement:** You need a walker and a raised toilet seat or commode in your home before you have surgery. Sock aids and reachers, etc are helpful to use.
- \_ **Knee replacement:** You need a walker in your home before your surgery. Raised toilet seats or commodes are best for knees.
- \_ Ask your provider for a prescription. If your insurance does not cover these items you can find them at pharmacies, home improvement stores, and online.
- \_ If you can't afford to buy these items you can go to the Mason's Loan Program. They loan out used hospital/medical equipment for free. They are at 500 West Cummings Park Suite 1150 in Woburn. Open Saturdays from 9 am to 12 pm.

#### 13. Chlorhexidine Body Wipes

- \_ To use the night before surgery and the morning of surgery as instructed.
- \_ If your MRSA test is positive, you will need to use the wipes for 5 days.

*You cannot have total joint surgery until you fulfill the above requirements.*