

# Before Surgery Checklist

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## **To Complete Before Surgery**

- I have verified with my insurance company that I have coverage for surgery and have all my financial responsibilities taken care of.
- I have attended the total joint replacement education class
- I have received my pre-admission testing schedule. If I have not received my schedule within two weeks before my surgery, I will contact the total joint coordinator at 361-826-5721.
- I have completed all lab work requested from my surgeons office
- I will call Total Joint Coordinator if I have questions about my surgery
- I have talked to my surgeon about discharge options
- I have not shaved my legs 10 days before my surgery
- I have arranged someone to drive me home when I leave the hospital
- I have arranged someone to drive me to my follow-up appointments

## **To improve my health before surgery**

- I quit smoking to improve healing and reduce the risk of infections after surgery (if applicable)
- I had a dental check-up to make sure all my dental needs are taken care of before surgery
- I am eating lightly the week before my surgery to help reduce the risk of constipation.
- I have increased fluids and fiber in my diet
- I had my diabetes checked, and it is under control (if applicable)