



# Total Joint Replacement

## Pre-Surgery Checklist

### Following these steps will help you prepare for your surgery

- **Register for pre-operative class.** Register for class by scanning the QR code or visiting: [trinityhealthmichigan.org/ortho-help](https://trinityhealthmichigan.org/ortho-help) and pick the class that corresponds with your surgery location.
- **Choose a coach.** A coach is a person who can help support you in your recovery both in the hospital and at home. Your coach is someone who will help you stay motivated and succeed.
- Perform the preoperative exercises explained in the patient guide.
- Follow the infection prevention guidelines on the website regarding the body wipes, antiseptic soap, incision care, hand washing, cell phone cleaning, and restrictions on pets.
- **Create a post-operative plan for your recovery:**
  - Prepare your home following the guidelines discussed in class (e.g. remove throw rugs).
  - Arrange to have assistance at home (24 hour assistance is not required).
  - Arrange for a driver for your appointments and discharge from the hospital.
- **Attend your history and physical appointment (Pre-admission testing).**

This appointment is mandatory. If you are unable to attend, you must cancel 48 hours prior to the appointment time, by calling 734-712-1313 to reschedule. Date \_\_\_\_\_
- Complete the **MARCOI** pre-operative PRO Survey (patient reported outcomes). This may be completed in your surgeon's office or through MyChart. You will be asked to complete the survey between two- and 13-weeks after surgery, and then again after one-year.

Scan the QR  
Code to register  
for class.

