

Patient Information for Same Day Joint Surgery

Before your surgery:

- Watch the pre-op video and read the patient guide.
- Obtain equipment necessary as indicated in the patient guide.
- Have a family member or friend to accompany you to the hospital on the day of surgery.
- Have a family member or friend stay with you for the first few days after discharge home.
- The night before surgery, drink up to 3 glasses (800mL) of a high carbohydrate drink at bedtime (examples: apple juice, cranberry cocktail, iced tea).

The day of surgery:

- Drink 1.5 glasses (400mL) of a high carbohydrate drink up to 3 hours before your surgery (examples: apple juice, cranberry cocktail, iced tea).
- Expect to go home the same day of your surgery.
- Please ensure you have transportation to go home and your walker readily available.
- Make sure to fill your prescription before you leave the hospital.

Once you get home (on the day of surgery):

- Drink 1.5 glasses (400 mL) of a high carbohydrate drink after returning home
- Ensure you have someone beside you when you are walking.

The day after surgery:

- You should expect to receive two phone calls the day after your surgery: one from the nurse practitioner or surgeon, and one from the anaesthesiologist or pain service nurse practitioner.
- Eat well and continue to drink fluids
- Sit up at all meal times and walk to the washroom.
- Try to do your exercises three times daily and take frequent short walks. Increase your activity as tolerated.
- It is recommended to take your pain medications routinely as prescribed for the first few days after surgery.

Other reminders:

- Remove your Aquacel bandage 7 days after surgery. Instructions can be found in your patient guide on page 27.
- You will receive information for a follow-up appointment with your surgeon. The appointment will take place two weeks post-operatively in the Ortho Plastics Clinic. Your staples or sutures will be removed at this appointment.
- To track your progress, keep a log of your pain medications, other medications you take, when you take them, your pain level, your exercises, and any concerns that might arise after surgery.

If you experience any of the following, go directly to the NYGH Emergency Department:

- Excessive drainage to the incision (leaking outside the Aquacel bandage)
- Fever over 38°C for more than 48 hours (non-responsive to acetaminophen)
- Shortness of breath or difficulty breathing
- Chest pain, tightness, or pressure

If you have questions or concerns please call:

Patient Navigator: 416-756-6000 ext. 4490

Ortho Plastics Clinic: 416-756-6970

4 West (In-patient unit): 416-756-6398

To view a copy of the Hip and knee Patients Guides online please visit www.nygh.on.ca/hipkneecare (listed under resources and videos).