

## **Joint Replacement Surgery Preparation Checklist**

**Use this list to get ready for your surgery. Start early — some steps take weeks or months.**

### **Medical Requirements**

- ☐ Achieve a **BMI below 40** (we can help with weight management resources if needed)
- ☐ For patients with diabetes: **HbA1c below 7.0**
- ☐ Stop **smoking, vaping, or all nicotine products** at least 6 weeks before surgery
- ☐ Complete a **physical by your primary care doctor** (unless done in the past 6 months)
- ☐ Finish any needed **dental work** (no cleanings/procedures for 3 months after surgery)

### **Home & Support Planning**


- ☐ Arrange for a **family member or friend** to stay with you for the first 3 days
- ☐ Prepare your home: remove loose rugs/cords, move items to waist height
- ☐ Set up a **safe sleeping area** (single-level if feasible, stairs may be challenging)
- ☐ Obtain recommended equipment: walker, cane, or toilet riser

### **Health & Wellness**


- ☐ Eat a **healthy, protein-rich diet** and stay well hydrated
- ☐ Limit or avoid alcohol before surgery
- ☐ Take care of your skin — avoid cuts, rashes, or infections near the surgery site
- ☐ If you use a **CPAP**, make sure it works and plan to bring it with you to surgery
- ☐ A **sleep study test** to check for sleep apnea may be recommended if you snore heavily
- ☐ Ask your doctor if you need **flu or pneumonia vaccines** ahead of time

### **Exercise & Conditioning**

- ☐ Begin **gentle mobility and conditioning exercises**
- ☐ Strengthen your **upper body** to help with walker use and stair railings
- ☐ A few **Physical Therapy (PT) sessions** can be helpful – just ask us for a referral

 **Tip:** Completing this checklist will make your surgery safer, your recovery smoother, and your return to daily life faster.

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