

Total Joint Replacement Preparation

Risk Modification

Preparing for surgery includes considering the risks factors for peri and post-operative complications and taking steps in the pre-operative period to reduce those risks. Some risk factors are modifiable, though it **may take time and focused effort** to achieve the ideal pre-operative status. Total joint replacement is an elective procedure so postponing the surgery while participating in risk modification efforts may be appropriate for some patients.

At your pre-operative appointment (14-30 days before surgery), the medical providers will review all your medications, medical, surgical and social history. Please be prepared for this appointment (bring your medication bottles or list) and supply all details accurately so that we can better assess your health status and needs.

Often, we recommend an appointment with a physical therapist before your scheduled surgery (pre-hab) to better prepare you for the surgical experience and post-operative rehab. The therapist will also provide a home exercise program which can improve your physical condition and strengthen the surrounding musculature prior to surgery.

Below are some examples of risk factors and suggestions to improve your surgical outcome and overall experience.

Cardiac, pulmonary and dental health

** Please include your primary care physician and other specialist when preparing for surgery to manage all existing medical issues most effectively **

- Clearance from other physicians may be required before proceeding and achieving overall optimal health reduces your risk of complication
- Blood thinning medication needs to be stopped prior to surgery and approval from the prescribing physician is usually required
- Poor dental health increases your risk of joint infection so routine care is recommended prior to surgery
- If you have sleep apnea and have been prescribed a CPAP machine, use of the CPAP before and after surgery is very important. You may need to bring the machine with you to the hospital if staying overnight

Diabetes/blood sugar control

- Diabetes increases your risks of complications, but better blood sugar control before, during and after surgery helps to mitigate those risks
- The best-case scenario is an HgA1c of less than or equal to 7, anything higher increases the risks of complications
- **Any spike** in blood sugar above 180 during the peri-operative period increases risk. Blood sugar control the night after surgery is very important.

The goal is to keep your blood sugar less than 137 during the week before and after surgery.

BMI = body max index

- Morbid obesity is defined as a BMI of 40 or higher which increases the risk of complication and makes the surgery and recovery more difficult.
- If your BMI is near or over 40, consider postponing surgery and focusing on weight loss

Tobacco use

- This includes vaping and chewing tobacco as well as smoking. All of these increase your risk of complication
- We recommended that all tobacco use be discontinued for your overall health, but before joint replacement surgery please abstain from tobacco use at least 4-8 weeks prior to surgery and throughout the post-operative period at least until the wound is healed

Malnutrition

- Increase your intake of lean proteins and healthy green vegetables before and after your surgery
- Consider the addition of protein/nutritional supplement shakes such as Ensure or Boost, daily pre-natal or multivitamins and a Vit D supplement

Autoimmune or Rheumatologic disease

- We may need to involve other specialists
- Some medications should be stopped pre-operatively and held until your surgical wounds have healed completely

Urinary symptoms

- Please notify us if you have any concerning symptoms such as frequency, retention, pain with urination or a foul odor
- These issues may need to be evaluated and addressed prior to surgery