

**AUSTIN BONE & JOINT CLINIC**  
**1015 E. 32<sup>ND</sup> ST. #101**  
**AUSTIN, TX 78705**

**PREOPERATIVE JOINT REPLACEMENT INSTRUCTIONS**

➤ **Medical Clearance**

Have your primary care doctor and/or cardiologist send us the results of your latest check-up, including lab work, EKG, stress test, etc. This information may be faxed to 479-0475. If you have not had a check-up within the last year, you may need one prior to surgery, depending on your health.

➤ **Dental Work**

Take care of all pending dental work prior to your surgery.

➤ **Blood Donation**

Often we ask that patients donate their own blood prior to their surgery. This is done at the Blood and Tissue Center, located at 4300 N. Lamar Blvd. Our surgery coordinator will fax the appropriate paperwork to the Blood and Tissue Center once your surgery has been scheduled. While donating blood, take an iron pill daily. Feosol iron supplement can be purchased without a prescription.

➤ **Blood Thinners**

Stop all blood thinners, such as Coumadin, Plavix, aspirin, and all anti-inflammatories (Advil, Motrin, Aleve, ibuprofen, Naprosyn, etc.) 7-10 days prior to surgery or as instructed by your surgeon.

➤ **Smoking**

Quit smoking for as many days as you can prior to surgery. Smoking is not allowed in the hospital. Smoking slows the healing rate in bones and tendons.

➤ **Skin Preparation**

Scrub the operative site and the entire limb with Betadine Scrub or Hibiclens nightly, starting several nights prior to surgery, but most importantly the night prior to surgery. This will reduce the chance of infection. You can purchase these solutions at any pharmacy or pharmaceutical department of your grocery store.

➤ **Hospital Stay**

You will be hospitalized in the acute care hospital for 3-5 days. At the end of that time, you will either be transferred to the rehabilitation hospital for an additional 3-5 days or discharged home, to receive in-home health care rehabilitation. You and your doctor will decide which type of rehabilitation will be best for you.

➤ **Questions**

Jo, our surgery coordinator, is your contact person for scheduling and any preoperative questions or concerns. Her direct line is 472-9011.