



John Carlo Bonano, MD

Total Joint Replacement Preoperative Instructions

Hip: Right Left

Knee: Right Left

Preoperative Visit Checklist

- Obtain EKG, labs, and additional clearance for surgery if needed
- Attend joint replacement education class
 - Obtain Chlorhexidine soap
 - Obtain walker
- Start preoperative exercises
 - Joint Replacement Guide
 - MyMobility App
- MSSA/MRSA nasal swab
 - If positive* - Mupirocin nasal ointment will be sent to your pharmacy.
- Pick up medications from pharmacy
 - Acetaminophen (Tylenol)** – 1000mg every 8 hours for 4 weeks, for pain
 - Meloxicam (Mobic)** – 15mg once per day for 4 weeks, for pain
 - Oxycodone** – 5 - 10mg every 4-6 hours, as needed for severe pain
 - Miralax** – 1 packet (17g) in 8 ounces of liquid, 1-2 times per day for constipation
 - Pantoprazole** – 40mg once daily for 4 weeks, to prevent stomach ulcers
 - Aspirin** – 81mg twice per day for 4 weeks, to prevent blood clots
 - Other:

Before Surgery Checklist

- **5 days before surgery:**
 - If on a blood thinning medication*, stop taking as instructed
 - If MSSA/MRSA positive*, begin Mupirocin nasal ointment 2x/day (12x total)
- **2 days before surgery:**
 - Begin using **Chlorhexidine soap** (3x total, including morning of surgery)
- **1 day before surgery:**
 - Receive pre-anesthesia phone call and arrival time
- **Day of surgery:**
 - NO eating or drinking dark fluids (including coffee) after **12am**
 - Drinking water is allowed until **2 hours** before arrival to hospital
 - Please arrive at assigned time to patient registration at hospital
 - Wear comfortable clothes and do not bring any valuables
 - Plan to go home on same day after working with physical therapy