



# YOUR ITINERARY COUNTDOWN TO SURGERY

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## 4 WEEKS BEFORE SURGERY

- Attend pre-operative class or watch class video.
- Begin your exercise program or continue your prior program.
- Stop smoking tobacco/nicotine products.
- Surgical clearance may be obtained from your primary care provider and other specialists that you see.

## 2 WEEKS BEFORE SURGERY

- Start making home preparations.
- Stop taking prescription diet medications, herbal supplements as stated previously, Methotrexate and other rheumatoid arthritis medications. **THESE ARE EXAMPLES ONLY.** Please discuss all your current medications and supplements with your surgeon and/or nurse liaison and follow their directions.

## 7-10 DAYS BEFORE SURGERY

- Stop taking NSAIDS, such as ibuprofen and naproxen, aspirin, and blood thinners as directed by your physician or the preoperative nurse coordinator.
- Reduce alcohol consumption.

## 4 DAYS BEFORE SURGERY

- Change bed linens
- Stop sleeping with pets.
- Start the Hibiclens shower process (your fifth day of use will be the day of surgery.)

## DAY BEFORE SURGERY

- Make sure you stay well hydrated throughout the day.
- Pack your bag for your hospital visit.
- Drink one 10 oz. bottle of Ensure Pre-Surgery clear carbohydrate drink at bedtime (before midnight).
- Do not eat or drink after midnight or as instructed.
- Remove nail polish and fake nails.

## DAY OF SURGERY

- Take a shower and clean your body, focusing on the hip and groin, with the special cleanser as you were instructed.
- It's ok to brush your teeth, but do not swallow any water.
- Drink one 10 oz. bottle of Ensure Pre-Surgery clear carbohydrate drink two (2) hours before arrival at the hospital. Consume it quickly (in less than five minutes).  
**Diabetics: drink four (4) hours before arrival.**
- Wear clean, comfortable clothes. Avoid wearing any fragrance, deodorant, cream, lotion or nail polish.
- Take any medications with a small sip of water as instructed during your pre-operative testing.
- Report to the check-in area on time.
- Remove all jewelry including rings prior to surgery. Do not bring valuables to the hospital.