



ORTHOPEDIC SPECIALISTS OF OAKLAND COUNTY JOINT REPLACEMENT PRE-OPERATIVE CHECKLIST

Phone: (248) 335-2977

Fax: (248) 712-4939

www.OSOC.com

Surgery Date: _____

Doctor: _____

4-6 WEEKS PRIOR TO SURGERY

- Obtain Medical Clearance and EKG

Call your Doctor(s) and make an appointment for a complete pre-operative exam and surgical clearance.

It is your responsibility to ensure that our office receives your clearance prior to your pre-op appointment.

- Dental Check Up

See your Dentist and take care of any dental work and/or routine cleaning at least 2 weeks prior to surgery. You should not have any dental work for 3 months after surgery.

- Lab Request Form

Three weeks prior to surgery, please take this form to a facility to have the pre-op labs drawn. No fasting is necessary. St. Joseph Mercy Labs do not require an appointment.

2-4 WEEKS PRIOR TO SURGERY

- Attend Joint Care Class.

Classes are held on the 7th floor inside St. Joseph Mercy Oakland. Please take the south elevators and follow signs to locate the classroom. Please contact Christina Dudek at 248-294-6770 to set up a date for the class.

Class Date: _____

- Pre-Op Appointment

This is the final appointment before your surgery. Please provide an up-to-date medication list at this time. You should have your medical clearances and lab work completed prior to this appointment. Please visit www.OSOC.com under "education" for information on your planned procedure and come with any questions.

Preop Date: _____

1-2 WEEKS PRIOR TO SURGERY

- Stop All Blood Thinning Medications

Seven days prior to surgery, stop all blood thinning medications, vitamins, and herbal supplements. Aspirin, fish oil, glucosamine, Aleve, Advil, Motrin, Meloixam, Celebrex and Vitamin E are all blood thinners. Please discuss this with your primary care physician or at your pre-op visit for instructions.

- Please visit www.OSOC.com for pre-surgery exercises that can be completed prior to hip or knee replacement surgeries

- Buy these over the counter medications for after surgery

- Tylenol Regular Strength 325mg (30 or more tablets)
- Aspirin 81mg (baby aspirin)
- Senokot regular strength tablets or liquid
- Colace stool softener



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1-2 DAYS PRIOR TO SURGERY

- Confirm Surgery Time

Pre-Admission Testing at St. Joseph Mercy Oakland will call to confirm your surgery time and review your list of medications.

Surgery Time: _____

- Do Not Eat Or Drink Anything After Midnight The Day Before Your Surgery

This is for your own safety. You may be instructed by the anesthesiologist to take certain medications the night before and morning of surgery.

- Prepare your skin with Anti-Septic Wipes

The hospital will provide these wipes. Use these wipes the day before your surgery

2 WEEKS AFTER SURGERY

- Follow up with the office for a post-op appointment and Xrays

Post op Appointment: _____

- Please keep in mind that due to the Michigan Opioid Law, you must have a paper prescription for controlled medications. Please allow your physician **48 hours** to address any refill requests. Thank you

**Please review the joint booklet and the frequently asked questions on www.osoc.com for common pre and post-operative questions.

***If you require any additional information, please contact the office at 248-335-2977