







MY ENHANCED RECOVERY CALENDAR



Follow these steps before and after your joint replacement surgery to recover safely and quickly. Please bring this with you to the hospital.







	2 months before surgery	2 weeks before surgery	1 week before surgery
Medications & Pain Management 	<input type="checkbox"/> Take all medicine as instructed by your doctor. <input type="checkbox"/> Stop taking herbal supplements and vitamins as instructed by your doctor.	<input type="checkbox"/> Take all medicine as instructed by your doctor.	<input type="checkbox"/> Take all medicine as instructed by your doctor. <input type="checkbox"/> Have ice at home for pain and swelling.
Activity 	<input type="checkbox"/> Be active and strengthen your arms. <input type="checkbox"/> Lose weight, if your doctor advises. <input type="checkbox"/> Relax with online tool: kp.org/surgerypodcast . <input type="checkbox"/> Attend physical therapy, as prescribed. <input type="checkbox"/> Participate in Preoperative Class.	<input type="checkbox"/> Ensure you have a walker for after surgery or a benefit to get one while you are in the hospital.	<input type="checkbox"/> Apply for a handicap parking permit from DMV.
Eating & Drinking 	<input type="checkbox"/> Eat healthy foods. <input type="checkbox"/> Drink plenty of water.	<input type="checkbox"/> Eat healthy foods. <input type="checkbox"/> Drink plenty of water.	<input type="checkbox"/> Have prepared meals ready for when you get back home. <input type="checkbox"/> Eat healthy foods. <input type="checkbox"/> Drink plenty of water.
Tobacco 	<input type="checkbox"/> Quit tobacco to ensure you can have surgery.	<input type="checkbox"/> Do not smoke or chew tobacco.	<input type="checkbox"/> Do not smoke or chew tobacco.
Mouth & Skin Care 	<input type="checkbox"/> Complete dental work 6 weeks before surgery. <input type="checkbox"/> Brush and floss teeth 2-3 times each day. <input type="checkbox"/> Avoid colds and flu by washing your hands.	<input type="checkbox"/> Brush and floss teeth 2-3 times each day. <input type="checkbox"/> Avoid colds and flu by washing your hands.	<input type="checkbox"/> Do not shave or wax your legs, underarms, or the area of your body where we will operate. <input type="checkbox"/> Avoid skin cuts and scrapes. <input type="checkbox"/> Start showering daily 3-5 nights before surgery using the special soap you have been given. <input type="checkbox"/> Brush and floss teeth 2-3 times each day. <input type="checkbox"/> Avoid colds and flu by washing your hands.
Other Steps & Treatments 	<input type="checkbox"/> Plan ahead for help at home for 2 weeks after surgery. <input type="checkbox"/> Prepare your home for safe movement. <ul style="list-style-type: none"> ✓ Create area with bed downstairs. ✓ Create clear paths to walk with walker. ✓ Remove clutter, throw rugs, and electrical cords. ✓ Consider a raised toilet seat and bathroom grab bars. <input type="checkbox"/> Control diabetes and other conditions.	<input type="checkbox"/> Control diabetes and other conditions.	<input type="checkbox"/> Control diabetes and other conditions.

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult your doctor. Some photos may include models and not actual patients. Adapted with permission from copyrighted material of The Permanente Medical Group, Inc., Northern California.

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Follow these steps before and after your joint replacement surgery to recover safely and quickly. Please bring this with you to the hospital.

	Night before surgery and day of surgery	Within 12 hours of surgery	After discharge
Medications & Pain Management 	<input type="checkbox"/> Take all medicine as instructed by doctor.	<input type="checkbox"/> Take all medicine as instructed by your doctor. <input type="checkbox"/> Apply ice pack. <input type="checkbox"/> Ease pain with online tool: kp.org/easepainpodcast	<input type="checkbox"/> Take all medicine as instructed by your doctor. <input type="checkbox"/> Prevent swelling by elevating your leg for 30 minutes or until swelling goes down. <input type="checkbox"/> Apply ice pack for 20 minutes every hour while awake.
Activity 	<input type="checkbox"/> Relax with online tool: kp.org/surgerypodcast	<input type="checkbox"/> Sit up in bed to help prevent pneumonia. <input type="checkbox"/> Learn to safely move with walker. <input type="checkbox"/> Stand and walk with nurse or therapist. <input type="checkbox"/> Eat meals in chair.	<input type="checkbox"/> Use walker or crutches as recommended. <input type="checkbox"/> Continue physical therapy home program.
Eating & Drinking 	<input type="checkbox"/> Do not eat anything 8 hours before your surgery, unless otherwise directed by your surgeon. <input type="checkbox"/> You may drink clear fluids up until 2 hours before your surgery check-in time. <input type="checkbox"/> Drink 8 ounces of carbohydrate drink (Gatorade or apple juice) 2 hours before your scheduled arrival time. Finish drinking it within 15 minutes. Do not drink anything else.	<input type="checkbox"/> Eat healthy food to give you energy to heal. <input type="checkbox"/> Drink plenty of water to prevent constipation. Constipation happens quickly, refer to your discharge instructions for steps to prevent constipation.	<input type="checkbox"/> Eat healthy food to give you energy to heal. <input type="checkbox"/> Drink plenty of water to prevent constipation.
Tobacco 	<input type="checkbox"/> Do not smoke or chew tobacco.	<input type="checkbox"/> Do not smoke or chew tobacco.	<input type="checkbox"/> Do not smoke or chew tobacco.
Mouth & Skin Care 	Night before surgery <input type="checkbox"/> Shower or bathe, and wash hair. <input type="checkbox"/> Shower with your special germ fighting soap. <input type="checkbox"/> Brush and floss teeth. <input type="checkbox"/> Do not shave anything. Morning of surgery <input type="checkbox"/> Brush and floss teeth. <input type="checkbox"/> Do not shave anything. <input type="checkbox"/> Take only approved medicines.	<input type="checkbox"/> Wash your hands often. <input type="checkbox"/> Brush and floss teeth.	<input type="checkbox"/> Wash your hands often. <input type="checkbox"/> Follow incision care instructions. <input type="checkbox"/> Brush and floss teeth 2 to 3 times each day. <input type="checkbox"/> You may shower, but don't take a bath or use a pool or hot tub.
Other Steps & Treatments 	<input type="checkbox"/> Check email/phone for surgery time and information.	<input type="checkbox"/> Help prevent blood clots with walking, medicine, and devices. <input type="checkbox"/> Exercise lungs with spirometer 10 times each hour while awake: kpdoc.org/incentivespirometervideo	<input type="checkbox"/> Follow medication and discharge instructions. <input type="checkbox"/> Exercise lungs with spirometer 10 times each hour while awake: kpdoc.org/incentivespirometervideo <input type="checkbox"/> Actively participate in physical therapy.