

Now That the Decision for Surgery Has Been Made

The approximate wait for surgery is _____

Your Medical Office Assistant will call you about 1-3 months before your surgery to book a mandatory 'Teaching Visit' for **you** to attend at our clinic. You will be here 2-3 hours. You will watch a video, see your nurse, physio/occupational therapist for an assessment and an Internal Medicine doctor to ensure you are safe and prepared for surgery. To prevent any delay in your surgery, please ensure your medical conditions are treated (if you have diabetes, high blood pressure, sleep apnea or any other medical condition it must be treated and controlled before you have surgery).

Complete **NOW**

- DENTAL clearance (**Valid for 1 year**) If you have ANY of your own teeth
 - DO NOT wait until you are called for teaching, as it can delay your surgery.
 - **ALL** dental assessment/ dental work must be completed before surgery to rule out infection and
 - **NO** major dental work within 6 weeks of surgery for infection-prevention reasons.
- Green Sleeve/Goals of Care with your family doctor. Required for surgery as it is used to guide your medical care if you are unable to speak for yourself.
- Start 'Phase 1 Exercises' in the book **NOW** so your leg will be as strong as possible before surgery. They are the same as the ones you have to do after surgery and will make your recovery easier.
- Other: _____

For 'Teaching Visit'

- LAB requisition (**complete 1 week BEFORE**) Blood work & ECG - the results will be reviewed by the Internal Medicine doctor when you come for your teaching appointment.
- Pre-operative X-RAY requisition (**Day of Teaching visit**)
****MUST** be done at the NORTHGATE X-RAY CLINIC
Turn left as you leave the clinic, it is next door on the same side of the hallway as our clinic

****NO CORTISONE INJECTIONS WITHIN 3 MONTHS OF SURGERY INTO THE SURGICAL JOINT****

PLEASE REFER TO YOUR BOOK FOR YOUR TEAM'S CONTACT INFORMATION

Planning for Surgery

Please complete this page PRIOR to your teaching visit and hand it in on arrival. It will help the healthcare team ensure you receive the appropriate equipment. If not completed, this may cause your teaching or surgery date to be rescheduled. Please check the following:

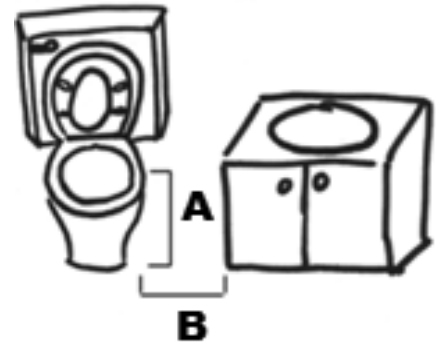
- **Type of Home:** bungalow multilevel bilevel apartment/condo mobile home lodge
 assisted living extended care

- **Maximum number of stairs:** _____ Outside rail no rail
 _____ Inside (between levels) rail no rail

- **Bathtub:** Height of tub _____ inches
 - Type of tub: porcelain/enamel steel fiberglass/acrylic claw foot tub
 - sliding doors shower curtain Showerhead: fixed handheld none

- **Walk in Shower:** yes no
 - Showerhead: fixed handheld
 - Built in Seat: yes _____ height in inches no

- **Toilet Type:** round elongated
 - A. Toilet height from floor to top of bowl (***seat up**) _____ inches
 - B. Vanity/counter next to toilet _____ inches away



- **Bed height** (from floor to top of mattress): _____ inches

Post-Operative Support:

*Remember movement precautions are in place a minimum of 3 months following surgery.
 Please identify who will be helping out at home for the following (can be more than 1 person):

Driving (restrictions are for 6 weeks): _____ Shopping _____

Meals/Cooking: _____ Cleaning/Laundry _____

Yard Maintenance/Snow Removal _____ Banking/paying bills phone online _____

If you have questions about completing this form, contact Occupational Therapy at the Edmonton Bone and Joint Centre at 780-377-1426. Thank you for your cooperation!

Hospital Information for the Royal Alexandra Hospital (RAH) and Orthopedic Surgery Centre (OSC)

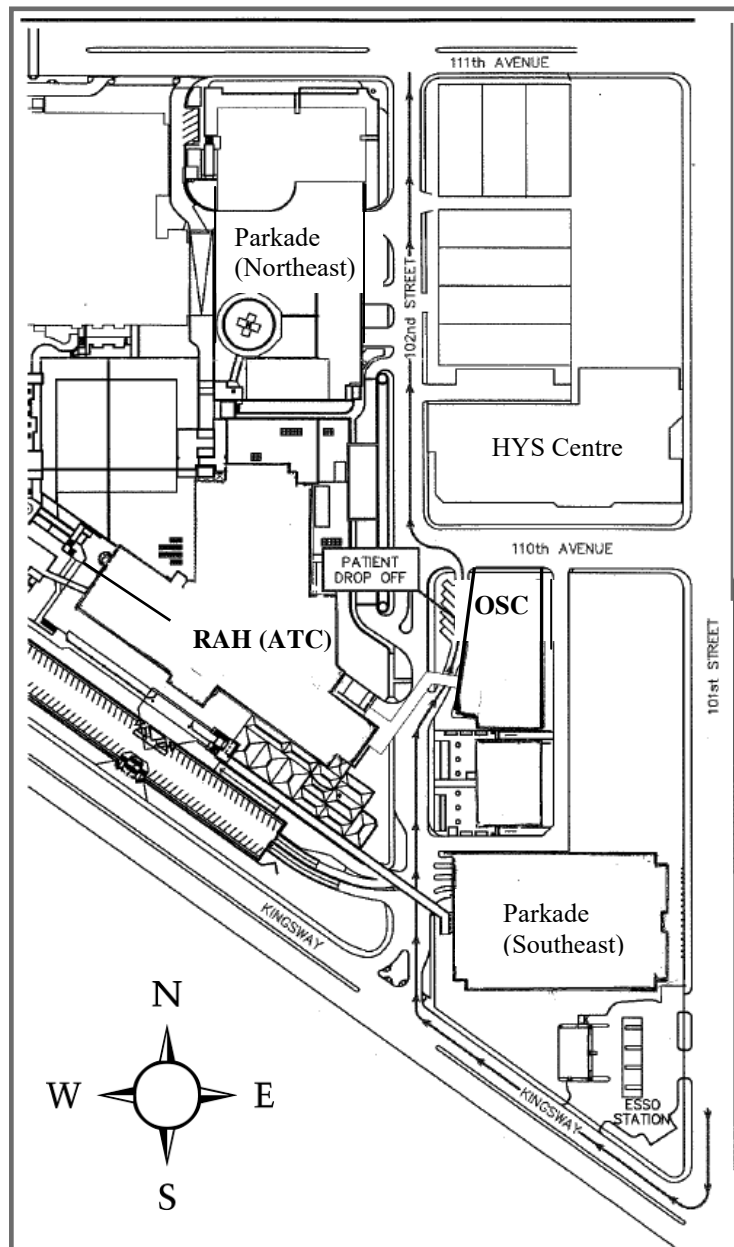
The hospital will call you the day prior to surgery.

If surgery is on a Monday, they will call you on Friday prior. If they do not call by 6:00 p.m. the day before your surgery, please call 1-833-970-6904

On the morning of surgery you will be go to **Orthopedic Surgery Centre** (even if your surgery is going to be in the RAH). Please proceed to the second floor of the Orthopedic Surgery Centre.

Royal Alexandra Hospital
Active Treatment Centre (ATC)
10240 Kingsway Ave

Orthopedic Surgery Centre (OSC)
10969 – 102 Street



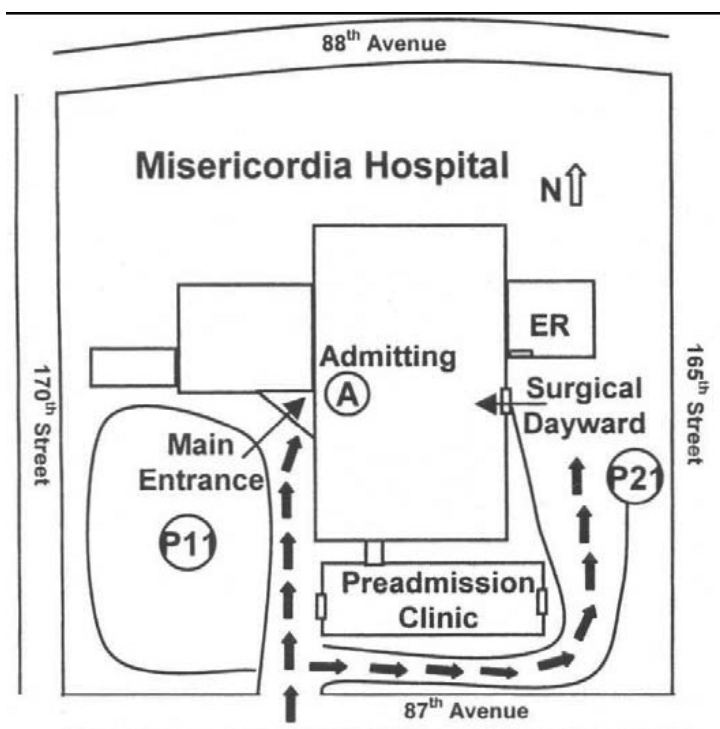
Hospital Information for the Misericordia Community Hospital

The hospital will call between noon and 6 p.m. If surgery is on a Monday, they will call you on Friday before. If they do not call by 6 p.m., please call is **780-735-2552**

On the morning of the surgery:

- If you arrive prior to 7:00 a.m., go to the Emergency Entrance located on the East side of the hospital. Check in with the clerk at the desk.
- If you arrive after 7:00am., go to the Main Admitting area and check in with the clerk

Please see the back of this page for hospital information on the Misericordia Community Hospital along with a map.



Hospital Information for the **Alberta Surgical Group**

Alberta Surgical Group (ASG)

2515 103 A Street SW

Edmonton, Alberta T6W 4Y9

Phone: 780-229-2533

On the morning of surgery:

- Patient reports to reception desk
2nd Floor Unit #201
- ASG will call patient 48 – 72 hours prior to surgery

NOTHING TO EAT OR DRINK AFTER MIDNIGHT PRIOR TO SURGERY