

March, 2020

Paragon Orthopedic Center Grants Pass, Oregon

Preparing for Joint Replacement

Paragon Orthopedic Center sees hundreds of joint replacement surgery patients each year. People come to Paragon because we treat you like a person and tailor your care to meet your individual needs. Dr. Bents and Dr. Van Horne have tremendous success with an increased quality of life. One of the keys is the preparation you do before surgery. Here are a few tips:

At the pre-op visit, pay attention to the surgeon and ask questions:

- How long will I stay in the surgery center/hospital? Can I go home the same day?
- How long will recovery take?
- How will I control my pain?
- Do I need physical therapy and for how long?

Be clear on your personal information with your surgeon:

- Current medications, both over the counter and prescribed
- Recreational substance use, such as alcohol and marijuana
- Allergies or reactions to substances
- Previous surgeries and any complications

Get your body in the best physical condition by:

- Stop smoking.
- Exercise and lose weight, if needed
- Adopt healthy eating habits
- Control your blood sugars if you are diabetic

Plan ahead for the return home:

- Assemble necessary medical equipment
- If you live alone or have special needs, you might require time in an assisted care facility
- Arrange your ride home
- Remove obstacles in the home, such as toys, electrical cords, and area rugs
- Make preparations for taking showers, such as bags to protect the surgical area or a shower chair
- Set up an area where you can stay put: remotes, books, blankets, a water bottle, and medicines
- Apply for a temporary disabled parking permit, if needed

Dr. Bents and Dr. Van Horne do the work for you and have checklists they send home with you. Remember that you will be dependent on some degree of help for a period of time, so arrange for someone to be with you or that you can call on for help. We call this your “joint coach”. From start to finish, Paragon Orthopedic Center does everything we can for your success!

“Before anything else, preparation is the key to success.” Alexander Graham Bell