

# Total Joint Replacement Guide & Patient Education Class



## Working together for a successful recovery

At Garnet Health Medical Center, your safety and successful recovery are our top priorities. Our experience has shown that an informed patient has a better understanding of the pre-procedure process, is more at ease about surgery and is better prepared for recovery and rehabilitation.

Visit the webpage below, or scan the QR code, to download our Surgical Guide and watch our virtual pre-operative patient education class video. These resources will help you understand what to expect and how to care for yourself after total joint replacement surgery, which can help assist with achieving successful outcomes.

### Overview of the Surgical Guide and Virtual Class

- How to prepare for surgery
- What to expect during your pre-surgical testing visit
- What to expect during hospital admission and hospital discharge
- How to prevent post-operative complications and infections
- Anesthesia methods and medications
- Pain management options
- Physical and occupational therapy
- How to prepare your home for a safe recovery

### Who should watch the class?

- Patients scheduled for an upcoming joint replacement surgery
- Friends and family members of joint replacement surgery patients, to serve as "coaches"
- Past joint replacement surgery patients – surgical techniques, pain management options and physical therapy approaches are continually evolving, therefore it is highly recommended that you attend to learn about the most current practices.

### How to access the Surgical Guide and view the virtual total joint replacement class:

Visit the following website:

[garnethealth.org/total-joint-edu](http://garnethealth.org/total-joint-edu)

or scan the QR code below with your mobile device:



You can now download the guide, and start the recording of the virtual class. Once you have started the recording, you can pause or rewind at any time.