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# EVANGELISTA ORTHOPEDIC CLINIC

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**Gregory T. Evangelista, M.D.**

**Perry J. Evangelista, M.D.**

3271 N. Civic Center Plaza, Suite 110

Scottsdale, AZ 85251

Phone: (480) 656-0291 Fax: (480) 656-0127

## **WHAT SHOULD I DO TO PREPARE FOR MY JOINT REPLACEMENT?**

**Dr. Perry J. Evangelista**

- Arrange for a family member or friend to accompany you to the hospital the day of your surgery
- CANCEL any dental appointments 6 weeks before and 3 months after your scheduled surgery
- If you stay overnight in the hospital, plan to be discharged the day after surgery or the following day, unless a longer stay was previously discussed
- Plan for your discharge, have a family member or friend available to help you leave the hospital and get home safely
- Arrange for someone to stay with you at home for several days after surgery
- Adjust your work/ social schedule accordingly during your anticipated recovery time
- Remove small throw rugs or other small obstacles that you could trip on while home and recovering
- If you have pets, make sure someone is able to assist in caring for them for about 5-7 days upon your return home
- WHILE TAKING NARCOTIC PAIN MEDICATION, YOU ARE NOT PERMITTED TO DRIVE
- **DRIVING:** You must be off narcotic pain medications, and be able to safely get in and out of your car and utilize the pedals. It may be possible in a week but can take longer
- Tips on Driving: Start off slowly, your breaking time will be delayed. You may want to drive in a large open parking lot at first or a few miles from home while you recover and adjust
- Pain: Joint replacement surgery is a major surgical intervention. Pain is normal after any surgical intervention. You are going to have pain after surgery, but the degree of your pain is variable between patients. Often knee replacement is more painful than hip replacement for a number of reasons
- Pain Medication: We at Evangelista Orthopedic Clinic are committed to helping you manage your pain in the post-operative period. To that end, multimodal pain medications will be given to you, including narcotics. However, narcotic pain medications will not be prescribed on a prolonged basis for your safety



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- You will follow up in our office 2 weeks after your surgery for a wound evaluation
- The next follow-up is 6 weeks after your surgery (4 weeks after the first visit) to assess X-rays, therapy progress, range of motion and overall well-being
- Follow-up after the 6 week visit is variable, but often a 3 month, 6 month, 1 year and yearly visits occur, your surgeon will guide you
- You will receive instructions on which medications to stop and which medications to continue before surgery
- For Diabetic Patients: If you take insulin, discuss with your prescribing physician.
- The Night Before Surgery: Take your oral medication or insulin after your last meal of the day as normal
- The Morning of Surgery: Do not take your oral medication(s), including insulin, discuss this with your prescribing physician
- Exercise: If you currently have an exercise routine, continue it. If not, you can begin exercising before surgery to help improve your strength and stamina. Handouts are available.
- Expect to have therapy after surgery. This is an extremely important part of your recovery.