



Sacheen H. Mehta, M.D.

**Orthopaedic Surgery, Board-Certified
Sports Medicine, Board-Certified**

TOTAL JOINT REPLACEMENT

How to Prepare for Surgery

- ◆ **EXERCISE:** Begin a daily home exercise program to strengthen your legs. This will help you recover faster after surgery. Ten straight leg raises performed morning and night is an excellent way to begin.
- ◆ **ANTI-INFLAMMATORY MEDS:** Discontinue all anti-inflammatory medications 14 days prior to surgery. Not all anti-inflammatory medicines are listed here, but the common ones include:

Advil	Feldene	Nuprin
Aleve	Fenoprofen	Orudis
Anaprox	Flurbiprofen	Oruvail
Ansaid	Ibuprofen	Oxaprozin
Arthrotec	Indocin	Piroxicam
Aspirin (all brands)	Indomethacin	Ponstel
Cataflam	Ketoprofen	Relafen
Clinoril	Ketorolac	Sulindac
Daypro	Lodine	Tolectin
Diclofenac	Motrin	Tolmetin
Diflunisal	Naprelan	Toradol
Dolobid	Naprosyn	Voltaren
Etodolac	Naproxen	

- ◆ **PAIN RELIEF:** You may use Tylenol until the midnight prior to surgery for pain relief.
- ◆ **NPO:** You must not eat or drink ANYTHING (including water) after the midnight before surgery.

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- ◆ **STAPH INFECTION:** A prescription for Mupirocin 2% nasal ointment has been sent to your pharmacy. This ointment is to be applied into each nostril three times daily for the 5 days immediately prior to surgery. This will help to reduce the risk of Staph infection.
- ◆ **BLOOD THINNER:** Most patients will be instructed to take enteric-coated aspirin 325 mg daily for 6 weeks as a blood thinner. **DO NOT SUBSTITUTE** any other over-the-counter medications for aspirin. This is critically important. Higher risk patients will be given a prescription for a stronger blood thinning medication. Ask Dr. Mehta if you are unsure of what to do or have any questions about this.
- ◆ **INFECTIONS:** Notify Dr. Mehta if you develop ANY infections before your surgery.
- ◆ **SKIN IRRITATION:** Notify Dr. Mehta if you develop ANY skin irritation on the affected knee or hip prior to surgery.
- ◆ **HOSPITAL STAY:** The average hospital stay is 1 day. You will then go home with a prescription for outpatient physical therapy for several more weeks. **Aggressive exercise including thigh muscle strengthening, knee flexibility exercises and walking are critical to the success of the surgery.**

Congratulations on your decision to have your joint replaced! **Success depends on your commitment to working hard on the rehabilitation program and following instructions carefully.** We look forward to working with you on eliminating your joint pain, restoring your ability to walk, and improving your quality of life.