



**Sacheen H. Mehta, M.D.**

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

## **TOTAL JOINT REPLACEMENT**

### **How to Prepare for Surgery**

- ◆ **BLOOD DONATION:** It is recommended that you donate one or two units of your own blood in case it is needed for you after surgery. If you decide to donate your blood, you should start taking iron tablets one week prior to surgery. Feosol tablets 325 mg are available over the counter in a bottle of 100 tablets. Take one tablet three times daily with meals. Iron will probably be recommended after discharge from the hospital as well.
- ◆ **EXERCISE:** Begin a 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 but the common ones include:

Advil  
Aleve  
Anaprox  
Ansaid  
Arthrotec  
Aspirin(all brands)  
Cataflam  
Clinoril  
Daypro  
Diclofenac  
Diflunisal  
Dolobid  
Etodolac

Feldene  
Fenoprofen  
Flurbiprofen  
Indocin  
Indomethacin  
Ketoprofen  
Ketorolac  
Lodine  
Motrin  
Naprelan  
Naprosyn  
Naproxen  
Nuprin

Orudis  
Oruvail  
Oxaprozin  
Piroxicam  
Ponstel  
Relafen  
Sulindac  
Tolectin  
Tolmetin  
Toradol  
Voltaren



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- ◆ **PAIN RELIEF:** You may continue to use Tylenol, Darvocet, or Dr. Mehta will prescribe a pain medication for you.
- ◆ **BLOOD THINNER:** You will be given a prescription for Coumadin (a blood thinner) to help prevent blood clots. You **should take Five (5) Coumadin tablets (each tablet is 1 milligram) at 5 pm on the day prior to surgery.** Coumadin takes about 2 days to begin its blood thinning effect. This is why you are to begin taking the medication the day before surgery.
- ◆ **NPO:** You must not eat or drink ANYTHING (including water) after the midnight before surgery.
- ◆ **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 3 to 5 days. Some patients then require further assistance in a inpatient rehabilitation unit. Others may go home with a prescription for additional therapy visits as an outpatient.