# Total Joint Replacement Surgery Orientation

## Skin Prep Shower Instructions

**Shower with Hibiclens:**
- 4 nights before
- 3 nights before
- 2 nights before
- 1 night before and
- last shower the morning of surgery

**Complete each night and morning of surgery:**
- Change all sheets, and pillowcases
- Remove all jewelry from your body – Do not put it back on after 1st shower
- Shower – wash hair, face, and private parts with your soap, then rinse
- Apply Hibiclens to a clean washcloth
- Cover from the neck down, avoiding private parts
- Allow to sit on skin 1-3 minutes
- Rinse with water
- Use clean towel, clean underwear, clean pajamas, and get in clean bed
- Anyone that sleeps with you needs to have a regular shower
- No pets allowed on bed under any circumstances

## Medications to STOP

10 days before surgery
- Ibuprofen, Motrin, Advil
- Aleve, Naproxen
- Fish Oil
- Vitamin E
- ALL herbal medications and supplements
- Plavix – consult with PCP or Cardiologist
- Aspirin – Aspirin will be used as your blood thinner after surgery, unless otherwise indicated
- Warfarin (Coumadin), Coumadin clinic will discuss
- Rheumatoid Arthritis medications

## Medications OK to Continue

- Acetaminophen:
  - Tylenol, Tylenol Arthritis, Extra Strength Tylenol
- Opioid Products (reduce 50% of current use):
  - Vicodin, Norco, Percocet, Oxycodone, Hydrocodone
- Multi-Vitamins – without vitamin E
- Vitamin D
- Iron
- Calcium
- Ultram - tramadol
- Your current prescription medications*

*You will be consulted if you need to stop any of your current prescription medications

## Each Night:
- Repeat everything from previous night

## Day of Surgery:
- No need to change bedding
- Shower with Hibiclens before going to the hospital

## Additional Instructions:
- This is very important to prevent infections
- Do not shave near surgery site for 7 days prior to surgery
- Do not apply lotion, makeup, perfume, moisturizers, hair products, etc.
- Remove nail polish on your toes and fingers. Cut fingernails short.
Orthopedics Clinic:
Otay Mesa RN: 619-662-5628
Travelodge RN: 619-441-3013
Garfield RN: 858-616-5052
San Marcos RN: 760-510-4311

Total Joint Coordinators:

| Julia Ashdown, RN: 858-616-5262 |
|------------------|------------------|------------------|
| Dr Reddy         | Dr Powell        | Dr Cheung        |
| Dr Javidan       | Dr Kwon          |                  |

<table>
<thead>
<tr>
<th>Kelly Terwilliger, RN: 858-616-5264</th>
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<tbody>
<tr>
<td>Dr Yashar</td>
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<td>Dr Steinhoff</td>
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Appointment Call Center:
Orthopedics: 1-866-459-2912

Surgery Scheduler:
Otay Mesa: 619-662-5503
Travelodge: 619-441-3164
Garfield: 858-616-5246
San Marcos: 760-510-4003

Hospital Admitting Department:
Zion Medical Center: 858-266-2688
Palomar Medical Center: 442-281-1900

Member Service Contact Center:
1-800-464-4000 for coverage or co-payment info

After-Hours Nurse Advice:
1-888-576-6225

Center for Healthy Living:
619-641-4194 – Register for classes

Kaiser Disability Office:
619-583-4293
Email: sdroiu@kp.org

California State disability website:
www.edd.ca.gov

Durable Medical Equipment
855-805-7363 for benefits information

San Diego Home Health:
619-641-4663

Outpatient Physical Therapy:
866-413-1582

Hospital Discharge Planning:
442-281-1925