

## Pre-Operative Education


My Pre-Operative Session is scheduled for:


Date: \_\_\_\_\_

Time: \_\_\_\_\_

**Vancouver Clinic**

Gordon & Leslie Diamond Health Care Center  
 3227 – 2775 Laurel Street  
 Vancouver, BC V5Z 1M9


 Tel: 604-875-4544

 Fax: 604-875-8294

**Richmond Clinic**


Health Science Building  
 120 – 6091 Gilbert Road  
 Richmond, BC V7C 5L9

 Tel: 604-675-3944

 Fax: 604-675-3943

**Coastal (North Shore) Clinic**

241 - West Vancouver Community Center  
 2121 Marine Drive  
 West Vancouver, BC V7V 4Y2

 Tel: 604-904-6177

 Fax: 604-904-6170

### What do I need to bring?

Use this checklist to make sure you do not forget anything. Please bring:

- The **support person** who will take care of you after surgery. We have a small classroom, please bring only one person and leave young children at home.
- Before, During & After Surgery** booklet. This booklet was either mailed to you by the OASIS program or given to you at your surgeon's office.
- Any **questions** you have about osteoarthritis or surgery.
- Wear **comfortable clothing**.
- A **snack** (if you are diabetic).
- Your **glasses** if you use them for reading or watching television.
- Your **Care Card**.
- Someone to translate** (if you do not speak English) or call the OASIS clinic as soon as possible to book a translator.
- Do not bring equipment** that you will not need during the session, such as grabbers or walkers.

### What can I expect?

Your Pre-Op Education Session may take up to 2 hours. **Arrive 15 minutes early** so you have time to fill out forms if needed.

Your session will be made up of 10 to 12 people waiting for joint replacement surgery. It will be taught by a nurse clinician, physiotherapist or occupational therapist.

Pre-Op will answer these questions:

1. What is hip surgery?
2. What is knee surgery?
3. What kinds of precautions do I have to take after surgery?
4. How can I prepare for surgery?
5. How can I prepare my home for my recovery?
6. What can I expect in hospital?
7. How will I manage everyday activities after surgery?
8. How do I take medication at home?
9. What's next after surgery?

These are interactive sessions. Please feel free to ask questions.