

OASIS PRE-OP EDUCATION SESSIONS

What is Pre-Op Education?

Pre-Op Education will give you tools and tips for preparing for surgery. These small group sessions are offered free of charge and will answer the following 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?

Why do I need to attend Pre-Op Education?

This session will outline what you need to do to prepare yourself and your home for surgery. It includes information about hip and knee surgery and what you can expect in hospital. We will also tell you what kinds of equipment you need to buy or rent before your surgery to help you in the hospital and at home.

When should I attend Pre-Op Education?

This course is offered to **surgical candidates only** and can be taken up to 8 weeks before your surgery date. Ideally it should be taken at least 2 to 4 weeks before surgery so you have time to buy the equipment you need and prepare your home for your recovery.

Where is Pre-Op Education held?

This education session is offered in multiple locations: North Shore, Richmond and Vancouver.

How long is Pre-Op Education?

Pre-Op is a 2 hour session. There is a break during the session.

When is Pre-Op Education offered?

For information regarding the pre op education schedule please contact one of the OASIS clinics or visit our website.

Can I self-register for Pre-Op Education?

No. OASIS will contact you to register you for a Pre-Op Education Session *after* you have been scheduled for surgery.

Can I bring someone with me to the education session?

Yes, you can bring one support person or family member with you.