

# Hip or Knee Total Joint Replacement Surgery: What Happens Next?

**I have been put on the waitlist for total joint replacement surgery.**



**PreHab Education:** You will receive a letter from the OASIS Program to offer you a PreHab education class. Please call us to register for the class. PreHab is most helpful for people who are between one year and two months away from surgery.

Vancouver Clinic  
(604) 875-5548  
Richmond Clinic  
(604) 244-5377  
Coastal Clinic  
(604) 904-6177

Building strength, losing weight and making changes to your home are all strategies that can have a positive impact on the success of your surgery. But these things do not happen overnight. PreHab education gives you the information that you need to begin setting goals for change in the months ahead of your surgical date. PreHab education is an optional education session.

**I have received a surgery date for my total joint replacement surgery.**



**Pre-Op Education:** You will receive a phone call from the OASIS Program, usually 2 weeks before your surgery, to schedule you for a Pre-Op education class.

Pre-Op education is a mandatory education session for people who are having total joint replacement surgery. It gives you an opportunity to ask any last-minute questions that you might have about your surgery and to find out specific details about what will happen before, during and after surgery. Please read the information your surgeon has given you and bring any questions you have to the class.



**Pre-Admission Appointment:** You will receive a phone call from the Pre-Admission Clinic, usually 3 days to 3 weeks before your surgery, for an interview. This may be done in person or over the phone. You may still need to come in for blood work.

The Pre-Admission Clinic Appointment is mandatory. The Nurse and/or the Anesthesiologist will talk to you about the medical information you need to know to get ready for surgery.