



Joint Replacement — Full Pre-Op Instructions

"A great result is a team effort — the better we know each other, the better you will do." — Dr. Allred

■ YOUR MOST IMPORTANT TASK

Start your Online Surgery Guide

Your step-by-step guide to a new knee, hip, or shoulder — videos, checklists, and week-by-week prep. Point your phone camera at the code.

darinallredmd.com/get-ready

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2–4 Weeks Before Surgery

- ☐ **Get to know Dr. Allred** — watch his videos at darinallredmd.com, and learn about your surgery (Patient Info → Pre-op Instructions).
- ☐ **Arrange your support:** line up a ride home and have someone stay with you for at least the first 24–72 hours. If no one is available, we may have to postpone.
- ☐ Schedule a history & physical (H&P) with your primary care provider — you must have this before we can give you anesthesia.
- ☐ **Blood thinners (Coumadin/warfarin, Eliquis, Pradaxa, etc.):** ask your primary provider whether — and when — to stop and restart them.
- ☐ Weight-loss / diabetes shots (Ozempic, Wegovy, Mounjaro, and other GLP-1 medicines): these must be held before surgery — they slow stomach emptying, which is a risk with anesthesia. If you take one for diabetes, ask your prescribing provider when to hold it. If you take one for weight loss only, stop it at least 2 weeks before surgery.
- ☐ **Lower your risk:** stop smoking, eat well, keep diabetes well controlled, and do the skin & nose cleansing described below.
- ☐ **Protein:** eat plenty — about 120 g/day (women) or 150 g/day (men) — and keep this up for 4 weeks after surgery. (A chicken breast or steak is about 25 g each.)
- ☐ Start daily vitamins and continue 2 weeks before through 8 weeks after surgery: Vitamin C 1,000 mg, Vitamin D 5,000 IU, and magnesium glycinate 400 mg.

1 Week Before Surgery

- ☐ Stop aspirin and anti-inflammatory medicines (ibuprofen, Motrin, Advil, Aleve / naproxen, Naprosyn, Feldene, etc.) — unless your doctor told you to keep taking aspirin (for example, for a heart stent). Tylenol (acetaminophen) is OK.
- ☐ Stop blood-thinning supplements and herbal / homeopathic products — for example fish oil / omega-3, vitamin E, garlic, ginkgo, ginseng, and turmeric / curcumin. Even natural products can cause bleeding. Keep taking your Vitamin C, Vitamin D, and magnesium.
- ☐ If you have rheumatoid arthritis or take an immune-suppressing medicine, ask your rheumatologist which medicines to stop and when.

- ☐ Buy CHG (chlorhexidine / Hibiclens 4%) soap and get your nose antiseptic ready — start the washes 5 days before surgery (see below).

Skin & Nose Cleansing — Start 5 Days Before

Getting your skin and nose clean before surgery lowers your risk of infection — one of the most important things you can do. Stop and call us if you have an allergic reaction. (If you have a cast, you will not be able to do the skin wash.) Each day for the 5 days before surgery — and the morning of:

- ☐ **Nose:** if we give you a nose antiseptic (povidone-iodine or mupirocin), apply it to both nostrils twice a day.
- ☐ **Skin:** do the chlorhexidine (CHG / Hibiclens) wash once a day, following the steps below.

How to Do the CHG Skin Wash

- 1. Use clean, freshly laundered washcloths, towels, and clothes each time.
- 2. Wash and rinse your hair, face, and body with your usual shampoo and soap, then rinse off completely.
- 3. Put a quarter-sized amount of CHG on a wet, clean washcloth and apply it from the neck down. Do not use it on your face, hair, or genitals.
- 4. Rub gently over your whole body for 3 minutes, adding more soap as needed (about ¼ of the bottle each time). Do not scrub too hard.
- 5. Rinse off with warm water. Do not use regular soap after the CHG.
- 6. Pat dry with a clean towel and put on freshly laundered clothes. No lotion, deodorant, powder, or perfume.
- 7. Do not shave your legs or any hair below the neck (facial shaving is OK).

The Night Before Surgery

- ☐ Do your final CHG wash and sleep on clean sheets.
- ☐ Eat about 100 g of healthy carbohydrates (about 5 slices of whole-wheat bread). Diabetic patients: skip this if it will raise your blood sugar.
- ☐ Remove nail polish.

The Carbohydrate Drink

Buy **Ensure Pre-Surgery Clear Carbohydrate Drink** before surgery day — it's available on Amazon and at Walmart. Drink one bottle the night before surgery, and a second bottle up to 2 hours before your arrival time — unless your care team gives you different fasting instructions. Diabetic patients: skip this if it will raise your blood sugar.

- ☐ **IMPORTANT:** If you cannot find this exact drink, skip the carbohydrate drink entirely — do not substitute juice, soda, Gatorade, or any other drink in its place. (Plain clear liquids are still OK up to 2 hours before your arrival.)

The Morning of Surgery

- ☐ **Clear liquids & carbohydrate drink:** you may have clear liquids, and your Ensure Pre-Surgery carbohydrate drink, up to 2 hours before your arrival time — unless your care team gives you different fasting instructions.
- ☐ No solid food, gum, or mints after midnight.
- ☐ Do your morning CHG wash (and nose antiseptic, if you were given it).
- ☐ Remove all jewelry and piercings; wear loose clothes that fit over a brace or splint. Do not bring valuables.
- ☐ Take your routine medicines with a small sip of water. Diabetic patients: do not take your diabetes medicine, but bring it with you.



- ☐ Bring any crutches or brace you already have; otherwise we will give you what you need at discharge. Arrive at your scheduled time.

When You Arrive

- In the surgical admission area you will change into a gown and meet your nurse, anesthesiologist, and operating-room nurse. A physical therapist will give you exercise and crutch/walker training if needed, and Dr. Allred will see you to answer any last questions.

After Surgery

- ☐ You will be in the recovery room for about an hour. If you are going home the same day, you will move to the observation area and be discharged once you can get out of bed, eat, drink, and use the bathroom.
- ☐ Do not drink alcohol while taking prescription pain pills.

Questions before surgery? Call the clinic where your surgery is scheduled — it is always better to ask than to guess.