**Darin W. Allred, MD**
ORTHOPEDIC SURGERY & SPORTS MEDICINE

# Getting Ready for Your Joint Replacement

*"You have a lot of work to do to get ready. Let's get you started." — Dr. Allred*

YOUR MOST IMPORTANT TASK

## Complete your Surgery Guide

It walks you through everything — preparing your body and your home, surgery day, and recovery. Start it today.

**darinallredmd.com/get-ready**

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## Start this week

- [ ] **Move every day.** Begin gentle strengthening now — the stronger you go in, the faster you come out.
- [ ] **Eat protein at every meal** — about 120 g a day for women, 150 g a day for men.
- [ ] **If you smoke or vape, stop now.** Nothing you do matters more for healing.
- [ ] **Diabetic? Tighten your blood sugar.** It takes weeks to improve — and it protects you from infection.
- [ ] **See your dentist.** Treat any dental problems before surgery.
- [ ] **Schedule your history & physical (H&P)** with your primary care provider.
- [ ] **Tell us every blood thinner and supplement you take.**
- [ ] **Line up your team** — a ride home, and someone to stay with you the first 24–72 hours.

**As surgery gets closer,** your online guide walks you through the rest — vitamins, the pre-surgery skin washes, the carbohydrate drink, and setting up your home. It's timed to your surgery date, so just follow it in order.