

# Total Joint Replacement Patient Education Class



## Working together for a successful recovery

At Garnet Health Medical Center, your safety and successful recovery are our top priorities. Our experience has shown that an informed patient has a better understanding of the pre-procedure process, is more at ease about surgery and is better prepared for recovery and rehabilitation. Understanding what to expect and how to care for yourself after total joint replacement surgery can help assist with achieving successful outcomes.

Join us for a **free, virtual** pre-operative patient education class, led by the Orthopedic Nurse Navigator from our Bone and Joint Center. During this informative class, you will be provided with important information about your surgery and recovery.

### What will be discussed?

- How to prepare for surgery
- What to expect during your pre-surgical testing visit
- What to expect during hospital admission and hospital discharge
- How to prevent post-operative complications and infections
- Anesthesia methods and medications
- Pain management options
- Physical and occupational therapy
- How to prepare your home for a safe recovery

### Who should attend?

- Patients scheduled for an upcoming joint replacement surgery
- Friends and family members of joint replacement surgery patients, to serve as “coaches”
- Past joint replacement surgery patients – surgical techniques, pain management options and physical therapy approaches are continually evolving, therefore it is highly recommended that you attend to learn about the most current practices.

### How to access the virtual total joint replacement class with three easy steps:

- 1) Visit the following website:  
<https://garnethealth.org/total-joint-edu>  
**Once you are on the website, click on the box titled “Access the Total Joint Replacement Class On-Line Now”**
- 2) Enter your name and email address and follow verification instructions, then click “Register”
- 3) Enter the password **garnetcares#4**, then click “Access Recording”

You can now start the recording of the class. Once you have started the recording, you can pause or rewind at any time.

**For additional information or if you have any questions, please call Garnet Health Medical Center’s Orthopedic Nurse Navigator at (845) 333-4150.**