

## NORTHERN BEACHES HOSPITAL BOOKING

### HIP AND KNEE REPLACEMENT INFORMATION SHEET

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#### Northern Beaches Hospital Booking Procedure

1. Complete the *booking and consent* form with Dr Chia in the office.
2. Complete the *hospital admission* paperwork. This can be done either online or on paper (please post this to the Northern Beaches Hospital in the provided return envelope).
3. Have the routine pre-operative *pathology* tests done at Clinical Labs (no fasting required) around 2 weeks before your surgery.
4. Have the routine pre-operative *radiology* tests done. This usually involves a chest xray but may also include a CT scan of the hip or knee. These CT scans can only be done at a limited number of centres - Healthcare Imaging at Northern Beaches Hospital (94705200), PRP Dee Why (99813000), PRP Frenchs Forest (94511062), PRP Mona Vale (99977411) and Mater Imaging (99554466). These should be done around 2 weeks before your surgery.
5. Arrange any other necessary pre-operative consultations (for example cardiology review) as discussed with Dr Chia.
6. Your anaesthetist will conduct a phone consultation with you before your surgery.
7. **Please take any x-rays that are relevant to your surgery to the hospital on the day of your admission including your chest x-ray.** Images from Healthcare Imaging at Northern Beaches Hospital are usually digital only and can be accessed by Dr Chia in the operating theatre.
8. You may need to stop taking any blood thinning medications prior to surgery – please see the section below for more information. Your anaesthetist will advise whether other medication also needs to be ceased prior to surgery.
9. Your admission to the Northern Beaches Hospital will be on the day of your surgery, unless medical reasons indicate admission prior to the surgery date.
10. **The Northern Beaches Hospital will contact you and inform you of your admission time and fasting time the working day prior to your surgery after 3pm.** This may be done by text message.
11. You can expect to remain at The Northern Beaches Hospital for around 5 days after your surgery. If you require admission to a rehabilitation facility, this will be arranged for you after your surgery by the staff on the ward.

## **Skin and Dental Care Prior to Your Surgery**

It is critical to take good care of your **skin** across your entire body (not just around the planned surgical site). Please avoid any activities which could damage your skin within 3 weeks of your surgery. These include:

- insect bites
- pet scratches
- cuts/scratches/bruises from gardening
- sunburn

Please inform your **dentist** that you will be undergoing joint replacement surgery. In addition:

- please avoid routine dental cleaning within 4 weeks of surgery and 3 months after surgery
- most emergency dental surgery will need antibiotic cover

If seeing a **podiatrist** please arrange this at least 6 weeks prior to surgery and avoid new shoes within 3 weeks of surgery.

## **Medication Changes Before Your Surgery**

Most of your usual medications should be continued up until the date of surgery but your anaesthetist will confirm this with you. The main exceptions to this are *blood thinning* drugs which can cause increased bleeding - it is essential that you inform Dr Chia if you are taking any of the following:

- **'traditional' anticoagulants:** Warfarin, Clexane
- **'new' anticoagulants:** rivaroxaban (Xarelto), apixaban (Eliquis), dabigatran (Pradaxa)
- **anti-platelet drugs:** clopidogrel (Plavix), dipyridamol (Asasantin, Persantin), aspirin

Other drugs (less potent) which may also cause bleeding should be stopped **1 week** before surgery unless advised by Dr Chia. These include:

- **anti-inflammatory medications:** Celebrex, Mobic, Nurofen, Voltaren, Naproxen + many others
- **natural therapy preparations:** fish oil, krill oil, omega 3 supplements, Chinese herbal medicines

A new class of *diabetic* medication can also cause anaesthetic issues and should be stopped **3-4 days** prior to surgery (please discuss this with Dr Chia). These include:

- **dapagliflozin** (Forxiga, Qtern, Xigduo XR)
- **empagliflozin** (Jardiance, Jardiamet, Glyxambi)

**PLEASE CONTACT THE ROOMS ON 1800 553 335 IF YOU HAVE ANY CONCERNS OR QUESTIONS**