

HIP AND KNEE REPLACEMENT INFORMATION SHEET

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Booking Procedure

1. Dr Chia will complete the booking and consent forms with you in the office. The office staff will arrange for the forms to be sent to The Mater.
2. The Mater will send you a patient health history either electronically or via the mail. If you wish to receive it electronically then your email address needs to be provided.
3. Contact the pre-admission clinic at the Mater hospital (9900 7494) to make arrangements for an appointment in the 2 week period prior to your surgery. Your appointment may need to coincide with a review with your anaesthetist. If you are unable to attend the pre-admission clinic a phone consultation can be arranged.
4. Arrange to have the prescribed pathology, ECG, chest x-ray, urine test and swabs done prior to your appointment at the Mater pre-admission clinic. Dr Chia will give the forms for this. If you need review by a cardiologist or other doctor, please have these tests done in time for the doctor to receive the results.
5. Please take any x-rays that are relevant to your surgery to the hospital on admission. When you come to Pre admission you will need to bring your chest xray.
6. You may need to cease taking any blood thinning medications 7 days prior to surgery – please see the section below for more information.
7. Your admission to the Mater for your surgery will be on the day of your surgery, unless medical reasons indicate admission prior to the surgery date.
8. **The Mater hospital will contact you and inform you of your admission time and fasting time the working day prior to your surgery after 3pm.**
9. You can expect to remain at The Mater for 5-7 days following your surgery and may also require an admission to a rehabilitation facility (this will be arranged for you).

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
- 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. The main exceptions to this are drugs which can cause increased bleeding. These include (but are not limited to):

- **anticoagulants:** Warfarin, Plavix, Clexane, Asasantin, Persantin
- **aspirin** containing compounds: Cartia, Alka Seltzer, Codral, Disprin, Solprin, Aspro clear
- **anti-inflammatory medications:** Celebrex, Mobic, Nurofen, Voltaren, Naproxen + many others
- **natural therapy preparations:** fish oil, krill oil, omega 3 supplements, Chinese herbal medicines

These medications should all be stopped at least 1 week prior to surgery unless advised by Dr Chia, your cardiologist or the staff at the pre-admission clinic.

**PLEASE CONTACT THE ROOMS ON 9984 7001 IF YOU HAVE ANY CONCERNS
OR QUESTIONS**