

Before Your Joint Replacement

Your care team will discuss details with you, but in general:

- **Exercise.** Your doctor will probably recommend physical therapy to strengthen important muscles before your surgery.
- **Insurance.** Before your surgery, you will need to speak with your health insurance company to ask if your coverage requires pre-authorization, a referral or a second opinion for your joint replacement.
- **Consultation.** You will meet with your surgeon or another team member at least once before your procedure. You may need some tests, including blood tests. You'll also need to attend a class to help you prepare.
- **Preparing your home.** You'll need to prepare your home to prevent falls and make it easier for you after returning from the hospital. Most patients need a cane or walker for a few weeks. You may need help from family or friends to prepare your home.
- **Finding a caregiver.** For a few weeks after your surgery, you will need help in your home and doing outside tasks, including driving. Plan ahead with a family member or friend -- or several, if necessary - - to be sure someone can be with you in the first days and weeks of your recovery. For the first two weeks after surgery, it's best to have someone stay with you overnight.

After Your Joint Replacement

Each patient recovers differently from a joint replacement. Most patients return to their normal activities within six to eight weeks.