

HOSPITAL  
FOR  
**SPECIAL  
SURGERY**



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# Your Pathway to Recovery

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*Total Joint  
Replacement Surgery*

*Preoperative Education  
Program for  
Arthroplasty Patients*



**T**he Arthroplasty Preoperative Education Program is designed to prepare you and your family for surgery, recovery, rehabilitation and to initiate comprehensive discharge planning.

You will have the opportunity to learn from and interact with a variety of skilled, enthusiastic health care professionals who are committed to supporting the surgical excellence at HSS.

All patients scheduled for Arthroplasty (hip and knee) joint replacement surgery are EXPECTED to attend this one and a half hour session.

Thank you in advance for helping our program work for you. Our staff looks forward to caring for you throughout your pathway towards recovery.

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*If you have any questions regarding your ability to attend or other concerns regarding this program, please do not hesitate to contact:*

*Jack Davis, MSN, RN, ONC  
Manager, Patient Education Programs  
212.606.1174*

## Program Highlights

### Presenters

Registered Nurse  
Physical Therapist  
Certified Social Worker

### Location

Patient Education Classroom  
Main Building, 8th Floor, Room 848  
Hospital for Special Surgery  
535 East 70th Street  
New York, NY

### Scheduling

- Done by your surgeon's office staff.
- Will be scheduled on the same day as other testing or examinations whenever possible.
- Classes are held several times each week.
- Sessions are one and a half hour long.

## Topics to be Discussed

- Preparation for Surgery
- Day of Surgery
- Your Initial Recovery after Surgery
- Pain Management
- Recovery and Rehabilitation
- Preparation for Discharge from HSS
- Managing Your New Life

### Publication

Receive a copy of our illustrated educational manual *Your Pathway to Recovery: Total Joint Replacement Surgery*

Received recognition for excellence by The Joint Commission

## Feedback From Those Who Attended Program

“A great job by the entire healthcare team...the Preop Program provided an excellent orientation for me and my wife. We know what to expect during my recovery following THR surgery...I thank everyone involved for giving me a more joyful outlook on life.” *A.S.*

“I was so anxious about having TKR surgery when I arrived to the Preop Program, I saw I wasn't the only one. This program helped me reduce my anxiety...I feel so much better now that I know what is going to happen during my recovery...” *H.C.*

“The Total Hip Manual is wonderful...After my hospitalization I needed to continue with my exercises and everything was outlined clearly. I read my manual several times for reference. Thank you for a job well done.” *B.G.*

“I was so worried about how I was going to manage at home alone after Bilateral Total Knee Surgery. At the Preop Program the staff informed me of discharge options that were available to me. This knowledge and early discharge planning helped ease my mind. I was able to concentrate on my recovery because I was in good hands...instead of worrying...” *B.D.*

## Questions I have before surgery

Please write your questions here and the staff will address them during the Preop Program.

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