

Joint Replacement Preparation Guide

Preparation is not about perfection. It is about reducing avoidable risk and giving your recovery the best possible starting point.

— Understand your plan

Before surgery, you should be able to answer: why this procedure, what operation is planned, the expected benefits and limitations, the major risks, and what recovery will look like. If any of those are unclear, ask — that is what the pre-operative visit is for.

— Optimize your health

Certain conditions influence healing and surgical risk. Depending on your health, optimization may involve your primary care physician or a specialist. Common areas:

- Diabetes and blood-pressure control
- Heart, lung, and dental health — untreated dental infection can seed a new joint
- Nutrition, anemia, and weight
- Tobacco and nicotine use — both impair bone and wound healing
- Medication review, including blood thinners (see the Medication Instructions sheet)

— Line up your support

- ☐ Arrange a driver for surgery day and early appointments
- ☐ Plan for help at home during the first one to two weeks
- ☐ Stock groceries and prepare meals ahead
- ☐ Complete the home preparation checklist (separate sheet)

— The week before

- ☐ Complete required testing and clearances
- ☐ Review fasting and arrival instructions from the surgical team
- ☐ Report any new illness, infection, rash, wound, or dental problem — even minor ones
- ☐ Confirm which medications to take the morning of surgery

PREPARE MENTALLY

Recovery is rarely a straight line. Swelling, soreness, fatigue, and disrupted sleep are normal early on. Progress is measured in weeks, not hours — patience is part of the plan.

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This guide is educational and reflects Dr. Seem's general approach. It does not replace an examination, individualized advice, or the instructions you receive from your surgical team and the facility where your surgery takes place. For medication, fasting, and day-of-surgery instructions, always follow the current guidance from Winchester Medical Center or Valley Health Surgery Center. For emergencies, call 911. Reviewed and approved by Michael E. Seem, MD. ROSA®, Persona IQ®, and mymobility® are registered trademarks of Zimmer Biomet, and HipInsight™ of its owner — named only to identify technologies used in practice; no manufacturer endorsement or affiliation is implied. · Michael E. Seem, MD · Winchester Orthopaedic Associates · 128 Medical Circle, Winchester, VA 22601 · (540) 667-8975 · © 2026