

Post-Op Checklist

Day surgery, you will be discharged home with a script for pain medication, instructions on dressing changes, wound care and follow up appointments including physiotherapy recommendations.

Hospital stay patients will be cared for daily by nurses, physio therapists and doctors including an acute pain management service. Prior to discharge patients will be seen by Occupational therapy, Social work and home care as needed.

Patients are expected to be ***discharged home*** after 2 or 3 days following routine surgery.

On discharge your nurse will go over your instructions, medications, follow up arrangement

s and any concerns.

Patients should be able to walk by themselves, toilet and dress using aids, manage stairs, transfer safely around the home and in and out of vehicles.

Please note after joint replacement surgery you are not allowed to drive for 6 weeks

Prior to leaving Hospital ensure you have information on all the following:

- Discharge prescription
- Letter Family Physician
- Anticoagulation protocol

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- Scheduled follow-up appointment
- Joint certificate (if applicable)
- Mobility Aids
- Instructions on pain management
- What to do in event of wound issue or other complications
- Your plan for physiotherapy