

Pre-op Preparation

Recovery after surgery is optimized when you prepare well.

- Be active (e.g., walking, stationary bike, light work). (**Figure 1**)
- Eat healthy foods.
- Avoid exposure to cold and flu viruses.
- Shower or bathe thoroughly each day for 3 days prior to surgery. If you notice any open wounds or infections such as an ingrown toenail, **contact us immediately.**
- Follow the **Pre-surgery Instructions** as outlined in the packet provided to you at the RCM clinic prior to surgery.
- Plan to come in for follow-up visits at about 2 weeks, 6 weeks, 5 months, and 12 months. If you live out of town, a 5-6 month visit is recommended. The others are optional.
- Arrange for a driver to take you to your appointments and physical therapy (PT) sessions for the first 3 to 4 weeks after surgery.
- You will leave the hospital with a continuous passive motion (CPM) machine that you will use at home. You will need a firm mattress to support the CPM machine. (See page 2)
- You will be using forearm crutches (or a walker) during the first 2 to 4 weeks after surgery. Please create the longest, unobstructed walking track inside your home.

Figure 1.



Be as active as possible before surgery.