

# Preparing for hip or knee replacement

OSclinic ? Dr Ala' Hawa | Amman, Jordan

Before surgery (follow your surgeon's written plan):

- Complete blood tests / ECG as requested
- Dental/skin checks if advised
- Optimise diabetes and weight when possible
- Stop medicines only as instructed
- Clear trip hazards at home; arrange help
- Prepare walking aid / raised seat if advised

After discharge ? seek urgent care for:

- Fever, wound discharge, calf swelling, chest pain, breathlessness

Disclaimer: Educational only. Individual plans differ.

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