

# Total Joint Replacement Pre-Surgery Class

For patients and family members

St. Luke's invites you to attend a free 90-minute pre-surgical session taught by nurses, physical and occupational therapists, and case managers. The class provides information on what to expect before, during and after surgery, and includes the following topics:

## Pre-surgery preparation

- ~ Strengthening exercises
- ~ Home preparations
- ~ Infection prevention

## Surgery

- ~ Explanation of knee and hip replacement procedures
- ~ Surgical safety
- ~ Pain management

## Post-surgery and recovery

- ~ Prevention of complications
- ~ Fall prevention
- ~ Physical and occupational therapy
- ~ Rehabilitation needs
- ~ Home medical equipment needs

Classes are held the second Tuesday and fourth Wednesday of each month.

**3:00 - 4:30 pm**

St. Luke's Auditorium

We encourage you to register as soon as your surgery is scheduled and to attend the class with a family member or other support person.

To register, call St. Luke's Pre-Admission Testing (PAT) at **218.249.5644**.

THE PATIENT.  
ABOVE ALL ELSE.®

