



Burnaby Hospital Hip and Knee Arthroplasty Clinic
Central Intake and Optimization
Burnaby Hospital 1st Floor – Optimization Clinic
3935 Kincaid Street
Burnaby BC V5G 2X6
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Burnaby Hospital Hip and Knee Arthroplasty Clinic Appointment

Day of Hip or Knee Arthroplasty Clinic Appointment,

On the day of your clinic visit with a surgeon please expect to be at the hospital for approximately 2 hours. Please bring the following pieces of information with you:

- Care card number
- Picture ID with legal name
- Your medications in their containers and a list of vitamins/minerals you are taking

Should it be determined that you are a candidate for hip or knee replacement surgery and should you decide to proceed with the surgery, we would like to ensure you are aware of what commitment will be required from you. Please read the following carefully.

Patient Commitment:

Preparation for surgery and recovery begins when you and your surgeon decide that surgery is right for you. You and your family are important team members who can ensure a smooth recovery and discharge from the hospital. You are responsible for making appropriate preparations prior to your surgery date, which include the following:

- I will carefully review the educational materials provided to me
- I will participate in a recommended fitness and nutrition program
- I will attend the Patient Role: Joint Replacement Workshop
- I will attend scheduled appointments
- I am aware that I will be leaving the hospital 1 to 3 days after my surgery by 11:00 AM
- I will make arrangements for a responsible adult with an appropriate vehicle to transport me home from the hospital after my surgery
- I will arrange for help at home after my surgery. (someone on standby for safety and help as required with shopping, meals, cleaning etc.)
- I will have my home set up for safety as recommended by the team
- I will obtain equipment recommended for me before coming into hospital

Prior to leaving the hospital you should expect the following:

- To be directed to go for lab work (no fasting)
- Be given an appointment to attend the Joint Replacement Class
- Be given an appointment to see other specialists as required.

Please note: Patients who miss appointments with valid reasoning should notify the clinic ASAP. Understand that any breaks in the referral process may increase wait times for surgery and could lead to you being removed from the waiting list altogether.

I confirm that I have read and understood the commitment needed from the Burnaby Hospital Hip and Knee Arthroplasty Clinic.

Patient signature: _____

Date: _____