

## Checklist before surgery

- 1. Make plans with your friends and family
- 2. Take care of your long-time diseases
- 3. Check your skin condition
- 4. Visit a dentist
- 5. Take care of nutrition
- 6. Two months before surgery, quit:
  - smoking
  - alcohol
  - omega-3 and other natural health supplements
- 7. Collect crutches
  - practice walking with crutches
- 8. Prepare your home
  - ask for help and book it, if necessary
  - make sure your home is safe and accessible
- 9. Take care of all medical examinations you're referred to
- 10. Fill in the Omavointi-questionnaire
- 11. Attend the joint replacement training
- 12. Study the preconditions for going home after the surgery

## Journey to the hospital

- If you are eligible for Kela taxi reimbursement, remember to book your taxi through the central dispatch number 0100 87650 no later than 14:00 the day before your surgery.