



Discharge Day Reminders

Please review this checklist of goals and evaluate your readiness for discharge.

Patient:

- Knows the goals and precautions of Lovenox® or Coumadin® therapy.
- Can name the positioning Dos and Don'ts.
- Can get out of bed and use the walker independently.
- Can walk at least 500 feet.
- Has the medical equipment needed at home.
- Has made arrangements for postoperative physical therapy and lab work.
- Transportation arrangements have been completed.

Coaches:

Are all your questions answered?

Final Push to the Finish Line

Today is an important day for you as you graduate from part one of the recovery track to the next stage. Plan for a late-morning discharge from the hospital.

This generally takes place after your morning therapy sessions. Before you leave, how about giving us one final attempt on that “racetrack” you also know as the third-floor Patient Tower hallway. Set a goal for yourself and then give it your best shot.

The checkered flag is within your reach. Keep in mind that everyone heals differently. You may not be as far as you would like, but keep trying.

Your Joint Center care team wants to give you one final cheer as you make your way past the finish line at the nurses' station.

It has Been Our Pleasure ...

You have been much more than a patient; you've been our welcomed guest.

We've guided you through an important healthcare journey, and it has been our pleasure to work with you during your stay.

Our care team collectively smiles when we see our Joint Center guests leave with a small step toward a successful recovery. Remember that your hospital journey ends, but your road to recovery has just begun.

If you have questions, please contact the joint care coordinator or refer to your patient guidebook.

The book is an important recovery tool and provides information about postoperative exercises and daily living. Pay careful attention to your discharge instructions and follow post-discharge guidelines and information in your guidebook about surgical incision care.

Thank you for being our guest and allowing us to care for you.

SOUTH CAROLINA JOINT CENTER

Advanced joint replacement services of

SELF REGIONAL
HEALTHCARE