

# Are You a Candidate for Outpatient Total Joint Replacement?

With newer surgical techniques and advanced anesthesia protocols, Knee and Hip Replacement procedures are now being safely performed without the need for hospitalization. The Congress Joint Replacement Program now offers same-day discharge as part of a comprehensive joint replacement experience which starts at the first visit with your surgeon and supports you through your entire recovery.

## MEDICAL CRITERIA FOR SAME-DAY DISCHARGE:

- No active heart disease or arrhythmia
- No chronic blood thinning medications
- No moderate or severe obstructive sleep apnea
- No history of pulmonary disease (COPD, asthma, pulmonary embolism)
- No history of anemia
- BMI <40
- No insulin-dependent diabetes
- No active kidney disease
- No active use of narcotic medication or tobacco

## SOCIAL/ENVIRONMENTAL CRITERIA FOR SAME-DAY DISCHARGE:

- Are you interested in going home the same day as your surgery?
- Do you have adequate support at home?(i.e. a spouse, friend, or "coach" to help in the post-operative period)

If you are healthy and motivated, please discuss the option of Outpatient Total Joint Replacement with your surgeon.

