

In order to be considered for same-day discharge criteria, you must meet the following criteria:

- Cleared by your surgeon/surgery team prior to surgery and following surgery
- Cleared by your Anesthesia team
- Cleared by nursing
- Cleared by therapy (PT and/or OT) team
- Attended a joint class (Fridays from 11a-12p at the Main Hospital on the 9th floor)
 - o For more information, please go to swedishhospital.com/jointclass
- Acquired assistive device (Walker or Crutches) prior to surgery

What to expect on the day of your surgery:

- Physical Therapy Evaluation and treatment session will be completed immediately following your surgery and prior to your discharge
 - o P.T. will complete an initial evaluation focused on education and understanding home setup
 - o Strength and sensation will be assessed
 - If safe and appropriate, treatment session will continue
 - If you are not deemed safe and appropriate for out of bed mobility, then you will be transferred to the Orthopedic Unit in the Main Hospital (9th floor) where you will be admitted with planned discharge on POD#1 once criteria is met
 - o You must demonstrate **safe walking of at least 150 feet** using **your personal assistive device** (walker or crutches) with no more assistance than the Physical Therapist standing beside you
 - o You must safely ascend and descend one **full flight of stairs** with no more assistance than the Physical Therapist having a hand on you for guidance
 - o If you have not voided using bed pan/urinal, you may attempt at this time
 - o Review Home Exercise Program
- Pain must be controlled by oral medications
- You must be tolerating a regular diet
- You must void prior to discharge

What you will need to be cleared on the day of surgery:

- o **“Coach”** (whoever will be assisting you at discharge) **must be present**
- o **Assistive device** (crutches or walker) you will be using at time of discharge **must be present** for treatment session

Please contact our Orthopedic Program Manager, David, at (303) 788 – 6682 with any questions or concerns.