

Joint Replacement

PREPARATION CLASS



Pomona Valley Hospital Medical Center's Joint Replacement Program is certified by The Joint Commission. We are certified for providing excellent care of the elective hip and knee replacement patients. We use protocols and guidelines proven to help patients get well quicker. Patients return to their normal activities sooner after surgery.

The Joint Replacement Program requires patients and their "coach" to attend the education class before surgery. The "coach" is the support person who will help the patient after surgery. This is usually a family member or friend that you arrange.

English Class Information:

- **Wednesday** from 9 a.m. to 11 a.m.
- **Tuesday** from 3 p.m. to 5 p.m.
- **Classes offered weekly - Alternating Tuesday and Wednesday**
- Must call for appointment: 909.630.7403



Class Topics include:

- Preparing for surgery
- What happens in the hospital
- What to expect when you go home
- Blood clot prevention
- Infection Prevention
- Carrying for your surgical site incision
- Multimodal pain management
- Physical and Occupational Therapy
- Questions and Answer Session

Special instructions and restrictions due to COVID-19:

- Class maximum is 6 patients per class. One coach per patient.
- Patients and coach must wear a face mask at all times when in the building. This includes class time. Patients and coach will sit at the same table during class.
- Each table will be 6 feet apart.
- Patients and coach may not attend class if they are sick.
 - Please call to reschedule class if you or your coach have any of the following symptoms:
 - Cough
 - Fever
 - Sore throat
 - Difficulty breathing
 - Repeated shaking with chills
 - Chills
 - Muscle pain
 - Headache
 - New loss of taste or smell

Who should attend:

Patients having hip or knee replacement surgery, along with one "coach".

Class Location:

Pomona Valley Health Center at Claremont
1601 Monte Vista Avenue, Suite 280 (2nd floor)
Claremont, CA 91711

Now available online.

Please visit our website at:

www.PVHMC.org

Scan QR code for class videos:



After viewing the online course, please complete the class survey which is located at the bottom of the video. Completion of class surveys is required as proof of class participation. For your convenience, the Joint Replacement Guidebook is available online and is located at the bottom of the Preparation Class page.

