

Thank you for selecting **Turan Turan Health Group** for your joint arthroplasty surgery.



## Items to Bring on the Day of Your Arthroplasty Surgery

- Identification:** Ensure you bring your passport, as it is required for identification purposes.
- Clothing:** Pack loose, comfortable clothing to wear during your recovery, such as: Tracksuits or pajamas, T-shirts or button-up shirts, a bathrobe (optional). Please include underwear and extra clothing for your stay.
- Footwear:** Indoor: Non-slip, comfortable slippers for use in the hospital. Outdoor: Flat, rubber-soled sneakers for safe and comfortable mobility after discharge.
- Medical Devices:** Bring any essential medical devices (e.g., glasses, contact lenses, hearing aids, or dentures) along with their designated storage cases.
- Medications:** Bring all your prescribed medications in their original packaging.
- Personal Care Products:** While most personal care items are provided by the hospital, you may bring your own preferred items, such as a nail clipper, razor, adult diapers, sanitary pads, or wet wipes.
- Assistive Walking Devices:** After surgery, you may require a walker or crutches for mobility. While a walker will be provided during your hospital stay, it is recommended to arrange for a suitable assistive walking device for use after discharge.



## Important Notes

- Do not consume any food or drink for **at least 8 hours before** your surgery.
- Medications:** If you take **blood pressure** medication, take it at the usual time with a small sip of water. Do not take any other medications for chronic conditions unless instructed otherwise by your doctor.
- Pacemaker Identification:** Patients with a pacemaker must present their pacemaker identification card to the medical staff once the surgery decision is confirmed.
- Nail Care:** Remove all nail polish and artificial nails before arriving for surgery.
- Jewelry and Accessories:** Do not wear any jewelry, including necklaces, rings, bracelets, or watches, on the day of surgery.
- Dentures:** If you wear dentures, they must be removed before surgery. Please remember to bring a case for your dentures and take them with you after the procedure.



**For More Information:**

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