

Vernon Jubilee Hospital Orthopedic Surgery Hip and Knee Replacement Optimization Passport

You can refer to this document throughout your surgical journey. Please update as you are contacted with appointment dates.

My Care Team - Names and Contact Information

Care Team Member	Name	Contact information
Family Doctor		
Surgeon		
Specialist Physician (s)		
Pharmacist		
Optimization Nurse		(250) 558-1311
Physiotherapy Department VJH		(250) 558-1203
OR Booking Clerk		(250) 558-2105
Hip and Knee Nurse Navigator		(250) 558-2109
Dietician		811 BC Nurses Line
Social Worker		
Red Cross Form Clerk		(250) 306-1763

Instructions and Appointments - Prior to Surgery Date

My Appointments	Date	Contact
Living Well Physiotherapy Education (1 hr 26mins hours long)		Living Well - YouTube
Optimization Nurse Phone Assessment (approx.. 15 min call)		Arranged through Community Wide Scheduling
Surgical Optimization Class 1: (one (1) hour long)		Surgical Optimization Class #1 - YouTube

*Please watch Living well and Surgical Optimization Class ASAP to be able to ask the nurse questions

Instructions and Appointments – Once you have a Surgery Date

Surgery Date:	
Arrival Time:	

My Appointments	Date	Location
Physiotherapy Online Education		Managing Your Hip Replacement Post – Operation, Vernon Rehab Presentation - YouTube Or PRE OP Total Knee Replacement Physiotherapy VJH - YouTube



Internal Medicine Clinic (OR booking will arrange, if needed)		3 rd floor Polson Tower VJH, or Physician will call
Anesthesiology Appointment (OR booking will arrange, if needed)		3 rd floor Polson Tower VJH, or Physician will call
Surgical Optimization Nurse Instructions and Class 2:		Surgical Optimization - Class 2 - YouTube

Medication Instructions	Physician or Nurse instructions
Medication:	
Medication:	
Medication:	
Medication:	
Medication:	
Medication:	
Medication:	
Stop all herbals and supplements seven (7) days before surgery	Stop date:

Required Diagnostic Tests	Date	Location
Lab		VJH Outpatient Lab*
Second (2 nd) Lab:		VJH Outpatient Lab*
ECG (heart tracing)		VJH Cardiopulmonary Department*
X-Rays		VJH Diagnostic Imaging*
Additional tests		
Red Cross Equipment		Physiotherapy clerk - (250) 306-1763

*OR booking will arrange all dates for you. The location may vary depending on where you live, OR booking can help you with this.

Instructions and Appointments – Recovery after Surgery

Recovery Appointments	Date	Location
Ortho Clinic appointment		Ortho Clinic - 1 st floor VJH
Surgeon follow up after surgery		Surgeon's office

Recovery Appointments	Date	Location
Initial Physiotherapy Assessment		Phone call – clerk will call you*
Physiotherapy Rehabilitation Appointment		Outpatients Physiotherapy Department - 1 st floor VJH*
Weekly/ Bi-weekly Physiotherapy Rehabilitation Appointments		Outpatients Physiotherapy Department - 1 st floor VJH*
Joint Works Appointment		Kal Fitness 15- 100 Kalamalka Lake Rd, Vernon BC*

*If you are from a surrounding community, physiotherapy can be arranged closer to where you live. Please speak to the physiotherapist you see in the hospital for help with this.

