



Total Joint Replacement Surgery Home Recovery

Enhanced Recovery After Surgery (ERAS) enables faster recovery by reducing surgical stress and maintaining physiological function. Our primary goal is to reduce surgical complications and help our members return to their usual activities as smoothly and as soon as possible.

Your surgeon has identified you as a good candidate for home recovery following your hip/knee joint replacement surgery. You are a candidate for home recovery after joint replacement surgery as long as your pain is controlled, you demonstrate that you are safe with Physical Therapy, and you are cleared by our medical team. Being in your own home is usually the best place to recover once these milestones have been met.

Patients are discharged on the same day of surgery for several reasons:

- Being at home allows you to recover from your hip or knee replacement in the comfort of your own home.
- There have been many advances in surgical techniques, and improved anesthesia and pain protocols which have made home recovery possible.
- Recovering at home is often associated with high patient satisfaction and decreased rates of complications.

In order to be successful with same day discharge it is important that you have a trusted, reliable caregiver, and that you have the medical supplies needed to assist you in your recovery. Our discharge planners will help coordinate this for you and answer any questions you may have about same day discharge.