



The Total Joint Program
at Los Robles Hospital & Medical Center

Pre-surgical

Education Class



Free Total Joint Program Educational Classes

Every Monday at Thousand Oaks Surgical Hospital (TOSH)

Time: 11:00 AM – Noon | Please make sure to schedule an appointment.

Contact: Shelley Ross, RN at (805) 418-1359 or email Shelley.Ross@HCAhealthcare.com

What to Expect

When you and your doctor agree that it's time for surgery, The Total Joint Program at Los Robles Hospital offers you a comprehensive program designed to meet your individual needs, providing optimal outcomes in the shortest possible time.

Once you have decided on a surgery date, we will contact you to schedule a time to attend our pre-surgical education class. There, you will learn about what to expect before, during and after surgery. We will:

- Discuss your Pre-surgery Instructions
- Review a Home Safety Assessment
- Discuss Day of Surgery Instructions
- Explain your Daily Hospital Care & Activity
- Go over Joint Replacement Precautions
- Review your Discharge Instructions
- Explain Common Terminology
- Answer all your questions



If you have any questions, need to find an orthopedic surgeon or would like to learn more about your options, please call our Total Joint Program Coordinator at (805) 370-4694.


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