At Gwinnett Medical Center, we are committed to your safety and successful recovery. Learning what to expect and how to care for yourself after total joint replacement surgery can speed healing and improve the success of your recovery.

During the Total Joint Replacement class, you will learn:

- How to prepare for your surgery
- What to expect when you arrive at the hospital
- What appointments and tests you need before surgery
- How a hip and knee joint works
- The do’s and don’ts after joint replacement
- How to manage pain and safe ways to move that prevent injury
- Ways to prevent complications after surgery such as infection
- The general phases in your hospital recovery
- How to care for yourself after returning home

The on-campus and online classes are free and open to patients preparing for surgery or considering total joint replacement surgery at Gwinnett Medical Center. We welcome significant others, family members and close friends who plan to help during your recovery to attend too.

For more information about our program, contact: Nadirah Burgess at 678-312-1791 or orthopedics@gwinnettmemorycenter.org

How to Register

ON-CAMPUS Class:
Call 678-312-4170
Monday – Friday
8:30 a.m. - 5:00 p.m.
Use the schedule on the back to select a location and time that works best for you.

ONLINE Class:
2. Click Create New User.
3. Type your information.
4. Select Center for Orthopedics for Medical Service, and then your Type of Service.
5. Click Save.
6. Click.
7. Click to launch the course.
8. Click to launch the course.

Print more resources from the online course to help you prepare for surgery.
### Gwinnett Medical Center - Duluth
- **3620 Howell Ferry Rd. | Duluth, GA 30096**
  - Where: Education Classroom (Terrace level)

### Gwinnett Medical Center - Lawrenceville
- **1000 Medical Center Blvd. | Lawrenceville, GA 30046**
  - Where: Community Room (Lobby level)

#### 2017 Total Joint Class Schedule

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**Call 678-312-4170 to attend at least 2 weeks before your surgery date.**

### My Scheduled Class
- **Date:**
- **Time:**

#### Location and Time

- **Lawrenceville**
  - 1 p.m. - 3 p.m.
  - 6 p.m. - 8 p.m.
- **Duluth**
  - 3 p.m. - 5 p.m.
  - 10 a.m. - 12 p.m.

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ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística.

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다.