



# Virtual Orthopedic Pre-Surgical Class

## AdventHealth Orthopedic Institute

### Preparing You for Surgery

We invite you to attend a free pre-surgical education class, powered by Zoom, from your computer, phone or tablet. The class will better prepare you for your upcoming procedure, discharge and recovery. This class is recommended for any patient with a scheduled surgery. We recommend that you view it with your “coach” – a person who will be at home with you when you are discharged and support you throughout this health journey.

#### In the class, we will discuss:

- How to prepare yourself and your home before surgery
- The night before and day of surgery
- Do’s and don’ts after surgery
- Discharge planning and returning home
- Multimodal pain management
- Physical therapy and rehabilitation

#### To attend a class:

- Visit [OrthoClassRegistration.com](https://OrthoClassRegistration.com).
- Select the date that works best with your schedule and register for the class that will be delivered live via Zoom.
- You will receive a confirmation email with the Zoom link, and instructions on how to join the class.

**For any questions, please contact your orthopedic care navigator.**

[OrthoClassRegistration.com](https://OrthoClassRegistration.com)

**VIRTUAL CLASSES NOW AVAILABLE  
MULTIPLE TIMES A WEEK**

  
**AdventHealth**