



You and your recovery are *important* to us!

1-3:30 p.m.
Wednesdays & Thursdays
2C Conference Room
FirstHealth Moore Regional Hospital

Class will include:

- What to bring with you to the hospital
- Exercises to practice before surgery
- How your pain will be controlled after surgery
- Medical equipment that will be used
- Options for care once you leave the hospital
- How to do the scrub you will need to do at home before surgery

Your class is scheduled on:

*Directions to 2C Conference Room
on reverse.*

Our
**TOTAL
KNEE/HIP
REPLACEMENT
CLASS**
is designed to help
you prepare for your
upcoming
surgery.

To register,
call the unit secretary
at (910) 715-2150.

FirstHealth
MOORE REGIONAL HOSPITAL

To help direct you around Moore Regional Hospital, we implemented a color-coded wayfinding system. Each of our PARKING LOTS and VISITOR ELEVATORS has been designated a specific color. They are connected by COLORED LINES ON THE CEILING.

To access the

Pre-Op Total Joint Class

in the 2C Conference Room,

you will need to go to the SECOND FLOOR of the hospital.

PARKING:

Please park in the Outpatient/ Admissions Parking Lot. This parking lot is located on Page Road and is also known as the GREEN PARKING LOT.

DIRECTIONS INSIDE HOSPITAL:

From the Outpatient/ Admission Department, follow the BLUE LINE on the ceiling.

The BLUE LINE will intersect with a GOLD LINE. Turn right and follow the GOLD LINE.

The GOLD LINE will take you directly to the GOLD ELEVATOR. Take the GOLD ELEVATOR to the second floor

Turn left off of the elevator and you should see a sign on the right, near the nurse's station, that says "Pre-Op Hip/ Knee Class."

Please check in with the volunteer desk at the Outpatient Entrance if you need to be escorted or brought by wheelchair to the class.

If you have ANY questions or cannot find the meeting place, ask any FirstHealth Moore Regional Hospital employee or volunteer for the **2C CONFERENCE ROOM**, or call **715-2150**.