



**Animas**  
**Surgical Hospital**  
Personal care. Better results.



# Pre-Surgery Class

Monday, \_\_\_\_\_

**Shoulder Surgery Class:** starts at 8:30 AM

**Total Joint Replacement Class:** starts at 9 AM

Pre-operative education leads to a better outcome, less anxiety, and increases safety!

You and a guest are invited to attend this 90-minute pre-surgical class about joint replacement surgery. During this time, you'll learn what to expect before, during, and after surgery. You'll also learn how to size and use slings, walkers, crutches, or other assistive devices. Staff will be on-hand to answer questions about nutrition, pain management, physical therapy, and more. Classes are held in the Animas Surgical Hospital Patient Care Unit (PCU) at 575 Rivergate Lane Durango, CO.

**If you are unable to attend, please call 970-385-2359.**