

OASIS Online Pre-operative Education Class Instructions

You have taken the first step towards a healthier lifestyle with your decision to have surgery. Each year, thousands of Americans make the decision to end their chronic pain by undergoing orthopedic or spine surgery.

Thank you for choosing OASIS Hospital for your care. Our team appreciates the opportunity to help you on the road to your recovery. We are committed to excellence through exceptional teamwork. We offer a unique program that is designed to return you to an active lifestyle as quickly as possible. Each step of the program is carefully choreographed to give you the best possible results.

Research has demonstrated that patients have a significantly better recovery when they prepare for surgery ahead of time by attending a preoperative education class. You will learn a simple, daily pre-operative exercise routine that when done during the weeks prior to surgery will help to decrease your pain, reduce the likelihood of common complications, and help you return to full function faster.

Most orthopaedic and spine patients recover quickly. In most cases, you will be able to walk the first day after your surgery. Generally, you will be able to return to many of the activities that you enjoy in just a few short weeks.

We believe that recovery is a team effort between you and your 'coach' as well as your surgeon and our staff. That is why we want to involve both you and your coach in your treatment and throughout each step your surgical journey. Your healthcare team is dedicated to providing you with exceptional, compassionate care.

Preparation, education, continuity of care and a pre-planned discharge are the keys to optimum results in orthopedic and spine surgery.

Step 1 – To begin the education videos please visit <http://www.oasishospital.com/myoasis/>

- There are a total of 9 Lessons with content and video.
- You may come back at any time throughout the class to view the videos or review content in case you have any questions and/or concerns.
- Your feedback is very important to us. In order to continue improving our patient experience and ensure we are covering the information most important to our patients and families, please provide us with your evaluation of our Pre-operative Education Videos at the end of the webpage.

If you have any questions, please call OASIS Hospital to speak to an associate at 602-797-7700 or you may email the Pre-Admission Testing nurse at SOSP_Preopeducation@oasishospital.com