

# On-Demand Orthopedic Pre-Surgical Classes

AdventHealth East Florida Division

## Preparing You for Surgery

We invite you to attend in-person or watch our on-demand classes to help you prepare for your surgery and recovery. Classes are highly encouraged for any person having knee, hip, shoulder, foot, or ankle surgery. We recommend that you choose a person to act as a “coach” to help you when you go home after surgery. Your coach should view or attend the classes with you, so they can provide the best support for you during recovery.

### What You Will Learn

- How to prepare yourself
- How to prepare your home
- What to expect the night before and day of surgery
- Do's and don'ts after surgery
- Discharge planning
- Returning home
- Multimodal pain management
- Physical therapy and rehabilitation



## On-Demand Videos



**Foot and Ankle  
Pre-Surgical Class**



**Shoulder  
Pre-Surgical Class**



**Hip  
Pre-Surgical Class**



**Knee  
Pre-Surgical Class**

For questions, please contact your orthopedic care navigator.



# In-Person Orthopedic Pre-Surgical Classes

## In-Person Class Schedule

<b>AdventHealth Daytona Beach</b> 386-231-5355   Medical Office Building Classroom C   301 Memorial Medical Parkway   Daytona Beach, FL 32117						
June 14 1 – 2 pm	July 19 1 – 2 pm	August 9 1 – 2 pm	September 6 1 – 2 pm	October 11 1 – 2 pm	November 15 1 – 2 pm	December 6 1 – 2 pm
<b>AdventHealth DeLand</b> 386-943-4833   Classroom A, B, C   701 W Plymouth Avenue   Deland, FL 32720						
June 12 1 – 2 pm	July 10 1 – 2 pm	August 28 1 – 2 pm	September 10 1 – 2 pm	October 9 1 – 2 pm	November 6 1 – 2 pm	December 11 1 – 2 pm
<b>AdventHealth Fish Memorial</b> 386-917-5860   Health Park Conference Room   1745 Sterling Silver Boulevard   Deltona, FL 32725						
June 20 1 – 2 pm	July 11 1 – 2 pm	August 6 1 – 2 pm	September 12 1 – 2 pm	October 17 1 – 2 pm	November 14 1 – 2 pm	December 12 1 – 2 pm
<b>AdventHealth New Smyrna Beach</b> 386-424-5175   NSB Medical Plaza Classroom   125 Memorial Medical Pkwy   New Smyrna Beach, FL 32168						
June 18 10 – 11 am	July 16 10 – 11 am	August 13 10 – 11 am	September 24 10 – 11 am	October 15 10 – 11 am	November 19 10 – 11 am	December 17 10 – 11 am
<b>AdventHealth Palm Coast</b> 386-586-4221   Palm Classroom A-B   60 Memorial Medical Parkway   Palm Coast, FL 32164						
June 26 11 am – 12 pm	July 24 11 am – 12 pm	August 21 11 am – 12 pm	September 25 11 am – 12 pm	October 30 11 am – 12 pm	November 5 11 am – 12 pm	December 18 11 am – 12 pm
<b>AdventHealth Waterman</b> 352-253-3794   Team Room 2   1000 Waterman Way   Tavares, FL 32778						
June 25 1 – 2 pm	July 23 1 – 2 pm	August 20 1 – 2 pm	September 17 1 – 2 pm	October 29 1 – 2 pm	November 26 1 – 2 pm	December 4 1 – 2 pm

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### How To Register

1. Call your care navigator to register
2. Scan the QR code to register online

