

☒ My checklist to prepare for my Knee Replacement surgery

At the pre-admission clinic, you will receive blood tests as ordered. An ECG/chest x-ray may also be ordered.

NB: X-ray for surgery required to be within 12 months of surgery date.

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Find a moment to read the important information provided.

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Prepare my home – The recommendations from my occupational therapist are actioned prior to my surgery date.

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Arrange for my transport to hospital on my surgery day and from hospital 2 to 3 days after my surgery.

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Arrange for extra help after my surgery if needed.

My expected arrival home will be 2 to 3 days after surgery.

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10 days before my surgery

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Work with my doctor to reduce/cease use of cigarettes or vapes (tobacco or other) in the weeks prior to my surgery (if applicable).

7 days before my surgery

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No shaving, waxing or hair removal product on operation site.

Wear long pants to prevent scratches, bites and cuts.

Make sure I understand instructions about what medications to stop and when to stop them.

Stop taking all herbal remedies, vitamins and fish oils.

Message from your doctor

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There are some circumstances that place you at a risk to having surgery and therefore would likely result in rescheduling your surgery.

If you have any of the following within the week of your surgery please call Pre-admission clinic on 07 3163 3000 immediately:

A cold, cough, feeling generally unwell or COVID-19.

Any sign of a scratch, pimple, rash or insect bite or anything else causing a break or irritation to your skin – **no matter how small it is.**



Insect bites



Scratch



Slight rash



Skin pimple



More complex skin issues

1 day before my surgery

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Follow the information in the admission guide.

No smoking, drinking alcohol or eating fatty/greasy foods.

Pack my hospital bag including any medications I am currently taking and CPAP machine (if applicable).

Double check when to stop eating.

Double check when to stop drinking.

I will receive a message the night prior to advising you what time to come in.

Day of surgery

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Follow instructions for taking medications.

Follow instructions for when to stop eating/drinking. This includes chewing gum, lollies and mints.

Use the surgical sponge (if given one) to shower and then dress in clean clothes. Do not apply make up, deodorant, creams or body sprays. Remove all jewellery, nail polish and piercings.