






















My checklist to be ready for surgery

<input checked="" type="checkbox"/>	My checklist to prepare me for my high tibial osteotomy surgery														
<input type="checkbox"/>	At preadmission clinic have these tests: Blood tests as ordered. ECG/Chest X-ray if indicated NB: X-ray for surgery required to be within 6 months of surgery date														
<input type="checkbox"/>	Find a moment to read the important information provided														
<input type="checkbox"/>	Prepare my home—home visit by occupational therapist (if this has been identified as required)														
<input type="checkbox"/>	Arrange for my transport to and from hospital														
<input type="checkbox"/>	Decide if I need extra help after my surgery and arrange														
<input type="checkbox"/>	10 (ten) days before my surgery (if indicated): Urine test														
<input type="checkbox"/>	From 7 (seven) days before my surgery <ul style="list-style-type: none"> no shaving, waxing or hair removal product on operation site make sure you know the instructions about what medications to stop and when to stop them 														
<input type="checkbox"/>	3 (three) days before my surgery <ul style="list-style-type: none"> blood tests (if ordered) read the 'Message from your Doctor' (below) and follow instructions 														
<input type="checkbox"/>	Message from your Doctor There are circumstances where it would be a risk to go ahead with surgery. If you have any of the following: <ul style="list-style-type: none"> a cold or cough or feeling generally unwell any sign of a scratch, pimple, rash or insect bite or anything else causing a break or irritation to your skin on the same limb or foot you are having surgery. No matter how small it is: Please call the Pre-admission clinic on 07 3163 7127 today, or at any time from today to before your surgery day, that you notice any skin issues														
	<table border="1"> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Insect bites</td> <td>Scratch</td> <td>Slight rash</td> <td>Skin pimple</td> <td colspan="3">More complex skin issues</td> </tr> </table>								Insect bites	Scratch	Slight rash	Skin pimple	More complex skin issues		
															
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<input type="checkbox"/>	1 (one) day before my surgery <ul style="list-style-type: none"> follow the information in the admission guide no smoking, drinking alcohol or eating fatty/greasy foods pack my hospital bag double check when to stop eating double check when to stop drinking 														
<input type="checkbox"/>	The day of my surgery <ul style="list-style-type: none"> follow instructions for taking medications follow instructions for when to stop eating/drinking use the surgical sponge (if you have been given one) to shower and then dress into clean clothes 														