




# My checklist to be ready for surgery

<input checked="" type="checkbox"/>	<h2>My checklist to prepare me for my knee reconstruction surgery</h2>														
<input type="checkbox"/>	<p>At <b>preadmission clinic</b> have these tests: Blood tests as <i>ordered</i>. ECG/Chest X-ray <i>if indicated</i>  <b>NB:</b> X-ray for surgery required to be within 6 months of surgery date</p>														
<input type="checkbox"/>	Find a moment to read the important information provided														
<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"/>	<h3>From 7 (seven) days before my surgery</h3> <ul style="list-style-type: none"> <li>no shaving, waxing or hair removal product on operation site</li> <li>make sure you know the instructions about what medications to stop and when to stop them</li> </ul>														
<input type="checkbox"/>	<h3>3 (three) days before my surgery</h3> <ul style="list-style-type: none"> <li>blood tests (<i>if ordered</i>)</li> <li>read the <b>'Message from your Doctor'</b> (<i>below</i>) and follow instructions</li> </ul>														
<input type="checkbox"/>	<h3>Message from your Doctor</h3> <p>There are circumstances where it would be a risk to go ahead with surgery.</p> <p><b>If you have any of the following:</b></p> <ul style="list-style-type: none"> <li>a cold or cough or feeling generally unwell</li> <li>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.</li> </ul> <p><b>No matter how small it is:</b> Please call the <b>Pre-admission clinic</b> on <b>07 3163 7127</b> today, or at any time from today to before your surgery day, that you notice any skin issues</p>														
	<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"/>	<h3>1 (one) day before my surgery</h3> <ul style="list-style-type: none"> <li>follow the information in the admission guide</li> <li>no smoking, drinking alcohol or eating fatty/greasy foods</li> <li>pack my hospital bag</li> <li>double check when to stop eating</li> <li>double check when to stop drinking</li> </ul>														
<input type="checkbox"/>	<h3>The day of my surgery</h3> <ul style="list-style-type: none"> <li>follow instructions for taking medications</li> <li>follow instructions for when to stop eating/drinking</li> <li>use the surgical sponge (<i>if you have been given one</i>) to shower and then dress into clean clothes</li> </ul>														