# My checklist to prepare me for my total knee replacement surgery

**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 12 months of surgery date

Find a moment to read the important information provided

Prepare my home—home visit by occupational therapist

Arrange for my transport to and from hospital

Decide if I need extra help after my surgery and arrange

### 10 (ten) days before my surgery *(if ordered)*: Urine test

### From 7 (seven) days before my surgery
- 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

### 3 (three) days before my surgery
- blood tests
- read the ‘Message from your Doctor’ *(below)* and follow instructions

### 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:**
- 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

**Insect bites** | **Scratch** | **Slight rash** | **Skin pimple** | **More complex skin issues**
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### 1 (one) day before my surgery
- 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

### The day of my surgery
- 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