



Knee Surgery Pre op Checklist

2-3 Weeks PRIOR to Surgery

- Begin Taking Vitamin D -**
 - 800 -1000 IUs Daily. This is purchased over the counter (i.e do NOT need a prescription)
- Order/ Purchase nutritional supplementation for Post-op (CSN, Muscle Milk ®, Ensure ®, etc..)**
- Purchase Tylenol (acetaminophen) 500mg Tablets.
- Fill out your pre-operative Outcome Measures

1 week PRIOR to Surgery

- Stop** takin, NSAIDS (Ibuprofen, Naproxen) and Fish Oil
- Arrange important household items so you don't have to walk for long distances
- Move "tripping" hazards such as rugs/ottomans/etc.
- Start on Knee range of motion/Quad exercises

- Call and arrange for post operative physical therapy. You will need to start within 2 weeks.

3 days PRIOR to surgery

- Start taking a stool softener 2-3 days before surgery to avoid constipation from opiates.
- Watch for phone call from your surgical location for arrival timing on the day of surgery.

Night Before Surgery

- Wash your whole body with Hibiclens (pink soap). You do not need to wash your hair or genitals with this soap.
- Take 1000mg Tylenol before bed WITH an electrolyte drink (OptiCharge, Gatorade, Liquid IV)
- NOTHING to eat or drink after midnight
- Do not take Lisinopril or any other ACE inhibitor

Day of Surgery

- Do not eat breakfast or lunch.
- Arrive 2.5 hours PRIOR to scheduled surgical time.

After Surgery

- Resume Normal medications
- Set a medication Schedule** – You should take Tylenol (acetaminophen) every 8 hours. If you can take NSAIDs (Ibuprofen/Naproxen) you should take these twice daily.
- Take Vitamin C for 6 weeks following surgery (500mg daily)
- Take Vitamin D for 12 weeks following surgery
- Start Nutritional Supplementation Post op Day 1