

HOSPITAL TOTAL KNEE REPLACEMENT PREOPERATIVE INFORMATION

- Please call our surgery scheduler for any questions you may have. Our scheduler can be reached by phone #206-243-1100 ext 201, fax #206-431-0835 or email swsosurgeryscheduling@proliancesurgeons.com (note: we cannot reply to email, so please include best # to reach you).
- A preoperative appointment in our office will be arranged for you 1-2 weeks prior to the procedure to go over any final details about the procedure, sign consent forms and answer any questions you may have.
- You will be given a surgery date and time prior to your preop appointment. You will also be given a call the night before the surgery to confirm your check-in time.
- You may need to be cleared by either The Periop Surgical Home (PSH) 253-426-4604) who we would arrange to contact you to make an appointment (ideally 2-3 weeks prior to surgery) or you will need to make appointment with your PCP, to make sure you are medically optimized for surgery. If you have any history of heart problems, please let our team know. You may also need an appointment with a cardiologist for clearance. If you need further clearance from other specialists, please make appointments and follow up with them.
- Please let us know if you or your family have any history of blood clots, urinary retention or complications from anesthesia in the past.
- Please arrange to be seen by a physical therapist PRIOR to the procedure for education on what to expect after the surgery. We will provide you with a prescription for this.
- Please do not arrange any elective dental procedures for one month prior and three months after your procedure. When you have a dental procedure, bacteria can enter your bloodstream and we do not want that bacteria to infect your new prosthesis.
- The following DME (durable medical equipment) will be needed after your surgery. Several items will be provided at the hospital during your stay but you may wish to purchase them on your own.
 - Incentive Spirometer: can be provided at the hospital
 - Front Wheeled Walker: can be provided at the hospital
 - Ice packs or a cooling device: please purchase
 - CPM machine: our team will arrange for this to be delivered to your home.
- Other equipment that may be recommended after surgery, but is not required includes: cane, crutches, raised toilet seat, foam pillow for leg elevation, bedside commode, shower chair, transfer bench for bathtub, foot/leg lifter, reacher.
- Prescriptions for medications will be provided to you prior to your surgery and/or at the time of your discharge from the hospital. If you would prefer to obtain the prescriptions prior to the procedure, please let us know and we can arrange this.



- Please prepare your home for your return. You may wish to make the following accommodations:
 - Remove loose carpet, throw rugs or cords that you may trip on.
 - Buy shoes with non-skid soles
 - Prepare meals ahead of time
 - Create a bed downstairs if you normally live upstairs to limit stair use.
 - Put night lights in dark areas
 - Practice walking through your home with a walker

- Arrange a caregiver to help you after your surgery for a minimum of 3 days, preferably 1 week. This is VERY important.

- Postoperative Bowel Care- Purchase prior to surgery.
 - Colace 100mg twice daily while taking narcotics
 - Metamucil take 1 tablespoon daily with water or orange juice
 - Milk of Magnesia

- Checklist of things you need to purchase or get prior to surgery:
 - Colace
 - Metamucil
 - Milk of Magnesia
 - Enteric-coated Aspirin 325mg
 - Tylenol
 - Durable medical equipment as listed in the DME section
 - At your preop appointment your Dr may prescribe your postop pain RX and any other RX you may need to pick up prior to surgery

IF YOU HAVE ANY QUESTIONS, PLEASE FEEL FREE TO CALL OUR OFFICE 206-243-1100 x201.