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## **ASC 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 48016, fax #206-431-0835 or email [swsosurgeryscheduling@proliancesurgeons.com](mailto:swsosurgeryscheduling@proliancesurgeons.com). (note: we cannot reply to email, so please include best phone # 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 prior to your preoperative appointment. Check-in and surgery times will be given to you when you call the surgery center as directed the week of your surgery.
- Please arrange an appointment with your primary care provider to make sure you are medically optimized for the procedure. If you have any cardiac problems, please let our team know. You may also need cardiac clearance from a cardiologist. 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 ASC but you may wish to purchase them on your own.
  - Front Wheeled Walker: this can be provided at ASC
  - Ice packs or a cooling device: please purchase
  - CPM machine: our team will arrange for this to be delivered to your home.
  - Home Sequential Compression Devices (SCD's): we will provide these for you on the day of surgery.
- 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 ASC.



- 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 (if possible)
  - Put night-lights in dark areas
  - Practice walking through your home with a walker
  
- Arrange a caregiver to help you after your surgery. This is VERY important.
  
- Postoperative Bowel Care- Purchase the following prior to surgery.
  - Colace (docusate) 100mg. You will take 1 pill twice daily after surgery.
  - Metamucil. You will take 1 tablespoon daily with orange juice or water after surgery.
  - Milk of Magnesia
  
- Checklist of things you need to purchase or get prior to surgery:
  - Colace
  - Metamucil
  - Milk of Magnesium
  - Enteric-coated Aspirin 325mg, 60 tablets
  - Tylenol
  - Zofran\*
  - Celebrex\*
  - Keflex (or alternative) \*
  - Pain medicine\*
  - Durable medical equipment as listed in the DME section

\*These medications are prescription only and your doctor will prescribe them if needed

**IF YOU HAVE ANY QUESTIONS, PLEASE FEEL FREE TO CALL OUR OFFICE 206-243-1100 x48016.**

Updated: 02/08/2024