Dr. Gustav Fischer
Total Knee Replacement
Before Surgery Checklist

MULTNOMAH
ORTHOPEDIC CLINIC

503-231-1426

Medical & Testing

- ☐ Have bloodwork drawn - Your surgical team will review these results to ensure you are ready for surgery
- ☐ Have Electrocardiogram (EKG) performed - This checks your heart rhythm and helps anesthesia plan safely
- ☐ Fill prescription and over the counter medication as instructed

Therapy & Equipment

- ☐ Call to schedule Physical Therapy (PT) – PT should begin within 10-14 days of surgery
- Goal flexion at 2 week post-op check is 90 degrees or better
- ☐ Pick up a front-wheeled walker – You will need this for safe walking after surgery

Infection Prevention & Nutrition

- ☐ Pick up chlorhexidine soap - Begin daily showers/washes 5 days before surgery to reduce infection risk
- ☐ Start protein and collagen supplements - These help you heal and support joint recovery

Home & Support Planning

- ☐ Arrange for help at home - You will need a responsible adult with you 24/7 for at least 2–3 days after surgery. They can help with meals, mobility, and safety

Day Before Surgery

- ☐ Nothing to eat/drink after midnight unless told otherwise - confirm arrival time

Day of Surgery

- ☐ Bring ID, insurance card, and your walker. Wear loose-fitting clothes.