


**Dr. Gustav Fischer**  
**Total Knee Replacement**  
**Before Surgery Checklist**



**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 1 week 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.