

TOTAL KNEE CHECKLIST - Ira K. Evans III, MD

- Make sure to have a Preoperative History & Physical by your Primary Care Provider within a month of your surgery
- Get any flu shots or necessary immunizations done prior to your surgical date
- If you have a cardiologist, I need a clearance from their office with any recent cardiac test results
- Make sure that your dental status is up to date-cleanings or serious dental decay
- Read Total Joint Booklet-write down any questions you might have so that they can be addressed when you come in for your pre-operative assessment
- Make arrangements at home to accommodate a few weeks of limited mobility-elevated toilet seat, bed and toilet on the same floor if possible.
- Take a Multivitamin one month prior to the date of your surgery
- Take iron supplements (FeSO₄) 325 mg twice daily for one month-script will be provided
- Notify me of any prior history of phlebitis, blood clots, bleeding or clotting disorders
- Notify me of any history of vascular problems (cardiac or extremity bypasses)
- Hibiclens scrub to the surgical site 4 times a day for two days prior to the surgery- I will provide you with a script
- Do not shave the surgical site
- Notify me of any prior history of infections-urinary tract, pulmonary or wound
- Have all of your up to date medications and their dosages-bring them to your history & physical with me preoperatively
- Do not eat or drink anything after midnight the night prior to your surgery