

PREPARING FOR SURGERY - KNEE

- Arrange for family or friends to assist you at home for a few days after surgery.
- If you do not have anyone available to assist you after surgery, you may be required to have your surgery at the hospital.
- Plan to leave your home clean and orderly, so cleaning will not be necessary during your recovery.
- Try to arrange your recovery area (where you will sleep, where you will eat, and where you will use the bathroom) on one floor, so you can avoid going up and down stairs frequently.
- Remove throw rugs and clutter from traffic paths.
- Rearrange your kitchen and bathroom to easily reach often-used items. Place these items in convenient locations that require no bending, reaching, twisting, or lifting.
- Practice your physical therapy exercises before surgery.
- Schedule your history and physical. You must have your pre-operative physical within 30 days of surgery.
- Stop smoking. Smoking can delay healing, increase your risk of infection, increase your blood pressure and heartrate, and decrease the oxygen circulating in your blood.
- Begin your healthy eating plan 2 weeks prior to surgery. Eating foods rich in iron and vitamin C will help to build red blood cells, and calcium will help to build and strengthen new bone. **If you are a diabetic, please consult your doctor prior to making any diet changes.**

Items to Bring with You:

- Insurance card and photo ID
- Loose, comfortable, freshly laundered clothing
- Non-skid shoes that are easy to get on and off
- CPAP machine, if you are prescribed one for sleep apnea
- Copy of your Health Care Directive, if you have one

Please leave personal valuables at home and do not wear any jewelry the day of surgery.

Items you WILL need to acquire prior to surgery:

- Walker: Practice using your walker around the house. Also practice getting in and out of your car with the walker.
- Cane: Often used when you are ready to transition away from your walker. PT can help guide you when to transition.

Items that we suggest you acquire prior to surgery:

Items for assisting with activities of daily living

- Reacher: To help you pick up things off the floor or get dressed on your own.
- Sock aid, optional
- Long leg lifter, optional

Items for the bathroom

- Raised toilet seat or commode
- Shower chair: Make sure it has rubber on the bottom of the legs
- Grab bars
- Non-slip mats for inside and outside of the shower or tub
- Shower sponge with a long handle

All these items can be bought or purchased on Amazon or a medical supply store. If you are going to purchase from a secondhand store or borrow from a friend or family, please make sure items are fully operational and set at the correct height (if applicable) prior to your surgery.

EATING, DRINKING AND MEDICATIONS

- You will get an automated text message two days before surgery explaining when to come to the surgery center and when to stop eating and drinking. Surgery times are NOT available prior to this timeframe and are always subject to change. The ONLY times you should follow are those communicated to you from Minnesota Valley Surgery Center.
- Do not have any food, beverages, or tobacco products for 8 hours prior to surgery. It is OK to have ONLY water up until 4 hours before your scheduled surgery time.
- IF YOU ARE ON A GLP-1 MEDICATION (OZEMPIC, MOUNJARO ETC.): Follow the instructions provided by your primary care doctor AND start a clear liquid diet 24 hours prior to your procedure and stop 4 hours before your scheduled procedure time.
- If you were instructed to take any medications before surgery, you may take those with a small sip of water.
- If you do not follow the eating and drinking restrictions, your surgery will be delayed or canceled.
- If you are on medications to control diabetes, consult with your health care provider who manages those medications for specific instructions.
- If you are on blood thinners, speak with your health care provider who manages those medications as soon as you can to determine if it is safe for you to stop those medications.
- Pick up any prescribed medications prior to your surgery day. You will want these medications available to use after discharge.

THE EVENING BEFORE SURGERY

Shower the evening before and the morning of surgery. Follow the Hibiclens Antibacterial soap guidelines that are included. This will help to reduce the number of bacteria on your skin. **DO NOT** shave around your surgery site.

HIBICLENS ANTIBACTERIAL SOAP

- Prior to surgery please purchase a bottle of Hibiclens at your local drug store or pharmacy.
- You will use this soap to shower once the night before surgery and once on the morning of surgery.
- Use your normal shampoo to wash your hair. Rinse your head well.
- Use your normal soap to wash your face and genital area. Rinse your body well with warm water.
- Pour some of the Hibiclens soap onto a washcloth.
- Move away from the shower stream to avoid rinsing off the Hibiclens too soon.
- Rub the Hibiclens gently over your body from your neck to your feet. Don't put the Hibiclens on your face or genital area.
- Focus on the surgical area of your body, cleansing for 5 minutes. Do not scrub or use a brush.
- Move back into the shower stream to rinse off the Hibiclens with warm water.
- Dry yourself off with a clean towel after your shower.
- Don't put on any lotion, cream, deodorant, makeup, powder, or perfume after your shower.

DO NOT USE IF YOU HAVE AN ALLERGY TO HIBICLENS OR CHLORHEXIDINE

THE MORNING OF SURGERY

- Arrive at your scheduled time and check in at the front desk.
- You will meet with the anesthesiologist to discuss anesthesia.
- You will see your surgeon. If you have been given any medications to help you relax, you might not remember seeing your surgeon.
- Your family member will return to the lobby while you are in surgery.

AFTER SURGERY

- After you are ready for family to visit, a nurse will review the discharge instructions with you and your family. A written copy of your instructions will also be sent home with you.
- Your nurse will have you take a short walk and will assist you into the bathroom if needed.
- You will receive a dose of IV (intravenous) antibiotics prior to discharge and your nurse will remove your IV before you go home.
- When you are ready to go home, the nurse will help you into your car.

PREVENTING INFECTION

- Avoid touching your incision.
- Before and after providing care of your incision area, wash your hands.
- Keep clean sheets on your bed and make sure the clothing that meets your incision area is clean.
- Keep pets away from the incision area until fully healed.
- Smoking reduces your body's ability to heal and may contribute to infection. If you smoke, abstain from smoking for as long as possible after your surgery.