

Pre Surgical Checklist

❑ Education & Preparation

- Review your **information in the MyMobility app**

❑ Medical Clearance

- Obtain clearance (if needed) from your:
 - Cardiologist for any heart conditions
 - PCP for any chronic medical conditions
- If you have **diabetes**, you will need a **HbA1c test**

❑ Exercise

- Perform your **pre-operative exercises daily**

❑ Dental Care

- See your dentist for routine care **at least 4 weeks before surgery**
- **Avoid routine dental work for 3 months after surgery**
- After surgery, you will need **antibiotics before dental procedures**

❑ Plan for Help at Home (First 2 Weeks)

- Arrange for a **family member or friend** to assist you:
 - Managing medications, preparing meals, assisting with daily activities
 - Transportation to appointments

❑ Equipment

- **Front-wheeled walker** – provided by the hospital
- **Incentive spirometer** – provided by the hospital
- **Ice machine (optional)** – available at AOOK brace shop

❑ Prepare Your Home

- Remove **throw rugs and tripping hazards**
- Prepare meals ahead of time
- Purchase **non-slip shoes**
- Set up a **night light**
- Arrange for **pet care if needed**
- Put **clean sheets on your bed the day before surgery**

❑ Nutrition

- Follow recommended nutrition plan:
- **Start 2 weeks before surgery**
- Continue for **at least 6 weeks after surgery**

❑ Medications to Pick Up (Over-the-Counter)

- Extra Strength Tylenol (500 mg)
- Aspirin 81 mg
- ******Do NOT take aspirin if you are already on a blood thinner unless instructed******

❑ Pre-Surgical Bathing Instructions

- Follow these steps carefully to reduce infection risk:
 - 2 times the **day before surgery**
 - 1 time the **morning of surgery**
- **Instructions**
- First wash your hair, face, & genitals with regular soap
- Then, use **Hibiclens with a washcloth** from your neck down to your toes
 - Pay special attention to the **surgical area**
 - Let the soap sit on your skin for **60 seconds**
 - Rinse and dry with a **clean towel**
- **Important:** Do NOT use Hibiclens if you are allergic to chlorhexidine

❑ Skin & Hygiene Precautions

- Do **NOT shave**:
 - Any part of your body within **24 hours before surgery**
 - The surgical site within **48–72 hours before surgery**
- Avoid any **cuts, scrapes, or bites**

❑ What to Bring

- CPAP machine (*if you use one*)
- All home medications

❑ Transportation

- Arrange rides (Avoid low vehicles or sports cars)