THE KNEE WORLD

Knee
Sports Medicine
Joint Replacement


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# BEFORE SURGERY

### REQUIRED

Before surgery, a Certificate of medical fitness is needed from your Physician and/or our Anaesthesia Consultant.

### DO NOT FORGET TO REPORT

- Health problems such as diabetes, asthma, heart issues or high blood pressure.
- Previous operations you have undergone, including those not related to your current problem.
- Medications you take on a regular basis. You may be advised to stop certain medications (pain-killers and blood thinners) a week or two before surgery.
- Doctors you visit and your reasons for seeing them.
- Allergies or adverse reactions to drugs or anaesthesia in the past.
- Insurance company, cover (if any) and all other details.

# BEFORE SURGERY

This pamphlet is intended to provide information. It is not a substitute for advice from Dr. Waghchoure

## MUST DISCUSS

- What is the operation?
- Why is it needed?
- Are there alternatives?
- What are the benefits?
- What are the risks?
- How is the recovery?
- What are the costs?

As the actual treatment may differ from the proposed treatment, the final bill may vary from the estimate. It is better to discuss costs with your surgeon before treatment rather than afterwards.

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## PREPARE YOURSELF

- Quit smoking! Smoking delays healing and slows recovery.
- If you drink, do not consume alcohol for 48 hours before surgery.
- Discuss exercises you can do before surgery and those that will be prescribed after surgery. If you become familiar with the exercises now, you will be ready to perform them after surgery.
- Consider to include a shower stool, safety bars and a western commode/chair in your bathroom. Arrange for a toilet-seat riser with arms if you have a low toilet.
- If possible, arrange for a brace and a walker or a pair of crutches before surgery itself to ensure a comfortable fit.

**If you have fever, cold or any other illness in the week before surgery, please call and notify Dr. Waghchoure.**

## SHOWER/BATH INSTRUCTIONS (2-4% CHLORHEXIDINE)

(Take medicated bath for 5 days before surgery )

- Wash and rinse your hair first using your normal shampoo. Make sure you completely rinse the shampoo from your hair and body.
- Apply the antiseptic solution (CHG) to a wet clean washcloth (or take some in your palms). Turn the water off to avoid rinsing the soap solution off, then lather your entire body, except your face. Do not use CHG on your face!
- Concentrate for 3 minutes gently washing and lathering your surgical site area. Pay particular attention to skin folds under the breast and armpits. Avoid scrubbing too hard.
- Once you have completed the scrub, turn the water on and rinse the CHG solution off your body completely. Do not use regular soap thereafter.
- Pat yourself dry with a clean freshly washed towel. Do not apply any powder: deodorants, or lotions.

## DAY BEFORE SURGERY

- Remove jewellery, lipstick and nail polish before leaving home.
- Do not shave your leg or use hair removal creams for atleast 3 days before surgery. Shaving/ hair removal causes skin irritation and increase the chances of infection. If necessary, it will be done in the operation theatre.
- Make sure you get all treatment records, X-rays, existing medications and insurance papers to the hospital.
- Shower and wash your hair before the night of surgery
- Do not eat or drink after midnight (unless specified otherwise).
- Get good night's sleep. It is important to be well-rested before surgery

**Planning ahead for surgery and recovery always ensures a more successful outcome!**