

# SURGICAL PREOPERATIVE CHECK LIST

PATIENT NAME: \_\_\_\_\_

SURGERY DATE: \_\_\_\_\_ SURGERY TIME: \_\_\_\_\_ ARRIVE AT: \_\_\_\_\_

*\*\*Please note that the surgery time is always subject to change. We will confirm this 1-2 days prior to your surgery.*

1. \_\_\_\_\_. **MEDICAL CLEARANCE with your Primary Care Physician/ Cardiologist /Pulmonologist, etc.**  
*\*\* Please give your Primary Doctor the instruction sheet included in this folder. If you have heart, lung, kidney problems – please see the doctor who helps you deal with these problems. You will need to visit them and get their clearance PRIOR to scheduling your surgery. If you are uncertain ask your Primary Doctor to help direct you.*
  
2. \_\_\_\_\_. **MANDATORY JOINT REPLACEMENT CLASS – FREE!** There are 2 options:
  - I. OrthoSkoool – this is an online automated learning platform. You will receive access to a link for this video.
  - II. There is also a live, virtual class that occurs Tuesday’s from 3 – 4 pm. You will be given an option to register for this class.  
*\*\*You may complete one OR both! Family/support members who will be involved in your care are encouraged to join!*  
*\*\*MUST complete prior to preoperative appointment with Dr. Ennis so that you can ask any additional questions that may arise from taking the class!*
  
3. \_\_\_\_\_. **For knee patients only – SCHEDULE PHYSICAL THERAPY**  
*\*\* Schedule your physical therapy appointment once you know your surgery date! Try to have this completed before your pre-operative appointment.*
  - Schedule your first PT appointment for **1 week after your surgery date.**
    - You will do physical therapy 2x/wk for 6 weeks (your PT may increase or decrease this depending on your progress/needs)
  - Choose a physical therapy facility that is conveniently located and contracted with your insurance. We have a list of recommended facilities to consider.
  
4. \_\_\_\_\_. **PRE-OPERATIVE APPOINTMENT with Dr. Ennis (this should fall 1-2 weeks prior to your surgery date)**  
*\*\* Please bring family member/friend/support member who will help you after surgery. If they are not able to come in person, please try to have them available by phone.*

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