

PRACTICAL ISSUES TO TAKE CARE OF BEFORE MY KNEE SURGERY

	Date	Task
<input type="checkbox"/>		Clarify how many days I will be in hospital
<input type="checkbox"/>		Ask if my procedure will be under general anaesthetic, or will I have a spinal or epidural instead?
<input type="checkbox"/>		Ask if I am likely to have any regional blocks or long-acting local infiltration in addition to the main anaesthesia
<input type="checkbox"/>		Ask if I will be in a leg immobiliser or fixed-angle brace on discharge
<input type="checkbox"/>		Ask if I will be discharged with a walking aid such as crutches, and how much I can weight-bear
<input type="checkbox"/>		Get an idea of how long after surgery my regular physiotherapy sessions are likely to commence
<input type="checkbox"/>		Ask how long it is likely to be before I will safely be able to drive again
<input type="checkbox"/>		Make certain how I will get to and from the hospital
<input type="checkbox"/>		Check that the vehicle bringing me home will accommodate me if I am in a straight leg brace
<input type="checkbox"/>		In case I need a wheelchair, check there is any need for a ramp to get me to my front door

	Date	Task
<input type="checkbox"/>		Make sure my neighbour has a spare key, in case I mislay mine
<input type="checkbox"/>		Start a diary in pencil for arranging the transport from hospital, and follow-up visits from family and care workers
<input type="checkbox"/>		Put into my diary the phone numbers of everybody likely to be involved in my surgery and rehab
<input type="checkbox"/>		Put into my diary the dates (and phone numbers) for medical equipment deliveries
<input type="checkbox"/>		Arrange for help with moving my bed to a convenient location, and check power plugs, telephone and wifi are convenient
<input type="checkbox"/>		Make a plan for frozen meals or deliveries of food, and ask the neighbour if you think you will need help to receive the latter