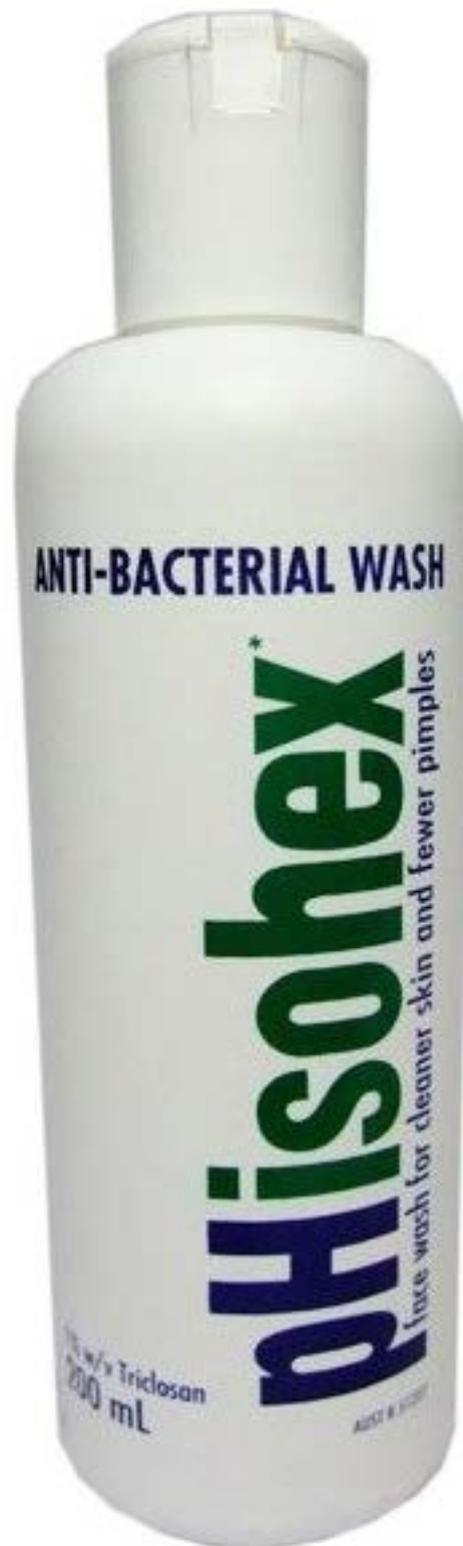


<b>TOTAL KNEE REPLACEMENT – TIMELINE OF EVENTS</b>		<b>TICK</b>
2 – 4 Weeks Prior	Blood Tests – Basic Screen	
	Lodge Hospital Admission Forms	
	Perform Pre-operative Exercises (Force)	
	Cardiac Consultation if required	
2 Weeks Prior	Organise home for discharge	
	Organise toilet/shower aides	
	Canadian crutches – bring into hospital	
1 Week Prior	Anaesthetic Consultation/Phonecall	
	Keep skin clean – no cuts, grazes	
5 days before	Wash body daily with phiso hex wash	
	Apply bactroban ointment (if required)	
Day before surgery	You will be advised admission and fasting times	
Things to bring into hospital	Day clothes, night clothes, toiletries, non-slip shoes, medications in original packaging, crutches	
Day of Surgery	Admit to Hospital	
Day 1 Post-Op	Blood tests, x-rays	
	Physiotherapy	
	Start Xarelto (Blood thinner)	
Day 2 – 5	Discharge from Hospital	
	Pain under control	
	Physiotherapist – safe on stairs	
	Wounds clean and dry	
Day 10-14	Sutures removed, wounds checked	
	Return ice bucket	
Day 15	Cease Xarelto, start Aspirin 100mg once daily	
Six Weeks	Stop Aspirin if you don't take it normally	
	Remove TED's	
	Post-Op x-rays	
	Consultation in Dr's rooms	
Six Months	Post-Op x-rays	
	Consultation in Dr's rooms	
One Year	Post-Op x-rays	
	Consultation in Dr's rooms	
Two Years	Post-Op x-rays	
	Consultation in Dr's rooms	



**Wash your body every day for 5 days prior to surgery including the day of your surgery with phisoheX. You do not need to wash your hair or face with phisoheX.**