

# PRE-SURGERY CHECK LIST



COMPLETE  
PHYSICAL THERAPY

P: 402-483-0006 [www.cptlincoln.com](http://www.cptlincoln.com)

- Ask your doctor what your plan will be after surgery. This is known as a discharge plan. Will you have the support and assistance from friends or family after surgery? Some people benefit from a transitional period in an assisted living facility to gain independence before going home or opt in to receiving home health services.
- Check ahead to see what your insurance will cover (ex: hospital stay, surgery expenses, physical therapy). Does your insurance provide assistive devices? Buy ahead or consider borrowing from family or friends who already have them.
- You will not be able to drive while on pain medication and will be limited if surgery is on the right leg (gas pedal and braking control). Be sure to accommodate for this. Also make arrangements for help with other day-to-day tasks/chores (ex: pet/child care, making meals, running errands, household needs, taking time off work).
- Rehab may last roughly 6 weeks or more, so schedule appointments ahead of time to ensure you get the time frames that work best for you (or for those driving you to therapy). Plan for 3 sessions a week for the first 4 weeks, later reducing to 2 times a week.
- Be aware of potential tripping hazards in the home. Create a safe walking path throughout the home by removing rugs and keeping pathways clear. Do all the stairs at home have railings? Determine the safest way to enter and exit your home.
- One of the most difficult things following surgery will be bending/flexing the knee; making getting out of chairs, using stairs, and stepping into the shower difficult. Consider home adaptations such as railings, toilet risers, and/or grab bars for the shower.
- Prepare your rest station for efficiency and plan ahead to avoid difficulties (ex: nearest bathroom, sleeping arrangements, keeping everything you need on one floor of the house).
- Invest in a good ice pack and wedge to elevate your leg.
- Ask your doctor or physical therapist about what you can do to better your health prior to surgery to improve outcomes (ex: getting stronger, losing weight, quitting behaviors such as smoking).