

Knee Replacement Surgery Readiness Checklist

A practical preparation guide for patients and families planning knee replacement surgery with AKJC in Indore.

Use this checklist once surgery is being considered or scheduled.

- Confirm the diagnosis, X-ray stage, implant plan, expected hospital stay, and rehabilitation plan.
- Share your full medical history: diabetes, BP, heart disease, kidney disease, allergies, previous surgeries, and blood thinner use.
- Do not stop or change medicines without advice from your surgeon, physician, cardiologist, or anesthetist.

Timing	What to prepare	Why it matters
2-4 weeks before	Consultation, X-rays, fitness planning, insurance discussion, and family/caretaker planning.	Good planning reduces stress and avoids last-minute delays.
7-10 days before	Blood tests, ECG, chest X-ray, physician fitness, anesthesia review, and medicine review.	Confirms that surgery and anesthesia can be done safely.
3 days before	Medicinal bath/scrub if advised, nail trimming, skin check, diabetes/BP control, and final report review.	Clean skin and stable health reduce complication risk.
Night before	Light dinner, fasting instructions, documents packed, valuables left at home, and transport confirmed.	Keeps admission smooth and avoids anesthesia delays.
Hospital day	Carry reports, medicines, ID, insurance documents, comfortable clothes, and one caretaker.	The team can verify details quickly and start care without confusion.

Hospital bag checklist

- All investigation reports, X-rays/MRI, prescriptions, ID proof, insurance card, and TPA papers.
- Regular medicines in original strips or bottles.
- Loose clothes, slippers with grip, toiletries, phone charger, and spectacles/hearing aid if used.
- Avoid jewellery, cash-heavy wallets, and unnecessary valuables.

Home readiness before discharge

Area	Prepare this	Reason
Bedroom	Keep bed height comfortable, water/phone/medicines nearby.	Reduces strain and unnecessary walking.
Bathroom	Use anti-slip measures and raised toilet support if advised.	Prevents falls during early recovery.
Walking path	Remove loose rugs, wires, and low stools.	Keeps walker-assisted walking safer.
Caretaker	Arrange family/helper support for the first 1-2 weeks.	Improves medicine, food, exercise, and follow-up compliance.
Physiotherapy	Clarify exercise schedule and follow-up dates before discharge.	Rehabilitation is central to final surgical result.

Ask these questions before surgery

- Which implant and technique are planned for my knee or hip?
- When will I stand, walk, climb stairs, and return home?
- What pain control plan will be used?
- Which warning signs after discharge should make me call immediately?

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Disclaimer: This checklist is a preparation aid. Your final instructions may differ based on your health, reports, anesthesia plan, and hospital protocol.