

Preoperative Surgery Checklist

- Discuss all questions and options for surgery. Ensure that you feel ready to proceed with surgery and understand the risks, benefits, and alternatives of surgery, as well as the expected recovery.
- Schedule surgery (Date and Location).
- Schedule preoperative clearance with your primary care physician within 30 days of surgery.
- Obtain DME for postoperative recovery. Typically crutches and a knee brace for knee surgery and a sling for shoulder or elbow surgery.
- Update your pharmacy (Grace will send meds the day prior to surgery).
- Obtain cryotherapy (NICE machine or other cryotherapy option). Information about how to order is in the surgical packet.
- Schedule postoperative follow-up, generally this first occurs at 2 and 6 weeks.
- Schedule postoperative physical therapy. For knees, the first visit is generally the first day after surgery. Shoulders are generally 10-14 days after surgery for the first visit.

Contact information: Please reach out to Julia (Dr. LaPrade's care coordinator) at 952-808-3090 or juliawareham@tcomn.com if there are any questions as you schedule your surgery.