

PATELLAR INSTABILITY SURGERY CHECKLIST

BEFORE SURGERY:

- You make sure that you have worked on regaining your strength and mobility in your knee before surgery
- You know the date and location of your surgery
- You have made arrangements with work / school that you will be missing time.
- You have seriously considered a smoking cessation program if you are a smoker.
- You have obtained your crutches, your post-op hinged knee brace and your patellar stabilization brace.. A cold therapy unit such as Cryo cuff™ is also recommended.
- You have stopped drinking liquids and eating food at midnight prior to surgery.

DAY OF SURGERY:

- Bring your health card
- Wear loose clothing.
- Bring your post-op hinged knee brace or knee immobilizer, crutches and cold therapy unit (if you purchased or rented one) with you to the hospital.
- Bring all medications (or a list of medications) that you take on a regular basis with you to the hospital
- If you have sleep apnea, please bring your CPAP machine with you to the hospital.
- If you are being discharged on the same day as surgery, you have someone who will take you home and stay with you for at least 24 hours after surgery.
- If you are being admitted after surgery, please bring any necessary personal items.

AFTER SURGERY:

- You have a follow-up appointment scheduled within 10 – 14 days after surgery.
- You can make arrangement for formal physiotherapy within 7 - 10 days after your surgery.
- You understand the importance of following the recommended rehabilitation program and you understand that you should not return to high risk activities until your strength and neuromuscular control are close to normal in your operative leg.