



ADVANCED KNEE CARE P.C.

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Preop Uni/TKA Optimization Checklist

Optimize these factors for a faster recovery and lessen the chance of an adverse event.

- Opioids - Off for 1 month yes/no
- Smoking - Off for 1 month yes/no
- Diabetes - HbA1C < 8.0 yes/no
- Nutrition - Albumin > 3.5 yes/no
- Vitamin D - 800 IU/day yes/no
- Essential Amino Acids 2gm/day yes/no
- Daily Exercise 30min/30day yes/no
- Chlorhexadine 4% Shower yes/no
purchase at retail pharmacy
- Hydration Day of Surgery yes/no
- Diet Meds - off 2 weeks yes/no
- Dental Decay/Extractions yes/no
- Brace/DVT/NMES. yes/no

Patient Name: _____

