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  
- Smoking - Off for 1 month
- Diabetes - HbA1C < 8.0
- Nutrition - Albumin > 3.5
- Vitamin D - 800 IU/day
- Essential Amino Acids 2gm/day
- Daily Exercise 30min/30day
- Chlorhexadine 4% Shower  
  purchase at retail pharmacy
- Hydration Day of Surgery
- Diet Meds - off 2 weeks
- Dental Decay/Extractions
- Brace/DVT/NMES.

Patient Name: ____________________________________________