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  purchase at retail pharmacy  yes/no
- Hydration Day of Surgery  yes/no
- Diet Meds - off 2 weeks  yes/no
- Dental Decay/Extractions  yes/no
- Brace/DVT/NMES/GameReady  yes/no
- CT for Mako Surgery  yes/no

Patient Name: ____________________________________________