

Pre-Surgery Checklist for Hip and Knee Replacement Patients

The following list was developed to help you maximize your time with your physician and collect comprehensive information about the risk of blood clots related to your surgery. If possible, you may wish to bring a family member or friend to the appointment to help you take notes, and be another set of ears to help digest the information.

What is my risk of experiencing blood clots after surgery?

Discuss any family history of blood clots with your physician.

What is your plan to prevent the occurrence of blood clots after surgery?

Will I need compression stockings? Will they be provided?

What type of physical therapy will begin after surgery? How frequently (how many visits per week) should I expect? Should I contact the therapist prior to surgery to arrange?

What are some exercises that I can do prior to surgery to strengthen my muscles?

What type of anticoagulant medicine are you planning to prescribe for me? How long do you anticipate that I will be on this medicine?

What kind of blood tests are required for this medicine and how frequently do I need to be tested? Can I do the test at home, or do I need to go to your office or lab?

What are the common side effects?

Do I need to make sure to take this medication at the same time each day? How much grace time do I have with medication timing?

Are there any medicines, herbs or supplements that I should not take when I am on this medication?

Do I need to change my diet while I take this medication? Are there any foods that I need to add to my diet, or to make sure that I don't eat?

What is the expected expense to me related to this medication? Is it typically paid for by insurance? (You will also need to contact your insurance company directly to discuss your specific situation and coverage.)



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