

Total Joint Replacement: Home Safety Checklist

This tip sheet gives a checklist on things to do before surgery and ideas on how to make daily activities easier after surgery.

To Help Make a Plan with Your Therapists, Take Pictures Of

- The door that you will use to get in and out of your home including the stairs and handrails
- The main bathroom including the toilet and shower

Items to Bring With You to the Hospital

- Loose, comfortable clothing. Loose pant legs, shorts, elastic waist or drawstring waist work best
- Bring supportive shoes with good soles, like tennis shoes. Do not bring flip-flops or bedroom slippers
- Undergarments and personal hygiene products
- Glasses, hearing aids, dentures, CPAP. Make sure to label these items
- Copy of your advance directive (Living Will, Healthcare Power of Attorney)
- Identification like a driver's license
- Form of payment for medications (cash, check, credit/debit card)

Caregivers

- Plan for someone to be with you for at least 48 hours after surgery around the clock!
- Have a plan in place for daily tasks like driving, cooking, cleaning, and pet care
- Your doctor will let you know when it is safe to drive after surgery

Walking and Moving Around

- Remove all throw rugs and other obstacles out of walkways
- Move items that you use often (like dishes, clothing) between upper thigh and head level for easy reach
- Make sure you have a lighted path to the bathroom/main areas (examples: a lamp on nightstand, motion activated night lights)
- Find a firm, stable chair with armrests to use in main areas for rest breaks
- Fold a blanket and place on low chairs to make it easier to stand
- Put a cup holder, backpack, or bag on your walker to make it easier to move items

Equipment

- ❑ If you have equipment like a 3-in-1 commode, shower chair, or walker have them in place and ready to use
- ❑ Most patients like to have a 3-in-1 commode after hip or knee surgery to make it easier to get on and off of the toilet. They can also be used in a walk-in-shower. They may not be covered by insurance, but can be purchased online or at local equipment companies
- ❑ Hip kits are helpful after hip surgery to help with dressing and bathing. They include a reacher, sock aid, long sponge, and long shoehorn. They can be purchased in our outpatient pharmacy or online