

## Pre-Surgery Checklist

- Attend Surgery Education Camp
- Get medical clearance, if needed
- Stop Smoking. Recommended to stop 6 weeks prior to surgery
- Make sure you have someone that will be able to provide transportation and support at home
- Get a walker and cane (hip and knee replacement patients)
  
- Home Safety
  - Remove throw rugs. This will prevent you, or your assistive device, from getting caught on them.
  - Install night-lights to light the pathway to your bathroom.
  - If your house has stairs, consider moving your bedroom to an area where you will not have to use the stairs for the first one to two weeks.
  - Make sure the handrails on any necessary stairways are securely attached to the wall.
  - Remove or tuck away long cords (phone, computer, lamps, etc.) that you may get caught up on.
  - Arrange furniture in a way that will allow you to easily maneuver around the house
  - Place frequently used household items and clothing within easy reach, between shoulder and waist level, for convenience
  - Plan to keep a cordless phone or mobile phone at your side, if possible.
  - Make sure your bed is at a comfortable height (mid to low thigh).
  - Select a sturdy chair with a high back, firm seat cushion, and arms that you will use as “your chair” after surgery. Do not use any chairs with wheels on them. Avoid low chairs—it is more difficult to get up from low surfaces.
  - Put together a list of contact numbers — friends or relatives who are willing to run errands for you and take you to appointments until you can drive or otherwise get out by yourself.
  - Arrange for someone to take care of household chores, outdoor work, and other such responsibilities until you are able to resume these activities.
  - Make arrangements for the care of any small pets that may run underfoot.