

PRE-SURGERY CHECKLIST

- Attend Surgery Education Camp**
- Get medical clearance, if needed**
- Stop smoking** (recommended to stop six 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.