

## CHECKLIST: Prepare for Total Joint Replacement

\_\_\_\_\_ Designate someone to stay with you the first week of recovery. The first few nights, you should have someone in your home to assist you.

### **Transportation:**

\_\_\_\_\_ Confirm a driver and vehicle to/from the hospital because you are not allowed to drive yourself home after surgery. Immediately following surgery, it may be difficult to safely step up into a truck or SUV, so take this into consideration when arranging your ride.

\_\_\_\_\_ Identify who is driving you home from the hospital: \_\_\_\_\_

\_\_\_\_\_ Identify who is driving you to/from your follow-up doctor's appointment: \_\_\_\_\_

\_\_\_\_\_ Identify who is driving you to/from outpatient physical therapy: \_\_\_\_\_

### **Setting Up Your Home Safely:**

\_\_\_\_\_ Consider a living space on one floor climbing stairs may initially be difficult.

\_\_\_\_\_ Consider sturdy handrails on steps and stairways. Keep steps clean and well lit.

\_\_\_\_\_ Remove all tripping hazards such as power cords, rugs, and loose carpets.

\_\_\_\_\_ Consider placing night lights in bedrooms, bathrooms, and hallways.

\_\_\_\_\_ Consider placing a rubber mat or non-skid adhesive on the floor of your tub or shower.

\_\_\_\_\_ Prepare meals that can be frozen and easily reheated.

\_\_\_\_\_ Place frequently worn items on top of your dresser or in your top drawer to avoid unnecessary bending or stooping. Loose and comfortable clothing is best. Slip-on shoes that do not require tying are preferred after surgery.

\_\_\_\_\_ Identify firm chairs with arms because they are easier to stand from than soft, short seats without arms.

\_\_\_\_\_ Consider purchasing an elevated toilet seat, grab bars, or shower chair to assist with bathing.

### **Preparing for Total Shoulder:**

\_\_\_\_\_ Purchase body wash and shampoo in pump bottles because pumps are easy to manage one-handed.

\_\_\_\_\_ Identify a recliner for the first few days of sleeping because many find this most comfortable.

\_\_\_\_\_ Have a pillow available to place under your upper arm when lying in a recliner or bed.

\_\_\_\_\_ Move toilet paper to non-surgical side to avoid reaching or twisting when using the bathroom.

\_\_\_\_\_ Practice toileting hygiene with your opposite hand prior to surgery, as well as brushing your teeth, eating/drinking.

### **If you have questions about how to best prepare your home or resources available, please contact:**

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Or call 618-463-7429 (Human Motion Institute Outpatient Therapy), leaving specific questions for Morgan or Lindsey to return your call.