

# Preparing Yourself

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- ▶ Prepare your home
  - Clean. Do laundry and put it away.
  - Put clean linens on bed.
  - Complete yard work, or have a plan put in place to have someone do it for you.
  - Install nightlights in bathrooms, bedrooms and hallways.



# Preparing Yourself

- ▶ Prepare your home
  - If needed, stop the newspaper, arrange to have someone collect your mail and take care of pets or loved ones.
  - Put away any chairs on wheels and replace with a stationary chair (preferably with arms).
    - The seat height should be at least 18 inches.
    - Or, place a cushion, pillow or folded up blankets in chairs that sit low or are hard to get out of.
    - Consider bed and chair risers that elevate the sitting height.



# Preparing Yourself

- ▶ Your walking pathway should be well lit and free of clutter.
  - Remove welcome mats, throw rugs, area rugs that would be in your walking pathway.
  - This may mean temporarily re-arranging furniture to allow to walk with a walker.
  - Move footstools/ottomans, plant stands, wires/cords, out of your walking pathway.
- ▶ Corral pets in a room until you get into the house and settled.
  - Consider your pets and their needs prior to surgery. You may need help with feeding them or walking them for the first few weeks after surgery.



# Preparing Yourself

- ▶ Sometimes having a bag or basket to attach to your walker will assist you in carrying needed objects with you at all times, such as:
  - Phone numbers and phone
  - Flashlight for emergencies
- ▶ Stock up on pre-made freezer meals or frozen meals for easy heat up.
- ▶ Move frequently used items to waist height for easy retrieval, such as:
  - Medications, phone, cooking items



# Preparing Yourself

- ▶ Measure your bed height. The height of your bed should allow you to sit with your knees bent at 90 degrees or less. A firm mattress is recommended.
- ▶ Measure your toilet height. The height of your toilet should allow you to sit with your knees bent at 90 degrees or less. There is equipment to use during recovery, if this is not the case.
- ▶ Use a hand-held, flexible shower head, if possible.
- ▶ Install rubber mats or safety strips in bathtub/shower.

# Preparing Yourself

- ▶ Plan to have someone stay with you the first 2–3 nights and have someone available to help with tasks such as shopping and housekeeping for several weeks.
- ▶ Have ice packs or cold gel packs available.
- ▶ If you have more than 1 step to enter your house, put a railing on the stairs to promote increased ease with entering and exiting your home.
- ▶ You are allowed to perform stairs after surgery, but if you want to stay downstairs for a few nights, make sure you make arrangements prior to your surgery.



# Preparing Yourself

## ► Recommended Medical Equipment





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## ► Recommended Medical Equipment

- We recommend a walker with two wheels on it, if you don't already have one. The ones with 4 wheels, handbrakes and seat are too unsteady right after surgery
- You will need a single point cane to negotiate steps
- Having a shower chair/tub bench and commode/raised toilet seat will improve your safety in the bathroom
- Those of you undergoing a hip replacement should also have a sock aide, shoe horn and reacher/grabber
  - Those of you having a knee replacement don't necessarily need these pieces of equipment, but would definitely benefit from them



# Preparing Yourself

## ► Packing for your hospital stay – Same Day Surgery

- What to bring
  - Comfortable clothing; loose fitting; elastic waist band
  - Supportive shoes
  - Cell phone
- What not to bring
  - Money/valuables
  - Electric devices (fans/heaters)
  - Smoking paraphernalia



# Preparing Yourself

## ► Packing for your hospital stay – Inpatient Surgery

- What to bring
  - Comfortable clothing; loose fitting; elastic waistband
  - Supportive shoes
  - CPAP mask and machine
  - New medications (Pre-op to now)
  - Something to pass the time
  - Cell phone/lap top and their chargers
- What not to bring
  - Money/valuables
  - Electric devices (fans/heaters)
  - Smoking paraphernalia



# Preparing Yourself

## ► Some Reminders

- No dental procedures once you schedule your surgery
- No dental cleanings at least 1 week prior to your surgery
- Make sure you have all of your medications picked up from the pharmacy
- Make sure your home is set-up for safety
- Make sure you have transportation set up for all of your appointments
- If you have pets, make sure you have someone who can help you with them

