

# Knee replacement

## PRE-OPERATIVE HOME CHECKLIST

Preparing for your homecoming prior to your surgery will make your post-op days go much smoother. Being prepared is the key to a relaxed recovery. Complete the list below.

- \_\_\_\_\_ **Make arrangements to have someone stay with you** until you are comfortable being on your own. Initially you will need help with bathing, dressing, meals, medications, etc.
- \_\_\_\_\_ **Have enough food on hand** or arrange for someone to go shopping for you.
- \_\_\_\_\_ **Do the laundry**, change the linens, etc. before leaving for the hospital.
- \_\_\_\_\_ **Have a pair of shoes and slippers** with good support and nonskid soles.
- \_\_\_\_\_ **Have easy access to a bed and bathroom on the floor level that you will be spending most of your time.** Choose a bathroom with a door wide enough to accommodate a walker. There should be enough room for commode rails or an elevated seat.
- \_\_\_\_\_ **Install a handrail**, if possible, for any steps you may be using routinely.
- \_\_\_\_\_ **Remove any obstacles** that might cause you to trip: throw rugs, extension cords, low hanging bedspreads, pets, pet toys, etc
- \_\_\_\_\_ **Make arrangements** for any outside activities that may need taken care of while you recover (i.e. mowing grass, snow removal).
- \_\_\_\_\_ **Fill your prescriptions** for pain medications, as well as routine prescriptions. Have stool softeners, laxatives, multivitamins, Extra Strength Tylenol®, etc. on hand.
- \_\_\_\_\_ **Have ice bags**, ice packs or a bag of frozen peas to ice your surgical joint.
- \_\_\_\_\_ **Take care of any financial matters** such as bills, having cash on hand, etc.
- \_\_\_\_\_ **Arrange your plates, pans and kitchen utensils within easy reach**, without having to bend or use a step stool. Plan how you will transport your food to the table using the walker (slide on counter, push a cart on wheels walker basket, etc.)
- \_\_\_\_\_ **Have a phone within easy reach** with emergency numbers handy.
- \_\_\_\_\_ **Have a comfortable chair or couch with arms** to help you when rising.
- \_\_\_\_\_ **Tend to any scheduled procedures**, like teeth cleaning, before the surgery.



**Charleston Area  
Medical Center**