

Total Joint Surgery Checklist

- Dental Checkup
- Vaccinations are up to date
- Advance Directive is complete
- Rides to the clinic are arranged
- Prepare and freeze a few meals

Home Help

- Someone will help you in the home for the first 2 weeks
- Someone will take care of your lawn or snow removal
- Someone will bring in your mail and paper
- Arrange rides to the store, church, other events

Home Safety

- Choose which entrance to use (Do you need handrails?)
- Remove throw rugs and clutter from the your path
- All lights are working
- Dishes and kitchen tools within reach
(shoulder and waist height)
- Cell phone
- Grab bars in shower or tub
- Stairway has handrail
- Bed is easy to get into and out of with walker

Hips only

- Sturdy straight back chair with arm rests
- Raised Toilet seat
- Firm pillows to raise seat bottoms of chairs

Knees only

- Arrange your 1st outpatient physical therapy appointment