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