

## HOME PREPARATION CHECKLIST

- Arrange for a relative or friend to live with you at least 3-7 days post-op
- Arrange shopping/housekeeping/pet care for 4-6 weeks post-op
- Arrange for single level living if possible
- Check handrails on stairs inside and outside home and consider installing if not present
- Clear pathways to allow space for walker in hallways and rooms (~20" wide)
- Remove any potential tripping hazards: throw rugs, electrical cords, clutter, make sure carpeting is secure – without ripples or wrinkles
- Make sure pathways are well lit
- Install motion sensing lights and/or night lights in bathroom and bedroom
- Put bells on small pets to alert for tripping hazard
- Rearrange closets/dressers/nightstand/kitchen/bathroom so that most frequently used items are within easy reach (waist to chest height)
- Keep medication waist-to-chest height with note pad/pen to record usage
- Stock up on pre-made meals. Prepare and freeze in advance or buy healthy microwavable meals.
- Use paper plates/utensils to avoid bending over dishwasher
- Adjust your bed height to make it easier to get in and out
- Consider installing grab bars prior to surgery in shower/by tub/near toilet for safety and support
- Use non-slip rubber mat or strips in shower
- Add bath/shower seat or transfer bench as needed
- Purchase and pre-install elevated toilet seat after total hip replacement (posterior approach)
- Consider replacing fixed shower heads with hand-held shower heads
- Attach a basket or bag to your walker, or, wear shirts with large pockets to carry small items
- Anticipate and pre-shop for any items that will make your life easier post-op, i.e. long handled reacher, sponge and shoe horn, sock-aid, elastic shoe laces, a shirt with big pockets, elastic waist pants
- After a total hip replacement with a posterior approach avoid low-deep recliners. Instead, opt for a comfortable elevated chair with arms that is easy to get out of with nearby footstool to elevate legs

Create a "comfort center" where you'll relax between exercises, walks and sleeping. Choose a space and prearrange the area so everything you'll need is within easy reach:

Stool to elevate legs  
Phone  
Emergency Numbers  
Tissues  
Books

Laptop  
Notebook and pen  
Garbage pail  
Snacks  
Water pitcher and glass