

Planning Checklist

Hip or Knee Replacement Surgery

We want to make sure that you are prepared when you come home after your hip or knee surgery. Before surgery, review this list and check each item off as you get ready:

- I have read the patient education book. I have shared this information with people who will support me before and after surgery such as my family and friends.
- I know that I will be in the hospital after surgery for 2 days. I have made plans to be picked up by 11:00 in the morning on the day of discharge from hospital.
- I have all of the equipment recommended to me ready at home. This may include a walker, cane, raised toilet seat and dressing aids.
- I have a bag packed with personal items I will need during my hospital stay. This includes the patient education book, a pair of non-slip shoes or slippers with full backs, comfortable easy to put on clothes such as loose pants and t-shirts, tissues, toothbrush and toothpaste, comb or brush, soap or body wash, lotion, shaving cream, razor, deodorant and denture cup. I will make sure any products I bring such as lotion are fragrance free.
- If I use CPAP I will bring it to the hospital clean and working well.
- I will bring my puffers, inhalers and eye drops to the hospital if I use any of these types of medication.
- If I have problems with constipation, I will work with my family doctor or health care provider to make sure I will not come to the hospital constipated before surgery.
- I will follow the instructions given to me in the Pre-Admission Assessment Unit about when to stop eating and drinking before surgery.
- I have made plans for respite or to have a family member or friend stay with me if I live alone or have no help.
- I have arranged to have someone help with groceries, meals, pet care and household chores for at least 1 week after I go home.
- Knee replacement only: I have arranged for outpatient physiotherapy to begin 12 to 14 days after surgery.**