

# Total Joint Replacement Home Preparation and Safety Checklist



## General Information

- Remove all scatter rugs.
- Tack down any loose carpet.
- Make sure all rooms are well lit and light switches are easily accessible.
- Clear all hallways and walkways of clutter and wires.
- Make sure all pathways are wide enough to accommodate you and your walking device.
- Have a portable telephone with emergency numbers available to use.
- If you have pets, raise their food and water dishes so you can easily fill them.
- If you live in a 2 story home with the bedroom upstairs – you may want to consider arranging an area to stay on the first floor until you are able to do a full flight of stairs comfortably and safely.

## Stairways and Steps

- Keep interior and exterior stairways clear and well lit.
- Handrails are recommended on all steps and stairways. Make sure all handrails are sturdy and secure.
- Repair any loose carpeting on steps.



Always wear non-slip footwear on steps and stairways.

## Bedroom

- Keep a lamp and a flashlight next to your bed.
- Have a telephone on the table next to your bed.
- Place your most commonly used clothing in the top drawers of the dresser.
- Have a sturdy armchair available to use while dressing.

## Bathroom

- Place non-skid appliqués or a bath mat in the tub or shower. Have a non-skid rug outside the tub or shower to use after bathing.
- Keep commonly used bath items and toiletries within easy reach.
- Do not use towel racks or free standing sinks as grab bars. Install grab bars near the toilet or tub if you need additional support.

## Kitchen

- Keep commonly used dishes on the lower shelves of the wall cupboards.
- Keep commonly used food items on the top shelves of the refrigerator.

## Kitchen (continued)

- Have a sturdy armchair to sit on at the table. You may also want to have a tall stool available to use while working at the sink or stovetop.



Slide items along the countertop whenever possible to avoid having to carry them.



Prepare some meals prior to your surgery and place them in your freezer to have after your surgery.

## Living Room

- Arrange the furniture to allow enough space to safely maneuver around the room with a walking device (i.e., walker, cane, crutches).
- Use a walker bag or basket to safely carry your remote control, telephone, sealed drink container, or other small items.
- Have a small table by your chair for items like the remote control, phone, drinking glass, etc.
- Avoid rocking chairs, swivel chairs or chairs with wheels.
  
- Use chairs with armrests whenever possible.



When sitting on a couch or loveseat, sit at the end so you have the armrest for support when getting up.