



Total Joint Replacement

Home Safety Preparation Checklist

	Have a rubber bottom bath mat outside your tub/shower
	Place a shower chair or bedside commode in walk-in shower if you have one available
	Remove all throw rugs and other obstacles out of the walkways
	Arrange frequently used items between upper thigh and head level for easy reach
	Make sure you have a lighted path to the bathroom (i.e. a lamp on nightstand)
	Find a firm, stable chair with armrests for common areas; fold a blanket to heighten
	Elevate pet bowls to make them easier to reach
	Attach a backpack or bag to your walker to make it easier to transport items
	Arrange for help with cleaning and laundry
	Arrange for someone to drive you to appointments after your surgery
	Freeze pre-made meals or arrange for assistance with meals
	Arrange for someone to be with you for at least 48 hours after surgery around the clock!

**Bring pictures of your home to the hospital to show the therapist including:

- Shower or tub
- Toilet
- Main bathroom
- Entrances to the house