

Preparing your home prior to joint replacement surgery

You can prepare your home before going to the hospital to make everyday life easier for you when you return. Bear in mind that, following hip surgery for example, you will not be very steady on your feet and will need to use a walking aid to begin with.

What preparations should I make at home?

- Remove tripping hazards, such as rugs or cables.
- Ensure your home is well lit.
- Store everything you need for day-to-day life, such as crockery, reading glasses, clothes and so on, at a comfortable height (not above head height after shoulder surgery).
- Pre-cook small meals and freeze them. After returning from hospital, you will be glad not to have to go shopping and cook for the first few days.
- Check that your bed is high enough to allow you to stand up easily following hip surgery. It may be sufficient to add a second mattress to your bed.
- Adapt your bathroom to your new requirements. Medical suppliers carry various aids such as raised toilet seats, handles, anti-slip shower mats, bath seats and shower stools, which will make your daily personal hygiene easier.
- Place a gripper at the top of the cupboard for hard-to-reach things.
- Think about getting yourself aids like stocking pullers. Your doctor can advise you on this.