Hip and Knee Replacement Surgery

Final Checklist

☐ Read “Before, During and After Hip and Knee Replacement Surgery – A Patient’s Guide”
☐ Pick up equipment from the Red Cross or a medical supply store
☐ Set up your equipment at home and practice using it
☐ Move your furniture so that you have a clear path for using your crutches or walker
☐ Remove loose rugs and other items that you could trip over
☐ Set up a chair with armrests to sit on after your surgery
☐ Plan a ride to and from the hospital.
☐ Ask a friend to stay with you or to be close by for the first 3 days after surgery
☐ If you think you will need help with your daily activities after surgery, contact private home care assistance. Look under “Home Support” in your local phone book.
☐ If needed, arrange for grocery delivery and stock up on healthy frozen meals
☐ Arrange for someone to care for your pets
☐ Pack comfortable clothes, non-slip shoes, and toiletries for the hospital. Label all of your belongings. Do not bring valuables to the hospital.
☐ Follow instructions from Pre-Admission Clinic regarding Sage wipes (UBC Hospital, Richmond Hospital & VGH only)
☐ Follow the directions of the Pre-Admission clinic for any prescription medications
☐ Bring the following equipment to the hospital (UBC & VGH only):
  - Standard or 2-wheeled walker
  - Crutches
  - Hip Replacement:
  - 4” High Density foam cushion (hips)
  - Long-handed reacher, Long-handed shoehorn, Sock Aid (optional for knee replacement)
  - Knee Replacement:
  - Cryotherapy unit (if recommended by your surgeon)