

ROOM-BY-ROOM SAFETY REMINDERS – SEE SECTION: AIDS TO AID YOUR RECOVERY

PREPARE YOUR LIVING ROOM

- Consider installing rails on at least one side of indoor and outdoor steps.
- Clear stairs and pathways of any clutter.
- Remove throw rugs.
- Use non-skid wax on hard floors.
- Remove all telephone and/or electrical cords from walk areas.
- Make plans for someone to care for your pet(s).
- Have a firm, straight-backed chair with arm rests available at home for your use after surgery. Choose a chair that has adequate height, from which you can easily stand.
- Consider purchasing a long-handled grab tool/reacher to help reach and pick-up items until you can safely stoop or bend.
- Install and use night lights.

PREPARE YOUR BATHROOM

- A raised toilet seat is recommended (alternatively, a 3-in-1 bedside commode with armrests can also fit over a low toilet or be used as a shower seat).
- Consider installing grab bars to help with safe movement (DO NOT use towel racks for support).
- Disposable cleaning cloths are helpful until you can shower or take a bath.
- Make sure the path to the bathroom is well-lit. Night lights are recommended.
- Install safety treads or a non-skid mat in the tub and shower to help prevent falls.
- Make sure bath rugs are slip-resistant and water absorbent.
- Consider removing slider doors on bathtub enclosures to enlarge the entry and install a tension rod and shower curtain.
- A hand-held shower head with an ON/OFF switch is handy for bathing when using a bathtub bench/shower chair.
- A long-handled sponge helps clean hard-to-reach areas during bathing.

PREPARE YOUR BEDROOM

- Check the height of your bed. The mattress should be at least knee height. You should be able to get in and out of your bed easily.
- Consider preparing a sleeping area in your home's main entry level.
- Avoid sofa beds, waterbeds or futons; higher, supportive sleeping surfaces are recommended.
- Arrange easy-on/easy-off clothing in dresser drawers or closet shelves that are easy to reach (waist level) to limit bending and stooping after surgery.
- Velcro or elastic shoe laces are helpful to secure shoes instead of tying laces after surgery. You should still use soled shoes or slipper with a back.
- A sock aid and long-handled shoe horn assists putting on socks and shoes with less bending.

PREPARE YOUR KITCHEN AND FOOD

- Stock up on nonperishable food items, microwavable meals, or freeze your own "TV dinners" before surgery.
- Move often-used items in your pantry, refrigerator and cupboards to shelves or counters you can easily reach.
- Plan to reduce dishwashing with disposable paper or plastic plates, cups and utensils.
- Travel mugs or water bottles help carry or move beverages safely.

PREPARE YOUR BODY

- Make sure you have been medically cleared for surgery. For cardiac patients, be sure you have cardiac clearance prior to being scheduled for surgery.
- Ensure that you have completed any dental work, including cleaning.
- During flu season, approximately September-March, please get your flu shot prior to surgery.
- Pneumonia can be prevented with a vaccine. Get vaccinated if it is suggested by your surgeon.
- You may begin pre-operative exercises. (See Appendix – pg. 38)

NUTRITIONAL RECOMMENDATIONS AND LIFESTYLE CHANGES

- Good nutrition is imperative for healing. Balance servings of fresh fruits and vegetables, lean protein, low-fat dairy and whole grains. Include iron-rich foods like lean red meats, fortified cereals, and leafy green vegetables such as spinach or kale.
- Talk with your doctor about taking nutritional supplements that support bone health, including vitamins C and D3, calcium and iron.
- Limit alcohol use. If you use alcohol or recreational drugs, be upfront with your care team.
- Maintain a healthy weight to minimize stress on your new knee and to decrease risks of surgery. Ask your doctor for weight loss recommendations.
- Drink at least eight 8-ounce glasses of fluid each day, especially water and non-caffeinated drinks.
- Keep your bowels regular to prevent problems with constipation after surgery.
- Remain as active as your pain will allow to keep your muscles strong and ready to support your new joint.
- Get plenty of rest.

PRE-OPERATIVE HOME SAFETY ASSESSMENT

- Safety is our biggest priority as you may be at an increased risk to fall during your recovery after surgery. To reduce the risk of falling, **please complete the information on the following page** to assist your care team.
- Feel free to also take photos or a short video of your home to share with a member of your care team. **Bring this checklist with you to the hospital for staff to anticipate your needs prior to discharge.**

HOME SAFETY ASSESSMENT

How tall are you? Height: _____
Where do you plan to recover after discharge? Please circle: Home Apartment Condo
Will you live alone? Yes / No
If no: Who will be with you? Name: _____ Relationship: _____
Will you have help at home? Yes / No How many hours of help during the day? _____ How many hours during the night? _____
Are there stairs inside the house? Yes / No If yes: How many stairs are there? _____ Is there a rail to hold on to? Yes / No
Are there stairs / steps to enter the house? Yes / No If yes: How many? _____ Is there a rail to hold on to? Yes / No
Are there any concerns about the house? Please circle: Narrow Hallway Bathroom access issues Other: _____
Do you have any of the following? Please circle: Reacher Sock Aid Long Sponge / Brush Long Shoehorn Stationary Bike
Do you have a handrail in the shower or tub? Yes / No
Does your bathroom have any of the following? Please circle: Tub Shower Shower Curtain Shower Stall Glass Door
Do you have any of the following bathroom equipment? Please circle: Tub Bench Raised Toilet Raised Toilet Seat Grab Bar
Toilet Height: _____
Do you have any of the following equipment? Please circle: Walker Wheelchair Crutches Cane
Do you currently use any equipment to walk? Please explain: _____
Recently, how far can you walk? Please circle: Only in the house A couple of blocks In the Community Unlimited Distance I do not walk
Can you perform daily activities independently? Please circle: Grooming Hygiene Toileting Bathing Dressing
Bed height in inches: _____
Number of stairs to go to the bedroom: _____
When lying in your bed, which side do you get out of bed? Left Right
How many times on average do you get out of bed at night? _____
What is the distance from your bed to the bathroom? _____
Do you have any animals at home? Yes / No If yes, did you make plans for someone to care for your pet? _____
Do you have any other medical conditions or surgeries that would affect your rehabilitation and healing? If yes please explain: _____

TIMELINE AND TIPS - 4 TO 6 WEEKS BEFORE YOUR SURGERY

CHECKLIST:

- Contact Insurance
 - Make sure you understand your coverage.
 - Your surgeon should have confirmed insurance authorization; call your surgeon's office to confirm this has been completed.
 - Most insurance companies require pre-approval for an extended rehab stay. Contact your representative for authorization before surgery if you anticipate needing this coverage.

- Pre-Register at the Hospital
 - Expect a pre-registration phone call from the hospital.

- Set-up Advanced Directives
 - If completed, bring a copy of your advance directive to the hospital.
 - If you do not have an advance directive, please refer to the Spiritual Care team. Let us know if you need further instruction regarding advance directives; it is encouraged that all patients having surgery have an advanced directive.

- Smoking Cessation
 - Quit smoking at least 4-6 weeks before surgery. Smoking and nicotine delay healing and increase your risk for lung complications and blood clots. Help is available to stop smoking; please ask.

- Infection Prevention
 - Take excellent care of your skin. If you get deep scratches, cuts or rashes, contact your surgeon's office.
 - Protect yourself from infection! Notify your surgeon's office right away if you think you may have an infection of any kind – i.e. bladder, lung, sinus, tooth, abscess, skin sores, etc.
 - Follow all instructions for showering prior to surgery and after.

TIMELINE AND TIPS - 2 TO 4 WEEKS BEFORE YOUR SURGERY

CHECKLIST:

- Plan a **preoperative visit** to your surgeon.
- If you are already being followed by a pain management specialist for a pre-existing condition, please talk with your surgeon or attending physician.
- Stop taking all supplements, vitamins, and herbal remedies 14 days prior to surgery (unless directed by your surgeon). We want to avoid any interactions with anesthesia or the medications that may be given during your hospital stay.
- Specific instructions for other medication and blood thinners should come from your surgeon.
- Be enrolled for the **Total Joint Preoperative Class**. For many surgeons, this is a mandatory class unless you have had a previous total joint surgery at Providence in the last six months.
- Prepare for Discharge:
 - Establish a plan to care for family members and pets as needed.
 - Establish a plan for discharge to home.
 - Ensure you have adequate help when you return home.
 - Determine if you plan on going to your home or other's home at discharge.
 - Ensure your ride home is at the hospital by the time specified by your care team on the day of discharge (for many this is noon).
 - Fill regular prescriptions and have enough daily medications to last several weeks after surgery.
 - Be sure you understand when to stop and resume regular medications around surgery.
- Identify who your care coach will be, who will:
 - Attend all physician visits with you
 - Attend a total joint preoperative class with you
 - Be available during hospitalization for caregiver training
 - Be at the hospital any time on day of discharge for any final instructions

TIMELINE AND TIPS - 1 WEEK BEFORE YOUR SURGERY

CHECKLIST:

- Stop taking aspirin, ibuprofen, naproxen (NSAIDS) 7 days prior to surgery. Please confirm this instruction with your surgeon.

TIMELINE AND TIPS - THE DAY BEFORE YOUR SURGERY

CHECKLIST:

- Review all of your preoperative instructions.
- You will receive a phone call if your surgery time has changed.
- Confirm your ride home from the hospital at the time specified.
- Prepare your home as instructed above.
- Ensure that your home is safe and ready for your return.
- Have your home clean and clutter-free.
- Have clean, fresh linens on your bed.
- Have your meals prepared.
- Have your care coach bring the change of clothes you packed to the hospital room after your surgery.

TIMELINE AND TIPS - THE EVENING BEFORE YOUR SURGERY

CHECKLIST:

- Confirm with your surgeon the time at which you should stop eating and drinking the night before your surgery.
- If you have been instructed to take Warfarin/Coumadin the night before your surgery, take your dose following the dosing and timing instructions set by your surgeon.
- Take your pre-op shower (see instructions below). Consult with your care team if you are allergic.

TIMELINE AND TIPS - THE DAY OF YOUR SURGERY

CHECKLIST:

Before coming to the hospital:

- Take your second pre-op shower. Consult with your care team if allergic.
- Do not apply any kind of product to your body such as lotions, hair spray, gel, pomade, sunscreen, perfume, cologne or deodorant.
- Do not wear any kind of jewelry, including watches and wedding rings, to the hospital.
- Do take your usual prescribed medications with a small sip of water unless otherwise instructed by your surgeon or follow specific instructions from the Pre-Anesthesia Clinic and/or Primary Care Physician.

