

Total Hip Replacement and Total Knee Replacement Patient Readiness Checklist

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You will be discharged from hospital day one to two post surgery. In order to be well prepared for your surgery, please follow this checklist.

Once you know your surgery date:

- I have read the patient education book. I understand the information and have shared it with my family or friends.
- I have someone to help with groceries, meals, laundry, pet care and housekeeping for at least 2 weeks after I get home.
- I have made plans to stay with family or friends if I live alone and have no help.
- Call your Family Doctor or Nurse Practitioner to arrange staple remove to take place 12-14 days after your surgery.
- Ensure you have purchased your extra **Aquacel Ag bandage** (s) from your TBRHSC gift shop or specialty clinic.

1-2 weeks before surgery:

- I have made plans to be picked up from the hospital when I meet discharge criteria.
- I have made arrangements for ALL of the equipment that I will need at home based on what my therapist has recommended for me in my pre-admission appointment. This may

include a walker, crutches, dressing aids and possibly a raised toilet seat.

- I have called outpatient physiotherapy and made an appointment for 3 to 7 days after knee surgery or 2 to 3 weeks after hip surgery.

Publicly Funded Physiotherapy – a list will be provided to you at your pre-admission appointment and can be found at www.rjac.ca.

- I have made plans for transportation to my physiotherapy and follow up appointments.

Day before surgery:

- I have packed a small bag with my personal items (scent free) that I will need while in the hospital. These items include: my patient education book, a pair of non-slip shoes or slippers with backs (one size larger), comfortable clothes – loose pants, t-shirts.
- I have ALL of the equipment that I will need **at home** and practiced using: my walker, crutches, dressing aids and optional raised toilet seat

Do you need help with transportation? Please see the information for your community in the Patient Education Book that you have been provided. If you are using Lift+, it takes two weeks to process an application for temporary eligibility.

For more information visit:
www.rjac.ca