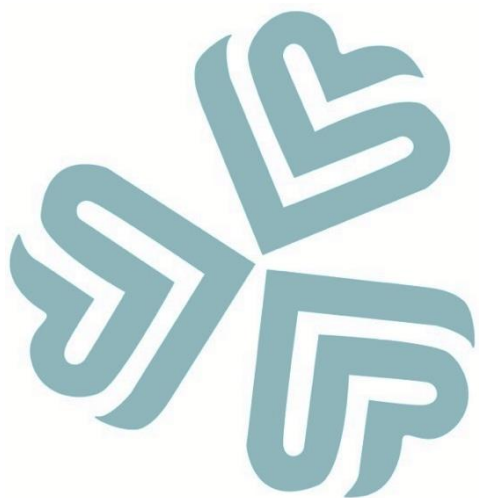
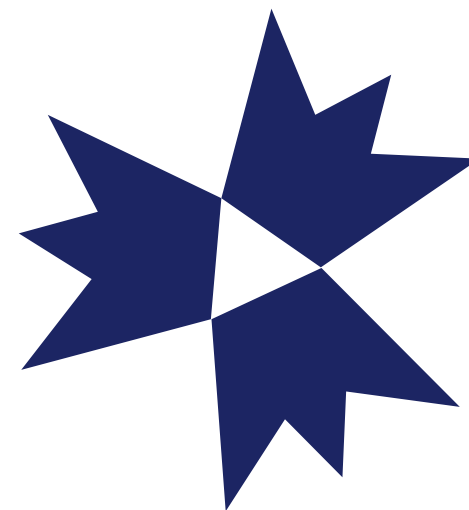


# Preparing Your Home In Advance of Surgery



THE  
**KNEE • HIP • SHOULDER**  
CENTER



# Get Your Home Ready

- Preparing your home for your return after joint replacement can keep you safe and make your life easier, particularly for the first few weeks
- We will review tips that you can consider in advance



# Declutter and Clean

- Make sure your home has room for you to navigate with a walker
  - Move furniture as necessary
  - Get rid of any small throw rugs
  - Remove electrical wires that may get in the way
  - Put away small items that create clutter
- Clean your house, sheets and towels. Returning to a clean house can reduce the risk of infection

## WHOLE HOUSE Deep Cleaning Checklist

### Kitchen:

- Wash and put away dishes
- Wipe down cabinets
- Organize cabinets
- Organize drawers
- Throw out expired food in pantry, fridge, & freezer
- Wipe down & disinfect interior of fridge & freezer
- Organize pantry items
- Empty trash
- Scrub inside of microwave
- Wipe down backsplash
- Wipe down countertops
- Deep clean oven & stovetop
- Wipe down appliances
- Dust tops of cabinets
- Scrub & disinfect sink
- Clean garbage disposal w/ ice and lemon slices
- Wash out garbage can

### Living Room:

- Dust mantel/shelves/picture frames
- Dust tabletops
- Dust electronics
- Organize miscellaneous items
- Organize media cabinet
- Steam clean sofas/chairs or wash slipcovers
- Wash throw blankets and pillow covers
- Vacuum drapes w/ attachment

### Dining Room:

- Dust top of china cabinet / buffet table
- Organize miscellaneous items
- Wipe down table
- Polish silver

### Bathrooms:

- Scrub shower walls & fixtures
- Scrub bathtub & faucet
- Clean / wash shower curtain
- Empty trash
- Wash out trash can
- Wipe down mirrors
- Scrub countertops & sink faucet
- Scrub toilet
- Wash rugs
- Clean out / organize cabinets
- Clean out / organize drawers
- Wipe down cabinets

### Bedrooms:

- Dust tops of dressers / headboard
- Vacuum drapes w/ attachment
- Pick up clothes
- Wash pillows
- Wash bedding
- Flip and rotate mattress

### Closets:

- Sort clothes to keep/donate/throw out
- Take dry cleaning and/or clothes to be tailored
- Organize items
- Dust shelves

### Office:

- File documents / important papers
- Backup and/or delete old files on computer
- Organize cabinets / drawers
- Refill office supplies
- Dust desk top & furniture
- Dust electronics

### Entryway:

- Dust furniture
- Clean rug / welcome mat
- Organize shoes/coats

### Laundry room:

- Empty trash
- Run cleaning cycle in washing machine
- Clean out dryer vents & duct
- Wipe down exterior of washer & dryer
- Reorganize / discard old cleaning supplies

### Garage:

- Sweep out floors and clean up any oil spills
- Clean out vehicles
- Take trash / recycling to disposal center
- Put away / organize tools
- Organize sporting equipment / toys
- Organize seasonal decor in bins

### Throughout the house:

- Change air filters
- Change batteries in smoke / CO2 detectors
- Polish wood floors
- Steam clean carpets
- Change burned out light bulbs
- Dust light fixtures
- Dust ceiling/corners of room
- Dust shelves/picture frames
- Dust decorative accents
- Dust blinds & window sills
- Dust baseboards
- Dust doors & doorframes
- Sweep / mop / vacuum floors & rugs
- Wash windows

### Other:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

# Consider Fall Prevention Measures

- Accidental falls lead to a surprising number of postoperative injuries some of which can be serious
- Here are some ways to reduce the risk of falls
  - Install nightlights around your bedroom and bathroom
  - Consider a shower chair and handrails
  - Get non-stick socks
  - Consider a raised toilet seat
  - Attach tread to stairs
  - Have handrail on both sides of stairs
  - Clean up loose cables and wires



# Preparing Your Home Prior to Your Surgery

- Other things you can do to make your home safer and more comfortable when you return after joint replacement
  - Move items in your home to waist level or higher. This will prevent you from having to bend to reach items.
  - Make a plan to have your bills paid while you are recovering – whether that is signing-up for online bill pay or arranging with a friend or relative who can help you.



# Stock up

- Stock up on necessary items like groceries, toiletries and any medications you might need
- If possible, prepare and freeze meals before your surgery
- Make you Ice Packs prior to surgery and put them in your freezer
  - Make 3-4 so you can exchange them
  - See next slide



# How to Make an Ice Pack

- 3 Parts Water
- 1 Part Rubbing Alcohol
- Mix in a Ziplock Freezer Bag
- Place in freezer
- This will form a slush and it can be refrozen after use



# Get all of you medications beforehand

- We will give you prescriptions at your preop visit for anything you cannot buy over the counter. Get these filled prior to surgery
- Other Medications to purchase
  - Prilosec 20mg if you do not already take an antacid
  - Aspirin 325mg
  - Colace 100mg
  - Miralax
  - Tylenol ES 500mg
  - Ibuprofen or Aleve

