Vancouver CoastalHealth
Promoting wellness. Ensuring care.

OASIS
OsteoArthritis Service Integration System
Working Together for Healthy Joints

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

  <u>Hip Replacement:</u>
  - ☐ 4" High Density foam cushion (hips)
  - ☐ Long-handled reacher, Long-handled shoehorn, Sock Aid (optional for knee replacement)

  <u>Knee Replacement:</u>
  - ☐ Cryotherapy unit (if recommended by your surgeon)