

Prepare Your Home Before Surgery

Focus on your home **BEFORE** surgery

Properly preparing your home before surgery will make your life easier and safer during your recovery.

- Remove all throw rugs.
- Arrange furniture to accommodate a walker.
- Make sure furniture is sturdy, with armrests. (When you sit, your knees should not be higher than your hips.)
- Prepare a room on the main living level.
- Make sure the height of your bed's mattress is about 2-4 inches taller than your knees.
- Get a nightlight.
- Install handrails on indoor and outdoor stairs.
- Install non-skid strips on stairs, if they can be considered slippery.
- Keep regularly used items and clothing within easy reach.
- Set up a work/hobby station.
- Stock up on easily prepared, nutritional foods.

- On your walker, use an apron with several pockets, walker tray or a walker bag to make your walker more useful and to make you more independent.
- Be aware of pets.
- Obtain needed durable medical equipment (DME) - see pages 6-7.
- Prepare your bathroom and toilet.
- Other _____

Consider asking someone to help you with the following:

- Meals
- Transportation
- Housework and yardwork
- Errands (*grocery shopping, mail, etc.*)
- Dressing and personal hygiene
- Pet care
- Exercises