

**Northern Wisconsin Bone & Joint Center, LTD.**

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## **Home Planning for your Total & Partial Joint Replacement Recovery**

Recovering from joint replacement surgery will take time. Planning ahead is key to minimizing stress and optimizing your outcome. If you live alone or have other special needs, you may want to consider going to a specialized rehabilitation facility after discharge from the hospital. The following list is merely a list of things to think about ahead of time in order to facilitate a speedy recovery at home.

- Arrange for someone to take you home and to stay with you for several days after your surgery.
- Locate the following items:
  - A stable chair for with a firm seat cushion, a firm back, and two arms. If you have a knee replacement surgery, a footstool will also be helpful for intermittent leg elevation.
  - A raised toilet seat, if you have a low toilet.
  - A stable shower bench or chair for bathing.
  - A long-handled sponge and shower hose.
  - Firm pillows for your chairs, sofas and car that enable you to sit with your knees lower than your hips.
- Remove any throw or area rugs that could cause you to slip or trip. Securely fasten electrical cords around the perimeter of the room.
- Borrow a walker or a pair of crutches and see how well you can maneuver through your home. You may need to rearrange furniture or temporarily change rooms (make the living room your bedroom, for example).
- While you are in the kitchen (and in other rooms as well), place items you use regularly at arm level so you do not have to reach up or bend down.
- Shop for things that will make your life easier after surgery. Your list might include a long-handled shoehorn, a long-handled sponge, a grabbing tool or reacher, a footstool, a big-pocket shirt or soft shoulder bag for carrying things around.
- Set up a "recovery center" where you will spend most of your time. Things like the phone, television remote control, radio, facial tissues, wastebasket, pitcher and glass, reading materials and medications should all be within reach.