Getting Your Home Ready for a Joint Replacement Surgery

Having a joint replaced is a major surgery. It can change the way your body moves and the activities you can do for a few months while the implant heals. Part of enjoying a healthy recovery is arranging your home so it’s easy for you to recover and navigate the house easily. Before surgery, use these helpful tips to get your home ready for your recovery period.

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Decluttering and rearranging furniture makes your home safer while you’re not as steady getting around. Start by:

- Making sure stair railings are secure
- Boxing up knicknacks and storing them
- Making sure pet beds and crates are out of the way
- Placing side tables and end tables to make space
- Rolling up and storing rugs to limit tripping hazards
- Moving furniture so you have a wide path through the house, especially if you’ll be using crutches or a walker

Clear the Way

Make Things Cozy

While you’re relaxing and healing, keep helpful things nearby so you don’t have to get up often. Fill a tote or basket with the items you’ll need, such as:

- Books
- Movies
- Slippers
- TV remote
- Headphones
- Medications
- Bottled water
- Healthy snacks
- Your smartphone, laptop & tablet
- Hand sanitizer
- Emergency contact numbers

Arrange for Help

Having a spouse, family member or friend around to help makes recovery easier. Coordinate assistance with tasks like:

- Driving you to follow-up appointments
- Taking kids to school, activities and appointments
- Taking care of pets
- Preparing meals
- Changing bandages
- Batting
- Keeping the house clean
- Shopping for food and essentials
- Doing laundry

Keep Essentials Close

Set an area for yourself where you can recover and keep things you need close by. You probably won’t move around much right after your surgery, and this home base can keep you comfortable. Start by:

- Setting up an area for yourself where you can recover and keep things you need close by. You probably won’t move around much right after your surgery, and this home base can keep you comfortable. Start by:
- Plugging in nightlights around the recovery area and restroom
- Choosing a comfortable chair to sit in with firm arms for stability
- Making a temporary sleeping area on your first floor in case you won’t be going up stairs for a while

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