

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 recuperate and navigate the house easily. Before surgery, use these helpful tips to get your home ready for your recovery period.

CLEAR THE WAY

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 knickknacks and storing them
- ✓ Moving pet beds and crates out of the way
- ✓ Removing side tables and ottomans 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



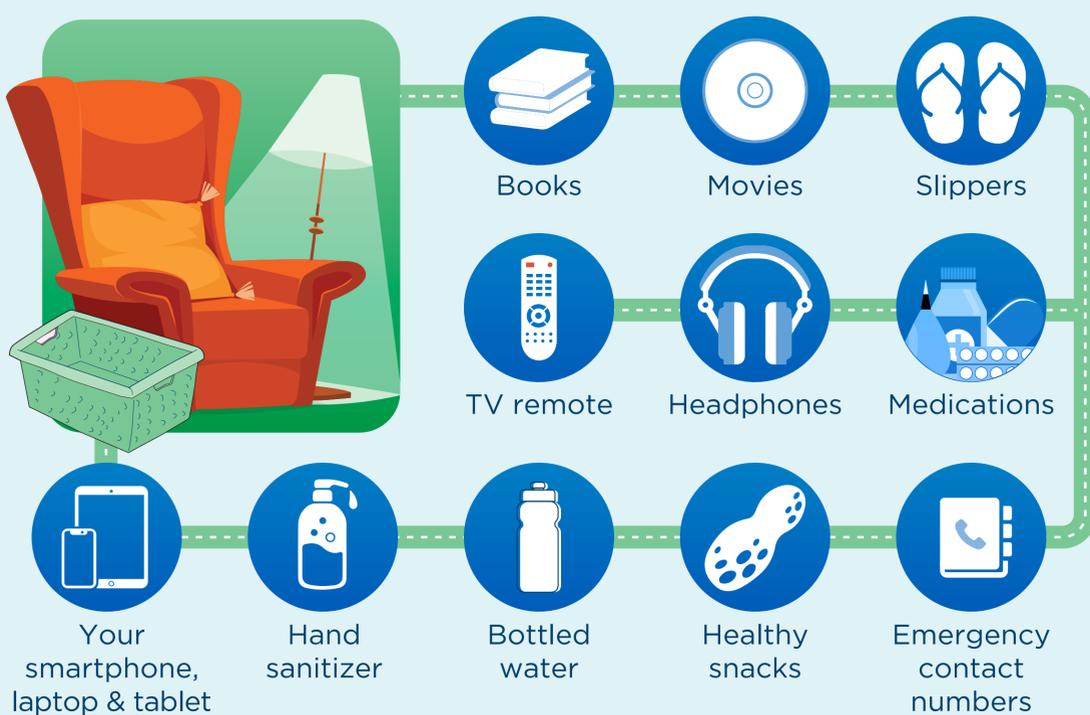
MAKE THINGS COZY

Set 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:



KEEP ESSENTIALS CLOSE

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:



ARRANGE FOR HELP

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

