



Joint surgery?



Get ready **NOW** and you'll be back on
your feet before you know it!



Orthopedic
Home Care



The more you can do **BEFORE** joint repair or replacement surgery, the better.

The experienced rehabilitation and nursing staff at Orthopedic Home Care would like to help you prepare for a safe, smooth and rapid recovery. Here's our **pre-op checklist of recommendations** for your home, yourself and your caregiver before your scheduled surgery.

BEFORE SURGERY:

Prescribed Exercise

If your surgeon prescribes an exercise plan before surgery, begin these exercise now to strengthen the muscles you'll need to support your new joint after surgery. Building strength takes time and consistency, so it is important to start now and continue until you have surgery.

- Do **ONLY** the exercises your surgeon recommends. Follow the recommended exercise plan as directed.
- You're getting ready for a smooth and successful recovery. Since you'll be doing the same exercises after surgery, you'll be more confident in your abilities.



Home Safety

Get your home and family ready for a safe, rapid recovery after surgery.

- Buy or borrow a portable phone to keep within reach.
- Get a bag or basket ready to attach to the front of your walker so you can take your phone with you at all times.
- Put night lights in any area that you might go to during the night (bed, bath, kitchen, hall, etc.)
- Keep rooms well lit during the daytime also.
- Remove all throw rugs to prevent slipping or tripping.

- Make sure there are no electrical cords where you will be walking.
- Keep all areas free of clutter to prevent tripping and falling.
- Be careful of pets. They can get in the way and cause falls.
- Put items you use frequently within easy reach at about waist level.
- For hip surgery, a "Hip Kit" is strongly recommended.
- Identify an exit you will be able to use in an emergency such as fire.



Furniture

Check out your furniture and determine pieces that will work well after surgery. Move them to the first-floor level of your home or into a comfortable room where you will be spending time after surgery.

- It will be best to sit in a chair that has arms. This makes getting up much easier.
- Do not try to sit in chairs that roll.
- Do not sit in a low chair or sofa.



Bathroom

Some small purchases now will make showering safer after surgery.

- You will need to use a rubber mat inside the shower.
- Place another rubber-backed mat at the entrance to your shower to prevent slipping when you step out of the shower. Store this on the side of the tub or over the shower door when not in use. Do not keep it on the floor when not in use.
- You may need a shower seat after surgery. Your OHC therapist will determine what type you may need on the first home visit after surgery.
- If possible, install a grab bar in the shower.

Clothing and Shoes

Plan ahead by choosing or purchasing clothes that will be easy to put on and take off following surgery.

- Avoid robes, gowns, pajamas or pants that fall below the top of your ankle. Keep your feet free from becoming tangled in long clothing.
- Your shoes may need to be replaced if they have become worn in a pattern from your bad joint.
- Shoes that slip on, or have Velcro closures, will be convenient after surgery.

For Family and Caregivers

Plan ahead so that your main focus will be on helping your loved one after surgery. Get familiar with the car transport tips below for the ride home from the hospital.

- Stock up on groceries, toiletries, and easy to prepare foods before your loved one is dismissed from the hospital.
- Ask one additional family member or caregiver to help you on the day of dismissal from the hospital.

- Get all prescriptions filled right away. Don't wait until the next day.
- Don't have visitors (other than those who are helping you) the first few days after coming home. The patient will be tired and so will you.

Car Transport Tips



- Most people ride in the back seat on the way home from the hospital, so make sure the back seat is clean and uncluttered.
- Avoid vehicles that are low to the ground. If your vehicle is low, add cushions or pillows for your loved one to sit on.
- Hip surgery patients: DO NOT BEND beyond a 90-degree angle getting in or out of the car.

We'd love to see you when you get home!

You can request Orthopedic Home Care to provide your home therapy and rehabilitation while you are in the hospital.

A hospital discharge planner will visit you to make arrangements for the home medical equipment you may need after surgery, and will ask you about your home rehab services.

NOTE: Please request OHC by name for your home rehab and recovery. If you do not choose your home therapist, the hospital is required to assign someone from a list of local agencies.

Now that you're ready for surgery, all of us at Orthopedic Home Care wish you the very best and hope you choose us to help you when you come home from the hospital.

If you have questions or need more information about our services, please call us at 817 847-8888.

Feel better about getting better at home.

Ask your orthopedic surgeon
about Orthopedic Home
Care, or call us to find out
how we can help.



Orthopedic
Home Care

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