

Planning Checklist for Hip or Knee Joint Replacement Surgery

In order to be well prepared for your surgery, please follow this checklist:

6 weeks before surgery

- ☐ I have downloaded and read the patient education booklet (**Your New Hip** or **Your New Knee**). I understand the information and have shared it with my family or friends. The booklets are found on our website, www.hhsc.ca, by searching “Orthopedic Surgery Joint Replacement” and select Hip and Knee Education Class - Virtual.
- ☐ I have watched the **Your Hospital Stay** video and either the **Your New Hip** or **Your New Knee** video. The videos are found on our website, www.hhsc.ca, by searching “Orthopedic Surgery Joint Replacement” and select Hip and Knee Education Class- Virtual.
- ☐ I have called an outpatient physiotherapy clinic and made an appointment for 3 to 4 days after my date of surgery. There is a list of clinics provided in my package. I can also choose to call a private clinic and use my extended health benefits or pay a fee.
- ☐ I have made plans for transportation to my physiotherapy and follow up appointments.
- ☐ I have someone to help with groceries, meals, laundry, pet care and housekeeping for at least 2 weeks after I get home.
- ☐ I have made plans for respite or to stay with family or friends if I live alone and have no help. I have seen my Family Physician for the forms to be filled out.

2 weeks before surgery

- ☐ I have made plans to be picked up from the hospital when I am ready to be discharged.
- ☐ I have made arrangements for all of the equipment that I will need at home: a standard walker without wheels, a cane, a raised toilet seat and dressing aids.

The day before surgery

- ☐ I have reviewed the document, **Hip and Knee Arthroplasty Checklist for Surgery**. This document is available on the www.hhsc.ca Orthopedic Surgery Joint Replacement page.
- ☐ I have a small bag packed with my personal scent free items, that I will need while in the hospital. These items include: my patient education book, a pair of non-slip shoes or slippers with backs (one size larger), comfortable clothes such as loose pants and t-shirts.
- ☐ I have all of the equipment that I will need at home and practiced using: a standard walker without wheels, a cane, a raised toilet seat and dressing aids.

Questions?

If you have questions regarding your hip or knee surgery, or require more information about respite stay, please call the following number:

905-521-2100 ext. 43276.

Do you need help with transportation?

DARTS (Disabled and Aged Regional Transportation System)
905- 529-1717, or the website www.dartstransit.com.

Canadian Red Cross - Hamilton Branch Transportation 905-522-8485, or contact your local branch www.redcross.ca.