

Preparing For Joint Replacement Surgery

Hand rail

If you live in a house with stairs, make sure you have at least one secure hand rail (it doesn't matter which side it is on).

If it is not possible to fit a hand rail consider moving a bed down stairs for the first few weeks. This is especially important if you have already been struggling significantly to climb stairs in the months before your surgery.

Toilets

If you only have one toilet in your home, it can be worth renting a commode from the Red Cross or Lions Club to keep either upstairs as a back up if you don't wish to use the stairs in the night.

Support at home

You are also likely to need a little assistance from family and friends for some basics such as cooking, cleaning and personal care. It is a good idea to have this in place before your operation.

Move items you use regularly to work top height, to avoid having to reach up high or to low.

Move milk, butter etc to a higher shelf in the fridge.

Meal preparation

Ready meals or bulk batches in the freezer can make it easier to have healthy and nutritious meals. Soups and bread is also an easy alternative.