

Home Safety Checklist

To make your recovery at home after surgery safe, comfortable, and easier, we recommend you use this checklist to prepare your home. If you have more specific questions, an **Occupational Therapist** can help.

Adaptive or Durable Medical Equipment (DME) can make your life easier and safer. Most of the items suggested below can be found at medical supply stores, pharmacies, home improvement stores, thrift stores, and online (Amazon, Patterson Medical, etc.).

Entries and hallways:

- ✓ Ensure good lighting outside your entrance
- ✓ Choose an entrance that minimizes stairs to navigate with your adaptive device
- ✓ Consider adding a handrail
- ✓ Remove throw rugs or use carpet tape along edges
- ✓ Create wide, clear paths in high traffic areas (bedroom, bathroom, kitchen)
- ✓ Ensure your walker fits through doorways, in your bathroom (you may need a cane to transition to in smaller areas)

Bathroom:

- ✓ Reduce tripping hazards (remove throw rugs)
- ✓ Location: Is it on the same level as your bedroom? If no, consider staying on the same level as a bathroom for the first few days of your recovery or use a bedside / 3-in-1 commode.
- ✓ Is the door wide enough for your walker? You may need to use a cane or crutches in the bathroom.
- ✓ Toilet height matters, the higher the surface, the easier it is to sit/stand from. ***Posterior Approach precautions require a 3-in-1 commode/raised toilet seat***
- ✓ Reduce fall risk in your bathroom, tub or shower
 - Add non-skid mat
 - Consider a shower chair or tub transfer bench
 - Install grab bars if possible

Adaptive Equipment ideas:

- ✓ Consider installing a grab bar:
 - Wall grab bar
 - Tub grab bar attaches to side of the tub
 - Universal floor to ceiling grab bar
- ✓ Shower chair or Tub Transfer Bench
- ✓ Non-skid bathmat
- ✓ Handheld shower head
- ✓ Long-handled sponge
- ✓ Raised toilet seat or 3-in-1 commode (with arms)

Seating:

- ✓ Sit in chairs that keep your knees lower than your hips
- ✓ Risers can be used to elevate a favorite, but low, sofa or bed
- ✓ Choose a firm, straight-back chair with armrests
- ✓ Add a foam cushion or folded blanket to the seat if you need to raise yourself up
- ✓ Consider setting up “rest stations” in high traffic areas of your home

Children and Pets:

- ✓ Make arrangements to keep small children or pets in another area of the house when you arrive home after surgery

Activities of Daily Living (ADLs):

- ✓ Keep frequently used items within easy reach to avoid unnecessary reaching or bending
- ✓ Carry a cellphone with you at all times, also make sure your caregiver has theirs as well.
- ✓ Consider adding a caddy or bag to your walker
- ✓ Meals: Arrange for help with your meals and groceries (freeze pre-made dinners before surgery, stock up on non-perishable foods)
- ✓ Clothing: Choose secure shoes with a heel/back and a non-skid sole to wear to the surgery center, and at home
- ✓ Choose loose fitting, comfortable clothing to fit over bandages and swelling; Have a few weeks of clean clothes available at home
- ✓ Get help with cleaning and laundry

Adaptive Equipment ideas:

- ✓ Long-handled Reacher
- ✓ Long shoehorn
- ✓ Sock aid (they also make sock aids specifically for compression stockings)
- ✓ Walker carrier bag or basket (canvas grocery bags can be used)

Other safety tips:

- ✓ Take naps, getting as much rest as possible helps with your recovery
- ✓ Energy conservation principles “work smarter, not harder”; take frequent breaks as you resume activity
- ✓ Hydrate and eat a balanced diet
- ✓ Do not drive until your surgeon tells you it is okay to do so. **Do not drive while taking narcotic medications**




Adaptive Equipment and Durable Medical Equipment (DME)

Adaptive or Durable Medical Equipment (DME) can make your life easier and safer. You can usually find simple DME and adaptive equipment in your community and online:

[DME Resource Sheet](#)

What might we recommend?

<p>Front wheel walker (required for total joint replacement surgeries)</p>	
<p>Shower chair</p>	
<p>Tub transfer bench</p>	
<p>3 in 1 Commode (required for posterior approach hip replacement)</p>	

<p>Elevated toilet seat Arms are preferred and can be removed.</p>	
<p>Grab bars A variety exist, and each bathroom set up is unique.</p>	
<p>Handheld shower and long handled sponge</p>	
<p>Other Adaptive Equipment:</p> <ul style="list-style-type: none"> ✓ Sock aid ✓ Shoe horn ✓ Long handle reacher ✓ Rigid leg lifter (a gait belt may be used) 	