



## Tips for Preparing for Joint Surgery

If joint pain is hindering you or the one you love from living everyday life, it may be time to consider talking to a doctor about getting a joint replacement. If a doctor thinks that this is the right course to take, you will need to begin preparing yourself or your loved one in order to make a smooth and seamless transition.

### Pre-Surgery Preparation

In order to diminish stress and allow for a smoother transition home post-surgery, experts from [Everyday Health](#) and the [Arthritis Foundation](#) recommend having a plan in place and doing your preparation ahead of time for the best post-surgery results.

- 1. Take care of medical concerns.** Your doctor may recommend that you begin eating better or start an exercise regimen pre-surgery. They may recommend trying to lose weight or may ask that you begin doing some physical therapy to prepare for your operation. Remember to also get medical documents ready for your surgery. These can include a list of medications you take and their dosages, a list of your doctors and their phone numbers or a list of medical conditions or allergies that you currently have. You may also need to prepare insurance documents or cards and advance directives or wills.
- 2. Get your home in order.** Eliminate clutter, move cords and create wide enough paths to walk with a walker or crutches. Make sure that everything you need will be within reach and that you can access them easily. This includes preparing anything related to cooking, sleeping or showering. It may be a good idea to purchase some aids that can help make getting around your home easier, as well. Installing hand rails and door handles will make it easier for you to move about your home, as will a walker or cane. They can help to give the extra support you need to stay on your feet. If you drop anything or need to reach for anything that is down low, it may be a good idea to purchase a reaching tool or a grabber.
- 3. Prepare a designated team.** Your most valuable resource post-surgery is going to be those who can help you get back on your feet. While you may be able to tackle some tasks at home, you are still going to need some help. Cooking, laundry and housework could prove taxing for someone who just had joint replacement surgery, as will driving and grocery shopping. Try to arrange who will do these tasks beforehand so you can reduce the amount of stress and frustration you will go through later.

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- 4. Take care of last minute details.** Before going to the hospital for your surgery, it is a good idea to prepare a small bag packed with some necessary items. These include: slip-proof shoes that are easy to get on, a robe, medicines you take, toiletries and other personal care items. Do not forget to pack an outfit for when you are discharged. Loose fitting clothing, workout clothing and sturdy shoes will be the easiest to get on and off.

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