

Elective Hip and Knee Replacement Patients

The following information will help you understand what to expect before your surgery and following your return home.

Making arrangements for accommodations and equipment

You will need to arrange your home prior to surgery, to ensure it will meet your needs after surgery. This includes:

- A bed and bathroom, or commode, on the main level;
- A supportive chair with arm rests and a seat cushion to use on low seats;
- Removing scatter mats and clutter; and
- Rearranging furniture to ensure there is enough room to accommodate a walker or crutches.

You will also need to rent, purchase or borrow equipment prior to your surgery. This includes:

- Dressing aids (long handled shoe horn, reacher, sock aid and sponge);
- Tub transfer bench/shower seat/chair;
- Raised toilet seat with arms, or raised toilet seat and a versa frame, and/or commode; and
- Walker and/or crutches.

Making arrangements for after your surgery

After your surgery, you will require care and assistance at home. You will need assistance with bathing, dressing, groceries, laundry, housekeeping, transportation and meals.

You will need to make arrangements to have someone stay with you, or for you to stay with someone else, for at least one week. Please make these arrangements prior to your surgery.

Your hospital physiotherapist may ask you to bring some of this equipment to the hospital prior to discharge. Please ensure that you make arrangements to have someone deliver the equipment if necessary. You will find vendor information for equipment rental on the following page.

Physiotherapy

Physiotherapy is an important part of your recovery after surgery. Your hospital physiotherapist will assess you after surgery to determine if hospital-based outpatient physiotherapy is appropriate and available for you.

Patients who can attend hospital-based outpatient physiotherapy will need access to transportation to and from physiotherapy, for one-to-two days per week for roughly six to eight weeks after surgery.

If you are unable to attend hospital-based outpatient physiotherapy, or if it is not available in your area, Home and Community Care Support Services South East will assist you and make arrangements for your physiotherapy at home.

Please discuss your options with your hospital physiotherapist after your surgery.

