

Preparing For After Surgery

It is very important to plan ahead for your needs at home after surgery. The following is a list of things to do before you have your surgery.

Prepare Your Home

- ✓ Remove all loose scatter type rugs. These increase your risk for slipping and falling at home.
- ✓ Find a FIRM chair with arms that you will use after surgery. It is very difficult to get in and out of soft chairs or chairs with no arms after surgery.
- ✓ Minimize clutter that may cause you to trip or stumble.
- ✓ Make sure you have handrails in the bathroom near the toilet and in the shower. Check with your surgeon about when he will let you shower after surgery.
- ✓ Get your cleaning done before surgery. You won't have the energy or the interest to clean for awhile after your surgery.
- ✓ Do your grocery shopping. Plan your meals for two weeks and make sure you have lots of nutritious foods like vegetables and fruits available. If you are usually bothered by nausea after surgery, be sure to have ginger ale or 7 Up, as well as soda crackers. Gatorade is an easy way to maintain fluids and keep electrolytes balanced.
- ✓ Arrange for help from family and friends. You will need help with bathing, dressing, even walking for the first few days you are home.

Plan for the Unexpected

Place your surgeon's phone number by the phone. When there is an unexpected problem, it can be difficult to find what you need.

You can always reach someone at OrthoIndy by calling **(800) 223-3381**.

Call 911 for any medical emergencies like chest pain, difficulty breathing or significant bleeding.

Make sure you have the phone number of a family member or friend who can come to your house for any non emergency needs.

Be sure you have your regular prescriptions filled and ready for you when you come home after your surgery.

