

Joint Replacement Surgery Preparation Checklist

In the weeks leading up to surgery

- Identify a 'coach' or support person who will help you before and after surgery
- Review the [Before, During and After Booklet](#)
- Watch the relevant videos
 - [Chair Height after Hip or Knee Replacement Surgery](#)
 - Managing Everyday Activities after Surgery
 - [Sitting](#)
 - [Walking with a Standard Walker](#)
 - [Walking with a Two Wheeled Walker](#)
 - [Walking with Crutches](#)
 - [Going Up and Down Stairs with Crutches](#)
 - [Getting in and out of Bed](#)
 - [Getting in and out of a Car](#)
 - [Getting on and off the Toilet](#)
 - [Using a Tub Transfer Bench for Bathing](#)
 - [Getting Dressed with a Long Handled Reacher](#) (hip surgery only)
 - [Using a Sock Aid](#) (hip surgery only)
 - Optional: [Hip Replacement Surgery](#) or [Knee Replacement Surgery](#)
- Review and complete the Equipment Preparation document
- Attend the ASAP Pre-Op Hip and Knee Class**
- During or after attending the pre-op class, determine what equipment you will need and where you will get it from

Click links in blue to go directly to the website.

1 Week Before Surgery

- Pick-up equipment
- Set-up equipment at home and practice using it
- Arrange a ride to and from the hospital

*****Please share this page with your 'coach' or support person, so they are aware of what preparation is needed and can help make sure you have the equipment in place.*****