

Hip Replacement Surgery Preparation Checklist

1

Ask Your Doctor

Make a list of questions you have about the procedure and your recovery. Your doctor can help you understand what's going on and ease any worries about your upcoming surgery.

2

Reach Out to Someone With a Hip Replacement

If you know someone who's had the surgery, arrange a time to hear about their experience. They might be able to answer other questions and offer you insider tips.

3

Arrange Transportation

Make sure you have a ride to and from the hospital. You won't be able to drive for a few weeks until you get your doctor's okay.

4

Make Meals Ahead of Time

After surgery you should be recovering, not cooking. Make meals and freeze them for quick dinners later on (or even better, get a friend to make them!)

5

Organize Your Essentials

Place everyday objects like your TV remote, telephone, and medicine near where you will recover.

6

Modify to Your Home

For example, consider a [raised toilet seat](#). One with [armrests](#) can make it easier sit and stand up when using the restroom.

7

Add a Grab Bar

A [grab bar](#) might be another helpful addition to your home. You could use one near the toilet, in the shower, or anywhere else where you need assistance.

8

Clear a Pathway

Remove rugs that you could trip on and move furniture so you can get around easier with crutches or a walker.

9

Buy a Hip Kit

A [hip kit](#) is full of essential tools for your everyday life. Purchase a kit so you can dress, tie your shoes, get in bed, and accomplish other daily tasks independently.