



- See “Physical Therapy”, page 30 for exercises and more information on therapy for Total Hips.

Prepare Your Home:

Having your home ready for your return from the surgery center will make for a smooth and safe recovery. Make sure you can safely get in and out of every room in your house with a walker. Set up a comfortable, sturdy armchair to sit in throughout the day.

Checklist for a smooth and safe recovery:

- ✓ Declutter – remove throw rugs and electrical cords, rearrange furniture to keep pathways clear.
- ✓ Consider setting up a bed on the first level of the home.
- ✓ Obtain furniture risers – raise beds and chairs 19-21 inches from the floor.
- ✓ Verify handrails are anchored.
- ✓ Clean and sanitize.
- ✓ Put fresh sheets on the bed.
- ✓ Do laundry.
- ✓ Prepare a supply of meals for 2-3 weeks.
- ✓ Place frequently used items within reach at waist level.
- ✓ Install nightlights.
- ✓ Arrange for pet care.
- ✓ Pay bills.
- ✓ Pick up prescriptions.
- ✓ Arrange for help with housekeeping/shopping.
- ✓ Arrange for someone to drive you to appointments.
- ✓ Prepare to confine pets when you are up and about after surgery.

Day Before Surgery

- **Check in time:** ROSC will call 24-48 hours prior to surgery with your arrival time.
- **Do not eat or drink anything after midnight** regardless of your surgical time. (This includes water, liquids, food, candy, gum, breath mints, and chewing tobacco). **Failure to follow these instructions will require rescheduling your surgery.** You may take pre-approved prescription medications with small sips of water.
- **Use surgical wipes** as instructed.
- **If you become ill with a fever, cold, sore throat, or other illness prior to surgery, please contact your surgeon’s office.**