

Take an active role in your recovery by completing as many checklist items as possible before your day of surgery.

Before Surgery (1-4 weeks)

- Arrange for someone to help with household duties, transportation and pet care (if needed) after you return home
- Begin eating a diet rich in protein and fiber and taking your Enhanced Recovery After Surgery supplements (if ordered)
- Call your doctor if you develop tooth pain, skin tears, abrasions, cuts, bites or shaving nicks that may still be present on the day of your surgery
- Complete all pre-surgery testing appointments and labs
- Consider installing a raised toilet seat, shower chair and grab bars; find a reacher (suggested)
- Drink plenty of water and/or sugar-free drinks
- Get a front-wheeled walker (required), and practice using it in your home
- Practice your pre-habilitation exercises daily
- Prepare your home for your return
 - Arrange your bedroom on the first floor, if possible
 - Reduce clutter
 - Remove tripping hazards such as rugs and cords
 - Schedule your first physical therapy appointment for 2-3 days after surgery
 - Stock your pantry and freezer with one week's worth of easy-to-prepare and make-ahead meals

What to Do After Surgery

- Continue eating a well-balanced diet and stay hydrated
- Continue ERAS supplements (if ordered)
- Continue your physical therapy exercises and keep moving
- Keep your cell phone within reach at all times
- Keep your follow-up appointment with your surgeon
- Try to get 7-8 hours of sleep each night
- Use gel ice packs for pain (have two available so you can alternate)

When to Call Your Doctor

- Fever above 101°F by mouth or shaking chills
- Signs of infection, such as redness, swelling or drainage around your incision
- Sudden increase in pain, decreased ability to walk or straighten your leg
- Calf pain or swelling
- Change in sensation or in the color of the affected leg (bluish)

Recommended Equipment

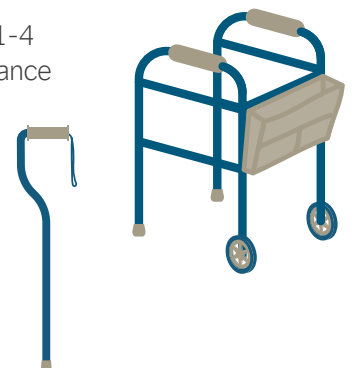
Having the following equipment will make moving around and taking care of your personal needs easier in the weeks following surgery.

Mobility

Two-wheeled walker - You will use a walker for 1-4 weeks; ask your doctor for a prescription for insurance purposes (*do not use a four-wheeled or rollator-style walker; it may not be stable*)

Walker bag or tray - Attach a bag or tray to your walker to help you carry items

Single point cane - You should use a standard cane for 3-8 weeks after surgery to help with balance



Bathing and Personal Hygiene



Elevated toilet seat



Grab bars and/or shower rails



Ice packs



Reacher



Tub/Shower bench