

Home Checklist

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 and transportation after you return home.
- Arrange for someone to care for any pets for the first week or two after you return home.
- Begin eating a diet rich in protein and fiber.
- 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 and grab bars; find a reacher (suggested).
- Drink plenty of water and/or sugar-free drinks.
- Practice your pre-surgery exercises daily. (See page 8.)
- 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/occupational therapy appointment for two to three days after surgery, unless otherwise instructed.
 - Stock your pantry and freezer with one week's worth of easy-to-prepare and make-ahead meals.

What to Do After Surgery

- Eat a well-balanced diet and stay hydrated.
- Keep your mobile phone within reach at all times.
- Keep your follow-up appointment with your surgeon.
- Try to get seven to eight hours of sleep each night.
- Use gel ice packs for pain (have two available so you can alternate).
- Use the log roll technique to get in and out of bed.

When to Call Your Doctor

- Fever above 101°F by mouth or shaking chills (100°F if immunocompromised)
- Signs of infection, such as redness, swelling or drainage around your incision
- Sudden increase in pain
- Decreased ability to straighten your arm
- Calf pain or swelling
- New numbness, tingling, pain or change in color of affected arm (bluish)

Recommended Equipment

Having the following equipment will make taking care of your personal needs easier in the weeks following surgery. Contact insurance for coverage.



Elevated toilet seat



Grab bars and/or shower rails



Ice packs



Reacher



Tub/shower bench