

Preparing for a Knee Replacement

Things to do at Home:

- Remove or tape down any rugs inside your house.
- Cook and freeze at least 2-3 days of meals before you go to the hospital.
- Make sure you do not have any wires or clutter on your floor that you could trip over after your surgery.
- Put night lights in your hallways leading to the bathroom.
- Make sure someone can take care of your pets and mail while you are at the hospital.
- Arrange your house so that you can get through it with a walker after your surgery.



<http://www.sanmateohomecare.com/blog/wp-content/uploads/2011/12/seniors-bikes1.png>

What can a Knee Replacement do for You?

- Allow you to move with less knee pain.
- Allow you to return to activities you had to give up due to knee pain.
- Increase the amount of movement in your knee.



http://www.healthline.com/hlcmsresource/images/topic_centers/tkr/slideshows/307/285x285_Before_TKR_Surgery_Slide_7_v2.jpg

Items to Bring to the Hospital:

- 3 changes of loose clothing.
- Toiletries such as a toothbrush and deodorant.
- A list of all medicine you take including vitamins.
- Glasses or hearing aids (if you have any)
- Advanced directive documents
- Photo ID and insurance card
- A list of important phone numbers.

Created by:

Brandon Lindeman, SPT, Christopher Windy, SPT

Central Michigan University

Mount Pleasant, Michigan

Things to do:

1-2 months before surgery:

- Attend all appointments with your family doctor and your surgeon.
- Follow diet and exercise plan that your doctor gives you.
- Arrange for time off at work.
- Talk to your doctor about advanced directive paperwork.

2 weeks before surgery:

- Attend a joint class to learn about your surgery and rehab.
- Practice some exercises you learn in joint class.
- Prepare your home for your return from surgery.

1 day before surgery:

- Pack items mentioned to the left.
- Stock your cupboards and freezer with food for your return home.
- Do NOT eat or drink anything after midnight.

References:

- NAON. NAON Patient Education Series: Total Knee Replacement. <http://www.orthonurse.org/Portals/0/Patient%20Education%20Total%20Knee%20Replacement-FINAL.pdf>. Published 2009. Accessed July 18, 2012.
- AAOS. Preparing for Joint Replacement Surgery. Available at: <http://orthoinfo.aaos.org/topic.cfm?topic=A00220>. Reviewed January 2009. Accessed July 18, 2012.
- National Library of Medicine. Knee joint replacement. Available at: <http://www.nlm.nih.gov/medlineplus/ency/article/002974.htm>. Updated September 22, 2011. Accessed July 18, 2012.