Preparing for a Knee Replacement

**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.

**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.
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.

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: